

## Preparations and What to Bring

### Before departure:

- Passport: Secure and bring your passport, valid for at least six months after return, and a photo copy of your passport picture page.
- Visit your personal doctor or travel clinic for any necessary immunizations and/or medical advice especially for dysentery.
- Secure a list of your prescription medications from your doctor's office. Remember to bring all necessary personal medications including allergy medications and *pack these in your carry on luggage*.
- Note: Tickets will be handled by Mission Office and distributed prior to departure

### What to Bring:

- Passport (World Mission Office will process Visas upon arrival to be received in DR)
- One suitcase that you can manage by yourself and one carry-on bag. You may be asked to check a second suitcase with materials for the parish (either from WMM or with items that the group, during the first orientation meeting, has decided to collect).
- Money belt and cash for souvenirs. Credit cards are useful in Santo Domingo but not in the parish. Traveler's checks are not always useable.
- Washcloth, soap, and toiletries\* including one or two small packets of toilet paper.  
*\*Fragrance free products are recommended for the tropics.*
- Backpack
- Water bottle
- Hand Sanitizer
- Flashlight and batteries or Solar light
- swim suit and towel
- clothing that is light weight, easy care, no ironing required and suitable for humid temperatures in upper 80s during the day; light sweater/jacket for evenings. Clothing should be appropriate to "pilgrim" image rather than tourist:
  - men wear long pants in villages
  - women wear skirts, Capri's or slacks (avoid halter/tube tops)
  - simple jewelry if at all
  - shorts may be worn in the hotel
- Comfortable walking shoes and/or sandals
- Hat
- Rain wear
- Sunscreen
- Insect repellent
- Camera
- Reading material
- Journal
- Sunglasses and extra pair of eyeglasses if dependent on them (or contact lenses and fluid)

*General Advice: Pack lightly; avoid heavy items and valuables such as jewelry, electronics, etc. Electricity is neither always available nor reliable – if you have a solar charger you will be able to charge your electronics.*