

Packing List: Dominican Republic

Clothing

t-shirts	long-sleeve shirt or sweatshirt
pants/ jeans suitable for walking & working*	socks (not ankle-length)
rainjacket	hat
sneakers and/or boots	sunglasses
sandals for retreat center and/or shower	shorts
Liturgy (and travel): one or two nice outfits: <u>males</u> : collared shirt, neat, clean pants/jeans;	
<u>females</u> : blouse or collared shirt; pants or dress (knee-length or longer)	

Personal health/hygiene

Toiletries	towel
hand sanitizer	mosquito repellent
medications/vitamins, etc. you normally take	sun lotion
any vaccinations (malaria, etc.) you need to take while in-country	
Ciproflaxin or similar antibiotic (for parasitic fever, not simple diarrhea)	
Pepto/Immodium/antacids	

Misc. Personal (required items in bold)

Passport/ ID/ tickets	camera
Journal	reading packet
flashlight with extra batteries	watch/alarm clock**
water bottle (quart/liter size!)	earplugs (for light sleepers)
work gloves	Snacks, granola bars, etc.
family/personal photo(s)	Bible
gift for host family	Spanish pocket dictionary
Emergency contact, medical, etc. info	deck of cards, yo-yo, etc.

Notes:

1. Clothing that is unacceptable: tank tops, shirts that reveal abdomen or cleavage, pants worn in sag mode, clothing with provocative or profane images/wording.
2. *Pants are standard attire everywhere. Full-length only: no capris. No yoga or stretch pants. Shorts are only for sleeping only.
3. Boots are helpful for rainy periods in campo, where there can be much mud.
4. Laundry services are available at the retreat center (for \$5 tip), as long as electricity and sunlight permit. But don't count on doing more than one load. Some laundry may be done for you by your campo family, but do not count on it.
5. Cell phones and I-pods may be brought for plane travel, but will be locked up at retreat center until departure date.
6. Bring food for the plane—you never know what you'll get anymore.
7. Spending money: consider bringing \$100-150, for airplane meals, incidentals, and gifts; bring more if you want to buy a lot of gifts at the craft store.
8. **You need a **watch or alarm clock** to wake yourself up in the morning, especially in the campo. Your cell phone will not be accessible.

How Can I Get Ready?

This program will fully engage your body, mind, and spirit, so it's important for you to prepare all three. *Everything you put into preparation will pay off in the experience—and beyond!*

Here are some recommendations based on many years of experience:

- **Body:** walking/jogging, especially hills or stairs; push-ups or other strength exercises; get good sleep in the days prior to departure
- **Mind:** study the preparatory readings; re-read (or take with you) *In the Time of the Butterflies*; research a little current news of DR
- **Spirit:** write in your journal as the trip approaches, about your hopes and concerns for the trip; pray about these alone, with your team, and with family & friends; ask family & friends to pray for you while you're in the DR

Gifts for Host Families

It's appropriate to bring a small gift for your host family. This is not "payment" for your time in their house, or an exchange for their "service" of hosting you. Our relationship with our host families is primarily **human**, not economic, so your gift is an expression of friendship, gratitude, and solidarity. Do not be concerned that your gift costs too little, or too much; it's more important that it be personal, that it comes from your heart, that it's something you find meaningful and believe that another will find meaningful as well.

Some suggestions:

- Framed family photo
- Religious gift (icon, rosary, etc.)
- Sun Night Solar flashlight (this brand has been tried & tested; the best)
- Mosquito net (for single or double bed)
- Student book bag/backpack (waterproof or resistant is best)
- "Solar shower" (this is camping gear, basically a device to warm water in sun before bathing with it)
- Duct tape/gorilla tape
- Tupperware
- Can opener
- Other good quality kitchen ware
- Apron
- Set of flannel/cotton sheets for single or double bed (it gets cold in winter!)
- Blankets
- Towels
- Soap
- Toothbrushes and toothpaste
- Wrench set/ quality tools
- Books in Spanish (not English), especially children's books
- *La Biblia Latinoamérica* (Spanish-language Bible, this specific edition: ISBN 8428504156, or 842851044X (large print); soft cover also great)