



SERVICE-LEARNING IMMERSION IN THE DOMINICAN REPUBLIC

Packing List

Clothing

- short-sleeved shirts for daily wear (t-shirts or dry-fit shirts are good)
- long-sleeve shirt or sweatshirt
- pants/jeans suitable for walking & working* (no shorts, capris, leggings for daily wear)
- socks (higher than ankle-length)
- rainjacket
- hat
- sneakers and/or boots
- sunglasses
- sandals for retreat center and/or shower (nice to have slides to wear socks with for extra mosquito protection and a waterproof sandal for showering)
- swimsuit
- pajamas / sleep clothes (this could be shorts, but lightweight pants are also good)
- one or two nice outfits for liturgy (and travel) such as: collared shirt or blouse, nicer pants, skirt, or dress (knee-length or longer)

Personal health and hygiene

- toiletries
- towel
- hand sanitizer
- mosquito repellent
- sun block
- medications/vitamins, etc. you normally take
- Pepto/Immodium/antacids
- mosquito net (4 corner style preferred)
- command hooks / duct tape to hang mosquito net with
- any vaccinations (malaria, etc.) you need to take while in-country
- Ciproflaxin or similar antibiotic (for parasitic fever, not simple diarrhea)

Miscellaneous Personal Items

(REQUIRED ITEMS IN **BOLD**)

- **passport/ID/flight information**
- **camera** (digital or disposable, NOT phone)
- **journal**
- **Pilgrim's Guide**
- **flashlight with extra batteries (or solar)**
- **watch/alarm clock** (not phone)**
- **water bottle (quart/liter size!)**
- **work gloves (leather is best if possible)**
- **gift for host family**
- earplugs (for light sleepers)
- Snacks, granola bars, etc.
- family/personal photo(s)
- Spanish pocket dictionary
- twin bed sheets & pillowcase (if directed)
- deck of cards, coloring supplies, yo-yo, etc. to play with children

Notes:

1. Clothing that is unacceptable: tank tops, shirts that reveal abdomen or cleavage, pants mentioned in #2 below, clothing with provocative or profane images/wording.
2. *Pants are standard attire everywhere and must be full-length only: no capris or shorts. No pajama pants, yoga pants, or leggings may be worn except for sleeping. (This is to decrease the risk of mosquito bites.)
3. Boots are helpful for rainy periods in the mountains, where there can be much mud.
4. Laundry services may be 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 host family, but also don't count on it.
5. Cell phones, ipads, etc. 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 about \$100 for airplane meals, incidentals, and gifts; bring more if you want to buy a lot of gifts.
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* by Julia Alvarez; research some 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.)
- Books in Spanish (not English), especially children's books (check online and used book stores)
- Solar flashlight
- Mosquito net (for single or double bed)
- Citronella candles
- Student book bag/backpack (waterproof or water-resistant is best)
- "Solar shower" (this is camping gear, 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, or quality tools