

2017 DOMINICAN REPUBLIC MISSIONS TEAM PACKING LIST

MEDICAL SUPPLIES FOR EACH MEMBER:

MANDATORY:

Anti-malarial medicine (prescribed by Dr.)
Benedryl – 25mg, 10 tablets
(generic – Diphenhydramine)
Immodium – 1 bottle or pkg
Purell – 1 medium bottle
Sunblock – 45 or higher, w parsol if possible
Insect repellent – 25% or more DEET – PUMP, not aerosol
Pepto Bismol caplets – 1 bottle or box

OPTIONAL:

Afterbite stick
Allergy meds
Dramamine for bus/plane
Aloe Vera (for sunburn)
Tylenol & Ibuprofen supplied

GENERAL SUPPLIES:

Passport and passport neck pouch
Strap or hook (carabineer) for water bottle (water bottle provided)
Bible, notebook/journal, pens
Drawstring backpack for carrying things throughout day
Cheap watch – (you may give away if you like)
Flashlight w extra batteries (lightweight)(tape to off position for travel)
1-2 sets lightweight twin sheet, 2 pillowcases, 1 pillow (may carry pillow on plane)
2 -3 lightweight, threadbare towels – the thinner the better
1 – 2 old washcloths
Sunglasses (extra pair is good idea)
Personal toiletries (t.brush, comb/brush, contacts, personal meds, etc)
Limited spending money (\$50 - \$75 for souvenirs, meals at airport, snack shop, offering at churches - \$1 - \$2 per church, up to 4 churches)
2 garbage bags – 1 for dirty clothes, 1 for duffle bag items at end of trip
BOYS: 1 large p.butter
1 box or refill baby wipes
opt – advil/tyleonol for med team
GIRLS: 3 lg rolls t.p.
1 canister powder Gatorade
opt – lg bottle children's vitamins

OPTIONAL SUPPLIES:

Camera – disposable or digital
Baby powder – small
Face wipes – to freshen face
Raincoat/poncho – fold up kind
Bandanas/hair ties/b.ball cap
Pair of knee high athletic socks for mountain climb
travel alarm clock
Strap for duffle bag (Amazon)
**shampoo, body wash & t.paste
are supplied – may bring own if
desired
Gum

**** PACK IN 2 GALLON ZIPLOCK BAGS**