

2023 DOMINICAN REPUBLIC MISSIONS TEAM

GENERAL PACKING LIST

MEDICAL SUPPLIES FOR EACH MEMBER:

MANDATORY:

- Anti-malarial medicine (if taking)
- Imodium – bottle or tabs
- Insect repellent
- Purell – medium bottle
- Sunblock – 45 or higher
- Pepto Bismol caps or bottle

OPTIONAL:

- Afterbite stick
- Allergy meds
- Dramamine for bus/plane
- Aloe Vera/AfterSun

- *Benadryl (generic is fine)
- Tylenol and/or Advil
- Large bottle children's vitamins (not gummy)

GENERAL SUPPLIES:

- Passport and passport neck pouch – put pen in the provided pouch
- Strap or hook (carabineer) for water bottle (water bottle provided)
- Bible, notebook/journal, pens
- Drawstring backpack or waist pack for carrying things throughout the day
- Cheap watch (You may give it away if you like.)
- Flashlight – lightweight – tape to the off position for travel
- 1-2 sets lightweight twin sheets
- 2 lightweight, threadbare towels – the thinner, the better
- 1-2 old washcloths
- Sunglasses – an extra pair is a good idea
- Personal toiletries (brush/comb, contacts, personal meds, etc.)
- Limited spending money (meals at airport, snack shop at MGM, \$50-75 for souvenirs, offering at churches – \$1 to \$2 per church for up to 4 churches)
- 2 garbage bags – 1 for dirty clothes, 1 for duffle bag items at end of trip

BOYS:

- 1 large peanut butter
- 1 box or refill baby wipes

GIRLS:

- 3 large rolls toilet paper
- 1 canister powder Gatorade

OPTIONAL SUPPLIES:

- Camera – disposable or digital
- Baby powder – small
- Strap for duffle bag (Amazon)
- Face wipes – to freshen face
- Raincoat/poncho – fold-up kind
- Bandanas/hair ties/baseball cap
- Gum

- Travel alarm clock
- Knee-high athletic socks for mountain climb
- Pillow with 2 pillowcases (carry pillow)
- 1-2 plastic hangers

- *shampoo, conditioner, body wash, and toothpaste are supplied (may bring your own)
*PACK IN 2 GALLON ZIPLOCK BAGS