

2023 DOMINICAN REPUBLIC MISSIONS TEAM

GIRLS PACKING LIST

Be sure to put your name or initials (permanent marker) on any clothes or items that you hold near and dear.

TRAVELING CLOTHES:

- 1-2 pair KHAKI PANTS, CAPRI PANTS OR LONG SHORTS – we travel both ways in these. **(Must be 4-finger length and not tight.)**
- Wear your DR TEAM SHIRT. We'll launder these before the trip home.
- SNEAKERS – no sandals or flip-flops in the airport. We may have to run!
- You may carry a BOOKBAG AND PILLOW.
- You may wear a ZIP HOODIE. (We need to see your team shirt.)

EVERYDAY CLOTHES:

- Comfortable SNEAKERS with tread – 2 are a good idea
- Cotton, lightweight SOCKS – 1-2 pairs per day
- 3-6 pair SHORTS – LONG shorts or basketball shorts (alternates will be supplied)
- 6-12 lightweight T-SHIRTS OR OTHER SHORT-SLEEVE SHIRTS – Nothing tight, sleeveless, low cut, no cap sleeves
- White or light-colored tops MUST be layered with another t-shirt or beater/tank top
- 3-6 BRAS and 6-12 PANTIES
- SLEEPWEAR – sports bra & panties/boxers, or any lightweight PJs
- FLIP-FLOPS for around mission
- Bring SUPPLIES FOR PERIOD (including meds) even if you think you won't start
- Items for HAIR – hair ties, bandanas, etc
- WORK GLOVES – optional but suggested

DRESS CLOTHES:

- 2-4 SKIRTS – knee length or longer, full skirts (We'll be climbing in and out of cattle trucks.)
- DRESSES with sleeves (not cap) – neck scoop no lower than collar bone, wide/long bottom
- 2-4 SHORT-SLEEVE TOPS – polo style, cotton button top, "summer top"
- NO SLEEVELESS. NO CLEAVAGE. NOTHING LOW CUT. NOTHING TIGHT.
- 1-2 lightweight SHORTS OR SOPHIES TO WEAR UNDER SKIRTS. This is mandatory.
- FLAT SANDALS/CASUAL SHOES to wear with skirts – No sneakers with skirts unless instructed.

PACKING TIPS:

- Pack everything in 2-gallon Ziplock plastic bags. Some items will fit in 1-gallon size. Our duffle bags are NOT waterproof and may get wet during travel.
- If possible, purchase toiletries without scent. NO aerosols.
- IMPORTANT: Pack your basic toiletries, personal meds, contacts, money, etc. in your carry-on bag.

WHAT NOT TO BRING:

- CELL PHONE
- Anything tight fitting, too short, inappropriate– as mentioned above
- Any food. May bring gum (advised)
- Any jewelry (plain, stud earrings are fine to wear)
- Any makeup, perfume, or hairspray – **NO MAKEUP ON TRAVEL DAY**
- Any music, iPod, MP3, etc.
- Any books, magazines, or electrical gadgets