

Suggested Packing List
For
The Dominican Republic

Pack one or two day's worth of underwear and a shirt or two in your carry-on luggage in case your check-in bags get lost or don't arrive on time.

CLOTHES

Baseball cap or hat

Dental smocks or scrubs (one for each work day) laundry facilities are very limited

Short sleeve shirts

T-Shirts

Sweatshirt or sweater (can get cool in the evenings)

Shorts

Long pants or skirt (some restaurants have dress codes)

Underwear (Clean underwear for each day, limited laundry)

Socks

Tennis shoes

Sandals

Casual Shoes

Swimsuit

Toiletries

Razor

Make-up

Hairspray

Deodorant

Sunscreen

Repellant

Soap

Shampoo

Toothbrush, toothpaste and floss

Comb or brush

Personal meds (sleeping pills, anti-diarrhea meds, pain meds.)

Personal Items

Sunglasses

Extra pair of glasses or contacts

Safety glasses

Loops

Cell Phone with charger

IPAD and charger

Cameras and charger

Extra batteries

Plastic garbage bags for dirty laundry or wet clothes

Flash light or head light with batteries

Ear plugs

Small pad lock for suit case while in hotel rooms.

Day backpack

First aid kit

Antibacterial waterless hand soap (small bottle)

Baby wipes in resealable bag

Tissue in plastic bag to be used as TP if needed

Note: Most of the locations that we will be working at will have a toilet of one kind or another but will most likely have no running water and absolutely will have no toilet paper.

Passport (plus a copy to be kept in a separate location in case the original is lost)

Cash

Credit card (let your credit card company know you are traveling to the D.R.)

Plane ticket

Food

Lunch snacks (in case you don't like the food there)

Breakfast snacks (we usually don't eat breakfast in a restaurant)

Treats (no chocolate it will melt)

It is best to bring your backpack and along with everything you might need for each day at the work location.

We are asking each participant to bring two packages of disinfectant wipes to help with cleaning equipment and instruments.