

Packing List: VISIONS Dominican Republic

PLEASE NOTE:

- Families should thoroughly review the [DR FAQ](#) webpage for all program preparation info.
 - Articles of clothing NOT permitted on this program can be found in the *PACKING GUIDELINES* section of the webpage.
 - Keep in mind that people dress conservatively in the DR, often wearing long pants. Our conservative dress code is based on the requests of our hosts, as we will be part of their community this summer.
 - Remember that comfort & versatility are more important than fashion, and clothes will get dirty.
 - We do laundry weekly and storage space is limited, so please don't pack more than what's listed.
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PERSONAL ITEMS:

- Passport (see *PASSPORT / ID* section on webpage for details)
- \$10 US for tourist card (collected at the airport upon arrival)
- Toiletries and any personal medications
- Natural, biodegradable soap & shampoo for showering
 - We recommend natural bar soaps/shampoos, *Dr. Bronner's*, or camping soaps. Do NOT bring non-natural products, as they can be harmful to local waterways. Thank you.
- Natural, biodegradable sunscreen
 - We recommend brands such as *Badger*, *Raw Elements* and *All Good Sport*. Do NOT bring non-natural sunscreen, as it is destructive to local coral reefs. Thank you.
- Bug repellent (~4 oz)
- Bath towel and beach towel
- Twin sheets
- Lightweight small blanket (some kids get chilly at night, though it's rare)
- Pillow (can be travel-sized and brought as a carry-on)
- Daypack/bookbag (can be used as carry-on for flight)
- Sunglasses with UV protection
- 2 water bottles
- Pair of leather work gloves

CLOTHING:

- Work sneakers or hiking boots
- Sandals with straps (Texas, Chacos, etc.) or flip-flops (for showers, beaches, etc.)
- Lightweight rain jacket or poncho
- Lightweight long-sleeve work shirt for sun protection
- 5 - 6 t-shirts (spaghetti straps, crop tops, and tops that reveal undergarments are not permitted)
- 1 pair lightweight jeans or pants (no more than 1 pair needed)
- 2 - 3 pairs of work shorts or capris (at least mid-thigh length; NOT short-shorts)
- 1 pair of casual, non-work shorts for around the house

- 1 dress-up shirt, or dress/skirt for a community event, etc.
- 4 - 5 pair work day socks
- Undergarments
- Baseball/sun hat
- Sleepwear
- 1 - 2 Swimsuits (**one-piece** or **tankini** for girls)

OPTIONAL:

- Cell phone w/ [WhatsApp](#) downloaded
 - While you will not use this during the program, it is helpful for airport logistics and calls home. See *BEING IN TOUCH* on webpage for details.
- Spending money (see *PACKING GUIDELINES* section on webpage for details)
- Camera (not a phone; see *PACKING GUIDELINES* section on webpage for details)
- Wristwatch with alarm
- Laundry bag
- Book to read (no e-books)
- Musical instrument
- Bandana
- Ear plugs if you're a light sleeper
- School and art supplies for activities with local kids
- Money belt
- Headlamp or flashlight (for reading at night)
- Spanish dictionary
- Baseball glove
- Camp chair or portable backrest that sits directly on the ground (used for group meetings)
 - There are some chairs on site, but bring your own if you'd prefer
- Small battery-operated personal fan that can be attached to your bunk
 - We have large program fans in each room, but some participants like having a small personal fan, as well.
- Psyllium fiber capsules and / or acidophilus pills—supplements that can help with travel / diet changes and only will be taken if needed. Not Ex-Lax.
- Consider treating clothing with permethrin, which helps repel mosquitos. You can buy pre-treated clothing or treat things yourself. VISIONS provides mosquito nets for the beds.

DOCUMENTS (bring the following documents with you to give to your VISIONS leaders onsite):

- Copy of vaccination record
- Copy of health insurance card front and back
- Copy of travel insurance card (if applicable)
- Completed Consent to Travel form ([link here](#))
- Copy of passport