

Packing List: VISIONS Dominican Republic

PLEASE NOTE

- Temperatures tend to range from the mid-70s to low-90s (Farenheit), and most days will find us in t-shirts and shorts.
- Our dress code is based on the requests of our hosts, as we will be part of their community in a professional capacity. Articles of clothing *not* permitted may be found in the *PACKING GUIDELINES* section of the [Dominican Republic FAQ](#) page.
- Remember that comfort and versatility are more important than fashion, and clothes will get dirty.
- We do laundry weekly and wash by hand as needed, so please don't pack more than what's listed since space is limited.
- Please label all clothing and gear with indelible ink.

*Before shopping for items and packing your bags, it is important to read our *PACKING GUIDELINES* on the [Dominican Republic FAQ](#) page.

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

- Copy of vaccination record
- Covid vaccine card
- Copy of health insurance card, front and back
- Completed [Consent to Travel form](#)
- Copy of passport

PERSONAL ITEMS

- Passport (see *PASSPORT / ID* section of [Dominican Republic FAQ](#))
- [iHealth Rapid Covid Test](#) if traveling back to the US ([free via USPS](#))
- Toiletries and any personal medications
- 1 personal hand sanitizer
- Biodegradable soap and shampoo
- Sunscreen
- Bug repellent (~4 oz)
- Towel
- Headlamp or flashlight (for reading at night)
- Twin-sized sheets (fitted and top sheet)
- 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. You will use this on a daily basis for the worksites and outings, where you'll carry your water bottle, work gloves, hand sanitizer, etc. Most students take this as a carry-on during the flight.
- Sunglasses
- Water bottle
- Leather work gloves
- Laundry bag

CLOTHING

- Work sneakers or hiking boots
- Sandals with straps (Teva's, 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; See **PACKING GUIDELINES*)
- 1 pair of pants
- 4 - 5 pairs of shorts (if they are shorter than mid-thigh, you won't be able to wear them)
- 5 pairs of socks
- Undergarments
- Baseball/sun hat
- Sleepwear
- Swimsuit (one-piece only for girls)

OPTIONAL

- Cell phone with WhatsApp downloaded
 - Having WhatsApp downloaded is helpful for airport logistics and calls home.
- Spending money (See **PACKING GUIDELINES*)
- Camera (not a phone)
- Book (no e-books)
- Musical instrument
- Bandana
- Money belt
- Baseball glove
- Camp chair or portable backrest / stadium seat that sits directly on the ground (used for group meetings)
- Small homestay gift (no more than \$15 worth). This is for the day stay that is done with another VISIONS participant and a local family.
 - e.g.: a small souvenir from your hometown, a candle, picture frame, or something homemade that can be easily packed