

FOUNDATION FOR PEACE

Mission Trips - 2011

Dominican Republic Trip Packing List (Non-Nursing teams)

1. Passport and Bible
2. Notebook/Journal, pen/pencil and pocket size English/Spanish Dictionary
3. Camera with charger and photo transfer cable
4. Large flashlight/batteries
5. Sunscreen, sunglasses and hat
6. Spending money around \$75 (ATM's are available); \$10 US (in cash) entrance fee, and money to cover charge for second suitcase
7. Photo of yourself with your family, your church, your pets etc.
8. Toiletries: soap, shampoo, toothpaste, toothbrush, foot powder, tissues, etc.
9. Medications you take and your favorite mosquito repellent and bite relief lotion
10. Shower sandals for bathing,
11. 1 piece swimsuit or tankini (no bikini's), 2 beach towels, 2 regular towels, 2 washcloths
12. Bedding, 2 single sheets and a small pillow (Optional for those with dust sensitivity: twin bed mattress cover that encases the mattress); Ear plugs for light sleepers; T-shirt and shorts for sleeping
13. Enough clothes items for 10 days (Hand washing a few clothes may be possible)
 - a. Work clothes: (We will do about 5-6 days of construction work)
 - 2 pair of sturdy work gloves. (Will leave there when finished)
 - Light cotton short sleeve shirts and long shorts or skirts are good outfits daily
 - Sturdy work shoes that can be used in wet concrete and left there at the end
 - Typical work outfit for men: short sleeve T –shirt, long pants (boys can wear long shorts) with socks, sturdy work boots or athletic shoes, hat and gloves
 - Typical work outfit for women: short sleeve T -shirt with long shorts or long skirt, strong athletic shoes, socks, hat and work gloves (no spaghetti strap tops)
 - b. Worship/VBS/Door-to-Door evangelism clothes: (We will attend 3 worship services and at least 2 VBS sessions) You need a different pair of shoes for these events than your shoes worn for construction
 - Women wear long shorts to work in but must wear skirts or dresses down to the knee or longer for worship, the evangelism activities and VBS. No sleeveless tops permitted.
 - Worship/Evangelism/VBS clothes for men: cotton button shirts and long pants.
14. Backpack or carry pack to take things to the church and back to our "dorm"
15. Portable water bottle or canteen to refill as we work
16. Any musical instruments that you are willing to play with team singing (e.g. guitar, tambourine)
17. **Carry everything on the airplane you will need for the first 48 hours (in case of loss)**
18. **Items to share with group** (discuss distribution with FFP staff member on the day of arrival)
 - a. Paper plates (50), Plastic utensils (25)
 - b. Drinking cups for both hot and cold liquids (50) (paper only, NO Styrofoam or plastic)
 - c. 1 roll of toilet paper (septic friendly)
 - d. Wet wipes (2) and hand sanitizer waterless lotion (2) – one for personal use and one to share
 - e. Vacation Bible School materials collected (school supplies)
 - f. Boxes of Band-Aids (as many as you can bring to leave there)
 - g. Thirty small grocery plastic bags for wastebaskets in the rooms and for patients to carry medications home from medical clinic

NOTE: No radios, CD players, MP3 players or handheld video games **while in-country**

MOST IMPORTANT: *Pack a good attitude about going with the flow of the Holy Spirit*