



Dominican Republic
Social Work

Packing Guide

Carry-On Bag

Plan to bring a backpack or bag that is easy to carry and can fit under an airplane seat. Your bag must fit into the baggage gauge at check-in (including handles, pockets, and wheels). You must be able to lift your carryon bag into the overhead locker by yourself.



*Most airlines also require bags to be smaller than approximately 22" x 14" x 9"

Carry-On Items

- Bible, devotional materials, pencil/pen, and journal
- Change of clothes
- Neck pillow/earplugs/eye cover for sleeping
- Phone/camera with appropriate chargers and memory cards
- Toiletries under 3oz in a quart-sized, clear bag
- Advil, Tylenol, and any other over-the-counter medications you typically use including all-natural sleep aid (melatonin, etc.)
- Personal prescriptions (must be in original container)
- Snacks (non-perishable, non-melting)
- Spending money (US dollars can be changed at the hotel) or credit cards (check with your bank for international transaction fees).
- Playing cards, other small games or reading materials
- Reusable empty water bottle
- ALL 3 of the following :
 - Passport
 - Driver's License
 - Student ID (if residential student)

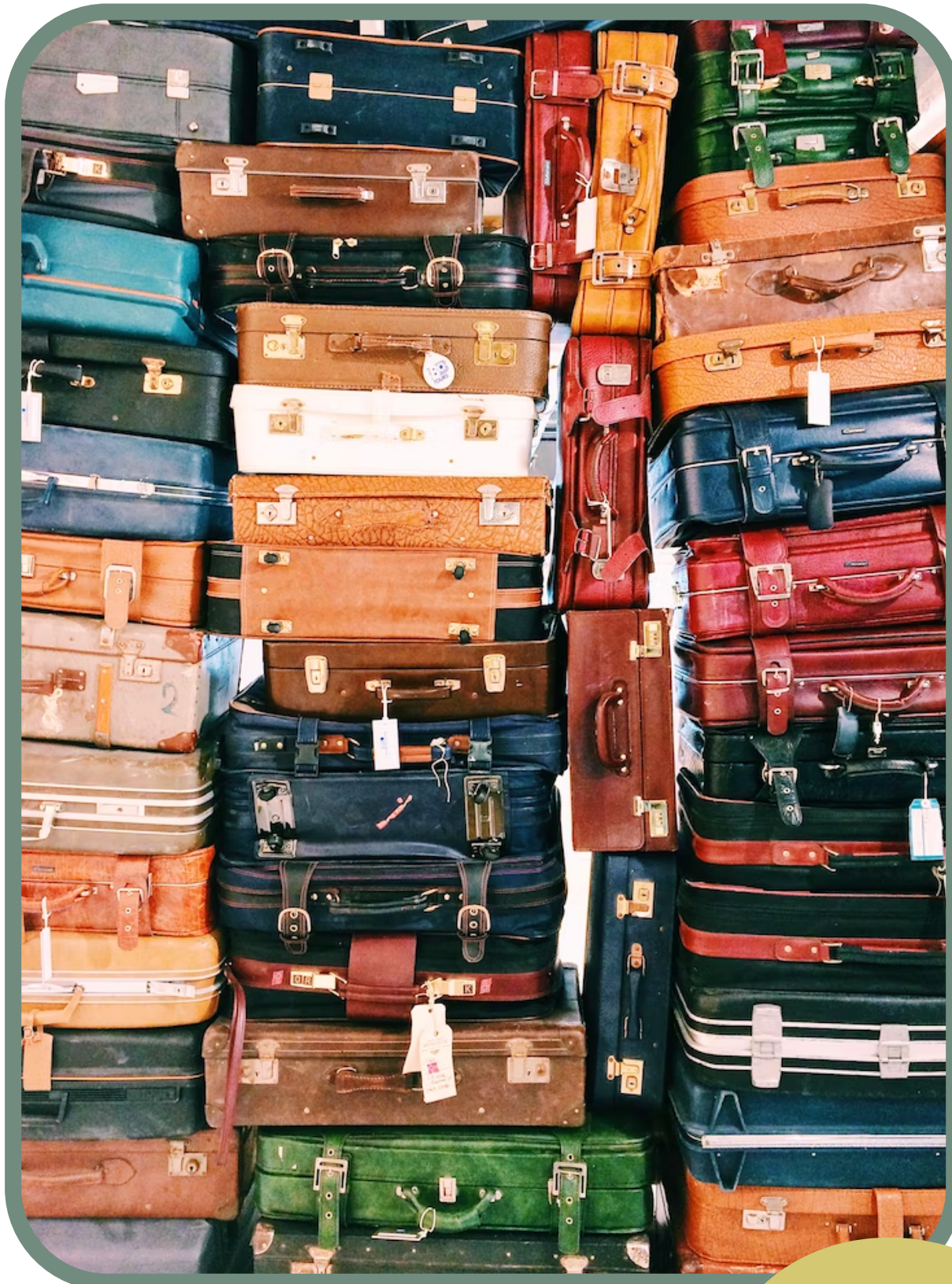


**"Adventures are the best way to learn"
-unknown**



Checked Bag

Can be a suitcase, duffle bag, or large backpack that is under 50 pounds (which you can carry/roll yourself).



Checked Bag Items

- ☐ Clothing & Footwear
 - Bring enough weather-appropriate sets of clothing for the days of the trip plus a few extra outfits
 - One business-casual outfit for dinner out and/or worship service
 - Slip-on pants/skirt/scarf for modesty at holy sites (shoulders and knees must be covered)
 - Comfortable walking shoes or sneakers with traction for wet surfaces and with straps or laces
 - Flip-flops and modest swim wear (one-piece and shorts for ladies, loose-fitting shorts for men)
 - Hat
- ☐ Travel Towel
- ☐ Toiletries and liquids beyond 3oz
 - Shampoo, sunscreen, liquid soap, etc.
- ☐ Healthy snacks to last the duration of the trip
 - o Snack bars (especially for those with dietary restrictions)
- ☐ Umbrella/light water-resistant jacket
- ☐ Travel Scale
- ☐ Phone or device with alarm capabilities
- ☐ Travel adapter for electrical devices
 - You don't need a power plug adapter in the Dominican Republic. Your power plugs fit. We recommend you to pack a 3 to 2 prong adapter in case type B sockets are not available.

Suggested Items from our team at LU Send

- | | | |
|---|---|---|
| <input type="checkbox"/> Motion Sickness Bracelet | <input type="checkbox"/> Detergent Packs | <input type="checkbox"/> Mini Fan |
| <input type="checkbox"/> Keychain Flashlight | <input type="checkbox"/> Travel Size Febreeze | <input type="checkbox"/> Hiking Backpack |
| <input type="checkbox"/> Polaroid Camera | <input type="checkbox"/> Travel Blanket | <input type="checkbox"/> Toilet Seat Covers |
| <input type="checkbox"/> Gatorade Packets | <input type="checkbox"/> Hammock | <input type="checkbox"/> Reading Light |
| <input type="checkbox"/> Fannie Pack | <input type="checkbox"/> Kavu | |



Tips & Information

- ❑ Call your bank and inform them which countries you will be visiting, and on what days, to prevent your credit card from being declined.
- ❑ Check the projected weather of where you are going and pack with this in mind (potentially bring a rain jacket, light sweater, or hat depending on the weather of your destination).
- ❑ Be conscientious of clothing modesty and any writing or logos that may be offensive to different cultures.
- ❑ Pack heavy items at the bottom so clothes don't slide around.
- ❑ Leave room in your suitcase for any souvenirs you buy while in-country.
- ❑ Tape the lids of liquid bottles to keep them shut. Do not take pressurized spray cans as they may explode in flight.
- ❑ Make a list of everything you packed (Insurance Purposes).
- ❑ Make two copies of all travel documents and leave one copy at home in case your documents are lost or stolen.
- ❑ Pack as if you will not be able to purchase any necessities you may need at your destination.
- ❑ Pack as light as possible as you will be carrying your own luggage.
- ❑ Consider bringing some clothes with secret pockets to store money and other valuable items when in crowded or large areas to prevent pickpocketing.
- ❑ Remove all baggage tags or stickers from previous flights.
- ❑ Label your bags inside and out with your name, destination address, email, and mobile number.
- ❑ Add colorful straps or tags to help identify your bag on the carousel.
- ❑ Adaptor – The Dominican Republic uses plug types A and B. The DR operates on a 120V supply voltage and 60Hz.