## Jarabacoa, Dominican Republic Packing List

These guidelines will help you dress in a way that is appropriate for our ministry context. These may seem more conservative than you are used to. Thanks in advance for your compliance.

### What NOT to pack:
- Low cut jeans
- Shirts exposing midriff
- Pants with holes
- Tank tops or spaghetti straps
- Low cut necklines or tight fitting clothing
- Lycra shorts or yoga pants
- Short shorts, short skirts, or short dresses
- IPODS
- Blow dryer or other hair appliances

### What to pack:
- Personal toiletry items
- One towel, wash cloth, & beach towel
- Water bottle (labeled with your name)
- Bed sheets & pillow case for twin bed
- Spending money (about $50 - $100)
- Passport & photo copy of passport
- Bible, pen or pencil, journal
- Bug repellant (DEET)
- Other: camera, flashlight, travel alarm, watch, small umbrella

### Clothes:
- 3 pair of pants, jeans, capri length pants, or modest shorts (slightly above the knee okay)
- 2—3 nice, but casual sets of clothes for church & banquet
- 5 casual shirts and/or t-shirts
- 1 rain jacket + 1 sweater or sweatshirt
- Socks and underwear
- Modest sleepwear
- Modest swimsuit (one piece or tankini only, no high cut suits)
- One pair flip flops
- One pair of sandals
- One pair walking shoes

### Ministry Site Dress Code:

**Education Sites | Microfinance | Special Education | Media** – Pants or jeans, modest shorts (slightly above the knee okay), t-shirts/blouses - tennis shoes, No sandals or flip flops.

**Women’s Social Work Sites** - Pants or jeans, t-shirts/blouses – sandals or flip flops okay

**Young Men’s Social Work** – modest shorts (slightly above the knee okay) – no tank tops or cut-out shirts

**Health Care Site** – Long pants, t-shirts/blouses – closed in shoes only (no scrubs)

**Physical Therapy** – Scrubs and closed in shoes

**Dentistry** – Scrubs, latex gloves, goggles and mask – closed in shoes only

**Sports Sites** – Athletic clothes (modest shorts—slightly above the knee okay) – tennis shoes, no sandals or flip flops – no tank tops or cut-out shirts.

### Other Considerations:
- **Pajamas** are not appropriate outside dorm
- **Limit jewelry** or valuables
- **Piercings** – Other than earrings on women, most piercings are not appropriate. If you cannot go without jewelry (nose ring, eyebrow ring, etc.) please choose ones that are small and blend with your skin tone.
- **Skirts & dresses** should be knee length or longer
- **Shorts length** - slightly above the knee or longer, this includes shorts worn at the Sports Sites.
- **Tattoos** -- You may be asked to cover visible tattoos

- **Skirts & dresses** should be knee length or longer
- **Shorts length** - slightly above the knee or longer, this includes shorts worn at the Sports Sites.
- **Tattoos** -- You may be asked to cover visible tattoos