

Recommended Packing List

LUGGAGE

- One suitcase (50lb. Max) and one carry-on
- You may be asked by the VHP to carry luggage which will contain medical supplies.
- Daypack and or fanny pack
- Camera Bag

CLOTHING

- Tropical or lightweight clothes
 - Scrubs
 - T-shirts
 - Jeans
 - Shorts (no short shorts)
- **shorts, mini skirts, mini dresses or tank tops are not permitted on the ILAC and Hospital areas whether you are working or not. We have scrub tops and pants available daily located in the hospital****
- Light rain gear
 - Sweatshirt or jacket for evenings
 - Something fairly dressy for VHP dinner on Wednesday evening.

A washer and dryer are available. Bring your own laundry detergent

SHOES

- Two pairs of comfortable shoes (tennis, walking or running shoes etc.)

HYGIENE ITEMS

- Towels and washcloth (they are provided by ILAC but are inadequate for Americans many of us bring old towels and donate them to the mission at the end of the trip)
- Comb & brush
- Toothpaste, toothbrush, dental floss
- Deodorant
- Shampoo
- Soap
- Shaving Items
- Lotion
- Sunscreen
- Insect repellent
- Laundry detergent
- Feminine products
- Wash n' Dry towelettes or baby wipes

- Chap-stick
- Aspirin/Tylenol
- Eye drops
- Pepto Bismol tablets
- Motion sickness medication
- Cough drops
- Contact Lenses (pack extra pair in case lost or torn).

TRAVEL ITEMS

- Passport and one photocopy of passport
- Drivers License
- Money carrier or belt/pouch
- Spending money.

PERSONAL MEDICATIONS

VERY IMPORTANT AS YOU MAY NOT BE ABLE TO REFILL A PRESCRIPTION IN THE DOMINICAN REPUBLIC.

Bring all prescription medication in the labeled prescription bottles. Pack prescription medications in your carry-on luggage. Bring written prescriptions in generic, not brand-name-form, and dispense all prescription medications from their original labeled vials. Also bring along copies of your prescriptions in case you lose your pills or run out.

CURRENCY

The dominican monetary unit is the peso (RD\$). US dollars are welcome everywhere. The exchange rate changes daily.

Changing U.S. Dollars to Pesos: The ILAC center will direct you to the closest reliable money exchange center. Another option to get pesos is by using the local ATM machines which are very reliable.

GETTING AROUND

Public buses, often in the form of minivans or panel trucks, are called guaguas. For about the same price, they provide the same service as publicos, but they're generally more crowded. Larger buses provide service outside the towns. Beware of pickpockets on board.

SAFETY: The Dominican Republic has more than its fair share of crime. Avoid unmarked street taxis, especially in Santiago; you could be targeted for assault and robbery. While strolling around the city, beware of hustlers selling various wares; pickpockets and muggers are common here, and visitors are easy targets. Don't walk in Santiago at night. Locals like to offer their services as guides, and it is often difficult to decline. Hiring an official taxi or guide through ILAC is your best bet.

MISCELLANEOUS

- Camera/film/lenses/batteries
- Video camera
- Flashlight/batteries
- Sewing kit
- Battery powered/wind up alarm clock
- pen/pencil
- Eyeglasses(extra pair if prescription)
- Sunglasses
- Small packs of kleenex
- Contact lenses (pack extra pair)
- Diary/Journal
- Ear plugs/Eye covering
- iPod
- Tea bags
- Snack foods(trail mix,candy,crackers)

ELECTRICITY: The country generally uses 110 volts AC (60 cycles), so adapters and transformers are usually not necessary for U.S. made appliances.

LANGUAGE: The Official language is Spanish;many people also speak some English.

TIME: Atlantic Standard Time is observed year-round. When New York and Miami are on Eastern Standard Time and it's noon there, it's 1 PM in Santiago. However, during daylight savings time, when it's noon on the U.S. East it's noon in Santiago too.

WEATHER: The average temperature is 74 degrees F. Hot with tropical temperatures all year. August is the warmest month and January the coolest. although even then it's warm enough to swim. Rainy season is from June to October.