**Dominican Republic Packing List**

* Mosquito repellent
* Lots of strong sun screen!
* Reusable water bottle
* Comfort food, snacks, candy, peanut butter (foreign food is expensive and the offer is limited compared to the U.S.)
* You may want to bring your own cereal and supplemental breakfast stuff such as peanut butter, jam, breakfast bars, dried fruits, granola, etc.
* Pillow (optional)
* Personal medications
* Personal toiletries
* **Light cotton clothes- typically attire is gym shorts (appropriate length), t-shirts, and tennis shoes**

**\*Bring clothes you wouldn't mind getting dirty as you may be painting or doing small building projects**

* Swimsuit
* Beach towel
* Clothes/shoes appropriate for excursions
* Reflection materials (journal and pen)
* Health insurance card
* Donations are appreciated- check out <http://fundacionmahatmagandhi.com/Donations.html> for ideas
	+ Any items left behind will be used in the volunteer house

\*Linens and towels provided- bring your own if you’d like