**What to Pack**

Passport

Devotions

* Bible
* Journal
* Pen

Miscellaneous

* Camera and/or video
* Water bottle in a zip-lock bag
* Flashlight
* Hand sanitizer – can refill at MGM
* Insect repellent
* Sunscreen
* Hat
* Personal Medications in prescription bottles
* Pepto Bismol or anti-diarrheal tablets
* Snacks
* Work gloves
* Sunglasses
* Hanger or Camping cloths line (to dry towels)
* Back Pack

Bedding

* Two twin size sheets
* Pillow (optional)
* Blanket (optional)

Personal Care

* Toiletries
* Two thin towels
* Soap
* Shower shoes
* Hair dryers will work on DR currency

Mission Work Site Attire

* Loose, longer shorts (longer than fingertips) must be worn to the worksite.
* T-shirts are recommended; women should *avoid* sleeveless shirts including tank tops.
* Work boots or hard soled shoes at the work sites. Tennis shoes for VBS, prayer walk or playing with the kids.
* Hats are recommended
* Work gloves

Church Services

* Collared shirts and khakis are recommended men’s wear.
* Skirts that are knee length or longer and covered shoulders are recommended for women

MGM Center

* Jeans and appropriate shorts and shirts/tops can be worn around the compound. Footwear is recommended.

Beach Attire

* Bathing suits must cover your stomach. Tank tops over a bathing suit is acceptable
* Sports bras are not acceptable outer wear

\*We strongly advise against bringing any jewelry