



# MISSION POSSIBLE

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Equipping the Next Generation of Christ Centered Leaders

Team Member Guide  
Dominican Republic  
**Dress Code, Packing List, and Travel Information**

### **Dress Code:**

*The following dress code is at the request of nationals in leadership with Mission Possible.* Dress according to the climate and culture of Hispaniola—it could be very hot and humid. You may be most comfortable in loose fitting cotton clothing. Clothing must be neat and modest.

All body piercing jewelry must be removed except for earrings on females. No ankle bracelets or toe rings should be worn. Males must remove any hair extensions.

Please do not take flashy or expensive jewelry with you. This prevents theft as well as the possibility of offending others in a much poorer country.

### **Clothing to Bring (DR):**

**Men** We recommend jeans, khaki's or slacks for all times, as well as short-sleeve sport shirts.

**Women** Jeans, khakis, or slacks are appropriate at a construction work site, although many women find a long skirt (below the knees) or dress to be more comfortable. Tops should have cap sleeves or longer that cover the shoulders.

**Shoes** Comfortable walking shoes. Sneakers are fine. You should wear shoes at all times for your protection, even during swimming and evenings.

**School Visits** The above recommendations for men will work for school visits. Women must wear skirt or dress that goes below the knee when sitting for school visits.

**Church** Dominicans dress their best for church. We encourage people to wear dress clothes to church, but do not look extravagant. Men, please wear khaki's or dress slacks and a nice shirt with a collar. Jackets and ties are optional. Women, please wear a dress or skirt covering your knees even when sitting and ensure your shoulders are covered. Any pastor who may be given opportunity to preach or share should wear a dress shirt and tie.

**Construction Work Teams** Most people (men and women) prefer to wear jeans or work pants for their durability and comfort. Be aware that pants will best protect you from injuries as well as disease through mosquitoes. Don't forget sturdy work shoes, safety goggles, and gloves.

**In the Evening or at the Hotel** Swimsuits should only be worn when swimming. At night, modesty is the key. Wear at least shorts and a t-shirt for sleeping. You will also want some sandals or inexpensive flip-flops at night.

**Swimsuits** Ladies should wear a 1-piece suit (or modest shorts and shirt) along with a cover-up or wrap worn when out of the water. Men, please wear modest swim trunks or shorts. Everyone should bring swim shoes for the ocean.

Modesty is most important at all times. If you question wearing a certain piece of clothing, ask if it is appropriate or choose a different piece.

Please remember to bring hats, sunglasses and sunscreen for sun protection, as well as insect repellent and lotion for insect bites.

### **Clothing Not to Bring:**

- No sleeveless shirts, tops or dresses are allowed, however an appropriate top worn under a sleeveless sundress or jumper is acceptable.
- Tank tops for either guys or girls.
- Short tops that can't be tucked in.
- Dresses or blouses with a low-cut front or back.
- Bikinis, tankinis, two-piece swimsuits for girls, suits with French-cut legs, or revealing one-piece swimsuits
- Skimpy swim trunks for guys.
- Clothing or other items which may be offensive to our Christian testimony (shirts with beer or cigarette ads, rock groups, suggestive phrases, or anything which would be a poor testimony).
- **Do not** take or wear flashy or expensive jewelry. Loss or theft is possible. Please leave it at home.

### **Cell Phones and Computers:**

Cell phones enable us to communicate from places and at rates never before seen. Our policy for bringing cell phone on mission is this: when on North American soil, cell phone use is at the discretion of the team member. Once in Haiti or the Dominican Republic, it is the responsibility of Mission Possible to communicate with family members and home churches. With this said, cell phone use is prohibited during the team's time in-country. Only under emergency situations approved by the team leader will cell phone use, voice, text or data, be allowed.

Computers also allow communication as never before. We realize, too, that computer time (email, web, FaceBook, etc.) can be disruptive to the team's cohesion and to the impact the mission trip can have on the individual's life. With this, our policy is to prohibit personal computers on mission teams. If computer functionality is needed for the team to complete its purpose, Mission Possible will provide or the team leader will coordinate the needed computer resources.

### **Passport:**

Everyone, including children, must have a valid passport.

See the following for full information on passport application.

USA: [http://travel.state.gov/passport/get/first/first\\_830.html](http://travel.state.gov/passport/get/first/first_830.html)

Canada: <http://www.ppt.gc.ca/index.aspx>

The School and the rooms in which we stay are secure. When we leave, we will lock our rooms so that no one has easy access. Your passport and spending money should be safe. Make sure that you keep it stored away and not out in the open.

If you feel better about keeping your valuables with you, feel free to do so. A fanny pack or backpack is an excellent way to carry your personal items, (I.D., money, sunscreen, camera, etc.), when traveling.

### **Medical and Health:**

Malaria, which is carried by mosquitoes, is present in Hispaniola (the island that holds Haiti and the DR) and preventative measures are suggested. Contact your physician for advice regarding this and any other medical needs.

Check with the U.S. Center for Disease Control and Prevention for current health standards and immunization requirements.

CDC Traveler's Health: <http://wwwn.cdc.gov/travel/default.aspx>

Traveler's Health Issues: [http://gninsurance.com/medical\\_advice.asp](http://gninsurance.com/medical_advice.asp)

The Travel Doctor: <http://www.travdoc.com/travdoc.html>

### **Health Safety Precautions in-Country:**

When out in the community DO NOT eat any food or drink any water or soft drinks unless okayed by the mission team host. You will want to bring a portable bottle for water as you travel in the country. An adequate supply of drinking water will be provided.

There are many and different bacteria in Haiti and the Dominican Republic. Since you will be in regular contact with adults and school children who may transmit bacteria, we suggest washing your hands frequently. When water and soap are not immediately available, use hand sanitizer (take a 3 oz. bottle in your carry-on bag and a large bottle in your suitcase) or handi-wipes. Also the currency can be very dirty and may carry bacteria.

Ciprofloxacin (Cipro) has been effective for team members in combating stomach issues. As with all medication, check with your doctor to see if Cipro could be an option for you to have available. You can read more about Cipro at <http://www.drugs.com/ciprofloxacin.html>.

## **Personal Medicines and Supplies**

Here is a list of medicines and supplies for you to consider taking on your trip. We want you to feel most comfortable in having these supplies available as you travel. You can take this list personally or coordinate with your team and create a team kit. Prescription medicines need to be taken on an individual basis. As with all medication, check with your doctor to ensure that what is listed is appropriate for your use.

- 2 week supply of any prescription meds
- Tylenol 500 mg – 20 count
- Ibuprofen 200 mg – 20 count
- Imodium Advanced – 10 count
- Pepto Bismol tabs – 1 box
- Benadryl tabs 25 mg – 10 count (for itching, sleep as needed)
- Hydrocortisone cream – 1 tube
- Benadryl anti-itch cream – 1 tube
- Triple antibiotic ointment – 1 tube
- Cold tabs, non-drowsy – 1 box
- Ciprofloxacin 500 mg – 6 count (for stomach issues – prescription)
- Chloroquine Phosphate\* 500 mg – 7 count (anti-malaria – prescription)
- Small box of band aids
- Ear plugs

\* Chloroquine is to be 500 mg, one week before the trip and 500 mg every seven days until four weeks after trip. Be sure to check the dosage that your doctor prescribes and follow those directions in taking your anti-malaria drug.

## **Water:**

Dehydration is a concern. Be sure to drink twice as much water as you would at home. Watch for signs of dehydration in yourself and others on the trip. Dehydration leads to weakness, headaches, dizziness, or dark and strong smelling urine. If you are traveling with children, be sure to monitor their liquid intake.

Adequate, safe drinking water will be supplied. It is your responsibility to carry and drink an adequate supply. Do not drink any water not from a processed container. Even when showering, do not take water into your mouth. Used provided water to brush your teeth; water from the faucet is not safe and brushing your teeth with it could cause stomach illness.

## **Suitcases:**

If possible, do not bring your best luggage on a mission trip. You can often find a good, sturdy used suitcase at the Goodwill, Salvation Army or thrift stores for \$5 or \$10. The airlines continue to change baggage rules. Have your travel agent or your team leader call the airline before packing for current baggage details or go online to see your airline's baggage regulations.

### **Carry On Bags:**

You will need to carry with you several items in the event that your checked baggage does not arrive at your destination. Carry with you clothing and personal hygiene items you would need over a 24 hour period. Remember that liquid items being carried-on need to be 3 oz. or less in size and enclosed in a quart-sized, clear, zip-lock bag. Also, be sure to take any personal medications that you will need. Keep three days worth of medicine in your carry-on bag.

### **Cash:**

U.S. currency is needed for travel food and entry into the Dominican Republic. You will discuss how much you will need during your team training.

### **Prayer:**

Be sure to have your family, friends and church family pray for you before, during and after the trip. You are doing work for the Lord so it is very important that you are covered by prayer.

### **Papers Needed to Get There:**

You will need a valid passport.

You will need a tourist card.

Prior to entering the immigration line, visitors are required to purchase a Tourist Card. It's essential that visitors have US\$10 for each member of their party to pay this tax. No coins or other currency, including Dominican pesos, can be used. The Tourist Card permits a 30 day stay. Tourist Cards are available at booths near the immigration lines. The card, which looks similar to a credit card and has a microchip, will be collected prior to entry into the country.

For all travel documents, write “**recreo**” as the purpose of your trip and write “**Barahona**” as the destination.

Minors traveling without a parent will need to have completed and notarized a permission form for a minor to travel outside the United States.

### **Document Copies:**

To ensure safety, a copy of the following will need to be made before leaving on your trip. Electronic copies can be made and taken on the trip with a copy given to a family member or kept at your home church office. It is advisable for you to take a paper copy with you as well.

- Passport data page
- Drivers license
- Social Security card
- Vaccination certification (optional)
- Medical Emergency forms
- Medical Insurance information

It is also good to have two, current photographs. These can be wallet size pictures and will be used for emergency or identification purposes.

### **Travel Insurance (Optional):**

Short Term Missions travel insurance is available from a number of sources. Please be sure to read the policy coverage documents. You can use following web site as one option for travel insurance. Travel insurance is optional and not a part of the Mission Possible fees.

USA:

<http://www.brotherhoodmutual.com/insPrograms/passportToMinistry/applications.htm>

Canada:

<http://www.voyage.gc.ca/publications/bon-voyage-eng.asp#insure>

### **Travel Bulletins:**

Mission Possible takes your safety very seriously. Even with every precaution, we can not guarantee a perfectly safe environment while traveling in Haiti or the Dominican Republic. Use the following web sites to inform yourselves on travel safety.

Check with the U.S. Department of State web sites for current travel information.

Travel Tips: [http://travel.state.gov/travel/tips/tips\\_1232.html](http://travel.state.gov/travel/tips/tips_1232.html)

Travel Warnings and Alerts: [http://travel.state.gov/travel/cis\\_pa\\_tw/cis\\_pa\\_tw\\_1168.html](http://travel.state.gov/travel/cis_pa_tw/cis_pa_tw_1168.html)

Country Specific Information: [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1765.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1765.html)

Check with Foreign Affairs and International Trade Canada.

[http://www.voyage.gc.ca/countries\\_pays/report\\_rapport-eng.asp?id=117000](http://www.voyage.gc.ca/countries_pays/report_rapport-eng.asp?id=117000)

## **Packing List**

- Minimal Toiletry Kit:
  - Qtips
  - razor
  - toothbrush and paste\*
  - brush or comb
  - soap
  - small shampoo\*
  - deodorant\*
  - hand sanitizer\* and sanitizing wipes
  - 1-2 rolls of toilet paper
  - Put all carry-on liquids and gels inside a 1-quart, clear Ziploc bag (airport security rule)
- Skin protection (can be done as a team):
  - Sunscreen
  - lipbalm
  - insect repellent
  - sunburn lotion
- Small first-aid kit (can be done as a team):
  - See list in Personal Medication and Supplies section
  - Band-aids
  - Triple antibiotic ointment
  - Aspirin or Tylenol
  - anti-diarrhea medicine
  - Pepto-Bismol
  - allergy/sinus and cold medicine
  - laxative
  - eyewash
- Personal Medications (a 2 week supply)\*
- Plane tickets/E-tickets/boarding passes
- Documents
  - Passport
  - driver's license / ID (optional)
  - Credentials (medical, dental, pastoral, etc.)
  - One credit/debit card (Optional)
  - Take along a photocopy of passport and driver's license and keep in a different place in case originals are lost or stolen. Also leave a set of copies at home.
  - Minors without a parent, the permission to travel form
- Alarm clock (battery or wind-up – one per room)
- Beach towel
- Hair blower (Optional)
- Small Pillow (Optional)
- Wash cloths and towels
- Hangers (Optional - if you want to hang up your clothes)

- Squeeze bottle/ Water bottle (empty)\*
- Laundry soap for washing out your clothes in the sink (Optional)
- Camera/ Film/ Batteries (these are very expensive in-country)\*
- Games or cards
- This Team Member Guide
- Bible for private devotions and for ministry\*
- Teaching materials (if you are providing training)
- Daypack or fannypack
- Notebook or trip journal and pens to record your experiences
- Spare glasses and/or sunglasses\*
- Flashlight and batteries
- Snorkel gear (Optional)
- Plastic bags for wet/dirty clothes
- Work and project tools and materials (if doing construction)
- Spending money (\$5 to \$25 per souvenir. Food and beverage money during flights/airport time to and from Haiti. )
  
- Clothing (All clothing must meet Mission Possible acceptability standards)**
  - Sturdy Shoes for working and walking
  - Shoes for water at beach (the beaches are rocky)
  - Comfortable shoes/sandals for sight seeing
  - Flip-flops (for the hotel)
  - Under garments\*
  - Pajamas
  - Shirts\*
  - Women - Dresses or skirts to the knee when sitting and loose fitting  
Capri's or long pants to work in
  - Men - Casual Pants, Jeans and Shorts (knee length shorts only for evening use at the hotel)
  - Bathing Suit
  - Belt
  - Work gloves and goggles (if doing construction)
  - Hat or sunhat
  - Handkerchiefs or personal size tissues

\* Consider these items for your carry on bag. If carried on, they must be in 3 oz. or smaller containers. All jells, liquids, and sprays that are carried on must be in a one quart, clear, zip-lock bag.





DIRECCION GENERAL DE MIGRACION

TARJETA INTERNACIONAL DE EMBARQUE - DESEMBARQUE
INTERNATIONAL EMBARKATION - DESEMBARKATION CARD
BIGLIETTO INTERNAZIONALE DI IMBARCO - SBARCO

SOLO PARA VISITANTES - NO RESIDENTES - / ONLY VISITORS / SOLO PER VISITANTI

LLENESE FIRMEMENTE EN LETRAS DE MOLDE / PLEASE PRINT FIRMLY / RIEMPIRE IN STAMPATELLO

Nombre Completo:

Full Name Last Apellidos / Surname / Cognome

Nombre Completo:

First Nombres / Names / Nome

Sex / Sex

Fecha de Nacimiento: Day / Month / Year M F

Birth Date ->

Lugar de Nacimiento:

Place of Birth / Luogo di Nascita

Country ->

Nacionalidad / Nationality:

Nacionalità

Ocupación:

Occupation / Occupazione

Single

Married

Estado Civil / Marital Status / Stato Civile

Single

Married

Dirección Permanente:

Permanent Address

Calle y No. / Street and No. / Via e Numero Civico

Indirizzo Permanente

Ciudad / City / Città

Estado / State / Stato

País / Country / Paese

Zona Postal / Zip Code / Codice Postale

Dirección en Rep. Dom.

Dominican Republic Address

Indirizzo in Repubblica Dominicana

Street 2 No 39

Dist Juan Pablo Duarte

Barahona

Puerto de Embarque

Port of Embarkation / Porto di Imbarco

Vuelo No.

Flight No. / Volo No.

Puerto de Desembarque

Port of Desembarkation / Porto di Chasse

Vuelo No.

Flight No. / Volo No.

Motivo de Viaje / Purpose of Trip / Motivo del Viaggio

Placere

Pleasure

Business

Business

Convention - Conference

Convention - Conference

Study

Study

Visita Amigos y/o Parientes

Friends and Parents Visit

Visita Amici o Parenti

Otros, Especifique

Other, Specify

Altro, Specificare

Fecha de Stay / Permanencia / Tempo / Duration of Stay / Tempo

No. Pasaporte

Passport No. / No. Passaporto


Cédula No. / Identification No.

Documento di Identità

Firma / Signature

(SOLO PARA USO OFICIAL / ONLY FOR OFICIAL USE / SOLO PER USO UFFICIALE)

OBSERVACIONES:

 <b>DECLARACION ADUANERA DE INGRESO O SALIDA DE PASAJEROS</b> CUSTOMS DECLARATION FORM FOR ARRIVAL / DEPARTURE		No. <b>1092139</b>
NOTA 1: La presentación de esta declaración es obligatoria para todo pasajero que salga o ingrese a la R.D. La declaración de informaciones falsas o incompletas puede originar penas de comiso de valores, de mercancías y de privación de libertad, conforme el artículo 200 de la Ley 3489, del Régimen de Aduanas, y el Artículo 8 de la Ley No. 72-02 Contra el Lavado de Activos. Esta declaración debe ser firmada donde se indica. NOTE 1: This declaration is mandatory for all passengers entering or leaving the Dominican Republic. Declaring false or incomplete information could cause penalties of seizure of values, merchandise or arrest, in accordance with article 200 of the 3489 Customs Law and Article 8 of the 72-02 against the money laundering. This declaration must be signed where indicated.		
Utilice letra de molde por favor / Please print		
1. Fecha: DD / MM / AA/YY		2. <input type="radio"/> Ingreso/Arrival
		3. <input type="radio"/> Salida/Departure
4. Nombre completo: Primer Nombre/First Name		Segundo Nombre/Middle Name
Primer Apellido/First Surname		Segundo Apellido/Second Surname
6. Fecha de Nacimiento: DD / MM / AA/YY		5. Apellido de Casada/ Husband's Surname
7. Nacionalidad:		
8. No. de Pasaporte/Passport No.:		9. ¿Reside en República Dominicana? <input type="radio"/> Si/Yes <input type="radio"/> NO
10. Dirección en la República Dominicana: Address of where you will be staying in Dom. Rep.		
11. Medio de transporte: <input type="radio"/> Aéreo/By air <input type="radio"/> Terrestre/By ground <input type="radio"/> Marítimo/By Sea		12. País de origen o destino: Country of origin or destination:
13. Empresa transportista: Transportation Company:		14. Número de viaje/Trip No.:
15. ¿Trae consigo, o en su equipaje, una suma de dinero (en efectivo o Título Valor) mayor a US\$10,000.00? Do you have in person or in your baggage (cash or checks) over US\$10,000.00? <input type="radio"/> SI/Yes <input type="radio"/> NO		
16. En caso de respuesta afirmativa a la pregunta anterior (15) favor escriba la cantidad: If the answer to the previous question (15) is yes, please write the amount:		17. Tipo de moneda o título: Type of currency or checks: <input type="radio"/> RD\$ <input type="radio"/> US\$ <input type="radio"/> € <input type="radio"/> Otros (especifique) other (please indicate)
NOTA 2: Las siguientes casillas deben ser llenadas únicamente por personas que ingresan a la República Dominicana. NOTE 2: The following boxes must be completed only by persons arriving to the Dominican Republic.		
18. Número de familiares que viajan con usted? Number of family members travelling with you?		
19. ¿Trae consigo, o en su equipaje, animales vivos, plantas o productos alimenticios? Are you bringing with you, or in your baggage, live animals, plants or food products? <input type="radio"/> SI/Yes <input type="radio"/> NO		
20. ¿Trae consigo, o en su equipaje, mercancías sujetas al pago de impuestos (ver instrucciones al dorso)? Are you bringing with you, or in your baggage, merchandise subject to payment of taxes? (Please see instructions on back of this form)? <input type="radio"/> SI/Yes <input type="radio"/> NO		
21. DETALLE DE MERCANCIAS SUJETAS AL PAGO DE IMPUESTOS / DETAIL OF GOODS SUBJECT TO TAX		
Descripción de Mercancías Description of Goods	Valor en Dólares Value US\$	Para uso de aduana solamente For Customs use only
Nota 3: En caso de que la cantidad de artículos sujetos al pago de impuestos exceda las casillas reservadas en el ítem 21, consulte con un Oficial de Aduanas para que le asesore con el llenado del Form. 003-2007 "Declaración Única-Aduanera". Note 3: In the event that the amount of articles subject to taxes exceed the boxes provided at item 21, consult with a Customs Officer to be advised on completing the Form 003-2007 "Customs Standard Declaration".		
Declaro y juro de conformidad con la Ley y ante la autoridad competente, que los datos declarados en el presente formulario son ciertos y exactos, y me someto a las sanciones que la Ley establece al comprobarse cualquier inexactitud u ocultación en las informaciones ofrecidas. I declare and swear in agreement with the Law and before the appropriate authority that the information declared in this form is true and correct and that I will surrender to the sanctions established by the Law in the event of my provision of inaccurate or false information.		
Firma del viajero/Traveler's Signature		