

DOMINICAN REPUBLIC: PROJECT CARIBBEAN

CLOTHING & EQUIPMENT LIST

NOTE: *The t-shirts, shorts and footwear you wear during some of the service projects can get extremely dirty, wet and muddy. You may want to bring clothes and shoes you wouldn't mind donating at the end of the program.*

CLOTHING

- 1-2 PAIRS of PANTS (casual and lightweight for service)
- 4 PAIRS OF SHORTS – at least 2 should be SYNTHETIC/QUICK-DRY SHORTS/BOARD SHORTS*
- 7-8 T-SHIRTS OR TANK TOPS – at least 2 should be SYNTHETIC/QUICK-DRY T-SHIRTS*
- 1 LIGHTWEIGHT LONG-SLEEVED SHIRT (for protection from bugs)
- 6-8 PAIRS UNDERWEAR
- 1 FLEECE JACKET/SWEATSHIRT (for the mountains)*
- 1 RAIN JACKET*
- 2 BATHING SUITS
- 1 SET OF CASUAL DRESS CLOTHES (for the final feast celebration – a sundress or nice pants and shirt)
- 1 PAIR OF PAJAMAS (or preferred sleepwear)

FOOTWEAR

- 1 PAIR CHACOS, TEXAS OR RIVER SANDALS WITH HEEL STRAP (required for rafting and waterfalls; NOT Crocs)*
- 1 PAIR LOW HIKING SHOES OR TRAIL RUNNING SHOES (for day hikes and service projects)*
- 1 PAIR OF OLD SNEAKERS (great for service)
- 5-6 PAIRS OF SOCKS

LUGGAGE

- TRAVEL BACKPACK OR DUFFEL BAG (4,500—5,000 cubic inches) *
- DAYPACK*

ACCESSORIES

- 1 SMALL LIGHTWEIGHT BEACH TOWEL
- SUNGLASSES PLUS CROAKIES*
- SUNSCREEN
- VISOR/BASEBALL CAP/SUN HAT
- HEADLAMP AND 3 SETS OF BATTERIES*
- 2 WATER BOTTLES (each one liter, Nalgene-style or Camelbak)*
- INSECT REPELLENT WITH 20-35% DEET*
- TOILETRIES (shampoo, conditioner, soap, toothpaste, etc. in small bottles)
- PERSONAL MEDICAL KIT (see **Clothing & Equipment Glossary** for recommendations)*
- WORK GLOVES (for service projects)
- WATCH w/ ALARM (cell phones and other wifi-devices will be collected and not available to use as a alarm) *
- SPENDING MONEY (please see **International Fact Sheet** for details)
- 3 PENS/ PENCILS (for activities)

FORMS AND DOCUMENTS

- PASSPORT AND PHOTOCOPY OF PASSPORT
- AIRPORT MEETING INFORMATION FORM

OPTIONAL

- JOURNAL/NOTEBOOK
- RASH GUARD (for protection during water activities)*
- 1 PAIR FLIP-FLOPS
- CAMERA, MEMORY CARD & CHARGER (OR EXTRA BATTERIES)*
- PLAYING CARDS
- DONATIONS FOR SCHOOLS (baseball equipment, school supplies, children's books, art supplies, etc.)*

***Please reference the Clothing & Equipment Glossary for more information on these items.**

DOMINICAN REPUBLIC: PROJECT CARIBBEAN

CLOTHING & EQUIPMENT GLOSSARY

Clothing packed for your ARCC program will keep you comfortable throughout the varied weather conditions we encounter. We emphasize using a layering system while living in the outdoors. Layering well and attending to small changes in temperature and exertion will result in much more comfort than you ever thought possible. You can add or subtract clothing to control a comfortable body temperature for yourself. The synthetic materials suggested are chosen for their insulation (even while wet), their warmth and their light traveling weight. Keep in mind, once cotton is wet it will not keep you warm or act as an insulator against the cold.

NOTE: This glossary is a supplement to your Clothing & Equipment List. Please see your Clothing & Equipment List for a full list of necessary items.

CLOTHING

SYNTHETIC/QUICK-DRY SHORTS: These shorts are 100% synthetic and dry much more quickly than cotton. An example of these are athletic or swimming shorts.

SYNTHETIC/QUICK-DRY SHIRTS: These shirts are 100% synthetic and are able to keep you warm when they are wet. They also dry much more quickly than cotton. An example of these are athletic shirts or workout tops.

FLEECE JACKET/SWEATSHIRT: This is recommended for extra warmth at night and chillier parts of the program.

RAIN JACKET: Either strong coated nylon or Gore-Tex jacket works best. We recommend raincoats with a built-in hood. Thin nylon ponchos are not acceptable as they tear easily.

FOOTWEAR

CHACOS, TEVAS OR RIVER SANDALS WITH HEEL STRAP: Chacos, Tevas, or river sandals (like Keens) are great for any water activity. Be sure that the sandals have a heel strap so they don't fall off your feet when swimming.

LOW HIKING SHOES OR TRAIL RUNNING SHOES: These will be your primary walking shoes. Trail shoes are typically lighter weight than hiking boots and are not as bulky. You should find a shoe that gives you a lot of support and one that has a good rugged sole. The more traction the easier it will be to walk on varied terrain. As with hiking boots, when trying low hiking shoes on, be sure to wear the same socks you are bringing on the program (see Clothing & Equipment List) and walk around the store for 20 to 30 minutes to make sure that the shoes are comfortable and a good fit – it is worth the extra time!

LUGGAGE

LARGE TRAVEL BACKPACK OR DUFFEL BAG: A travel backpack is typically a bit smaller than a backpacking pack and usually includes several features, which make it ideal for international travel. The most notable difference between a backpacking pack and a travel backpack is the fact that the shoulder and waist straps stow-away for checking on an airplane. Most travel packs feature a removable daypack, eliminating the need to purchase a separate daypack. Other features often include a one-zipper entry system, making it easier to access all of your belongings, organization pockets, a rain cover, as well as side and top handles to carry as hand luggage. You may also choose to use a duffel bag as your main piece of luggage. **You should try to find a travel pack or duffel bag that is at least 4500 cubic inches.** Your main bag will need to carry clothing, waterbottles, personal items and everything else you will need on your program.

DAYPACK: Your daypack can be your school book bag or something similar. We use these for day hikes or on travel days when a large backpack is unnecessary or inaccessible. If you purchase a travel backpack with a removable daypack, you do not need to purchase or bring a separate daypack.

ACCESSORIES

SUNGLASSES PLUS CROAKIES: We strongly suggest that you do not bring expensive designer sunglasses on this program as they can be easily lost or damaged. Croakies are devices attached to the sunglass stem to keep the glasses from falling off your head.

HEADLAMP: Headlamps are flashlights with a headband so that the user can have both hands free to cook or do camp chores.

CAMELBAK/NALGENE WATER BOTTLES: Hydration is the key to a healthy adventure. A Camelbak is an alternative to a water bottle; it is a water pouch that slides into the back of your backpack and can often hold more water than one liter of water.

Nalgene bottles are one-liter bottles made of durable plastic that are easy to clean and refill.

INSECT REPELLENT: ARCC strongly recommends using insect repellent with a 20-35% concentration of DEET, as studies have found this to be most effective in combating insects.

PERSONAL MEDICAL KIT: All ARCC leaders carry a full first aid kit, however please consider bringing a personal medical kit with a few items you might need as you adjust to the new environment. For this program, ARCC recommends the following items:

- Pepto Bismol
- Probiotic (eg. acidophilus)
- Imodium
- Electrolyte packets (eg. Emergen-C)
- Small bottle of hand sanitizer
- Motion Sickness Medication (for bus rides)
- Antibiotic (eg. Ciprofloxacin)
- Aloe
- After bite

With the exception of the antibiotic, all of these items are available over-the-counter. However, please discuss the use of any and all medications with your physician.

WATCH w/ ALARM: A watch is essential for any type of travel. Yours should have an alarm for days when we have an early morning. We recommend waterproof or water-resistant watches. Remember that your cell phone and other wifi-devices will be collected and not available to use as an alarm.

OPTIONAL

CAMERA, MEMORY CARD & CHARGER: We encourage you to bring a camera as there will be many great opportunities for pictures. Small digital cameras are a nice combination of size and weight. Be sure to bring at least one memory card, your charger and/or extra batteries. The waterproof/disposable cameras are also a great choice for this program. ARCC does not reimburse the cost of lost, damaged, or stolen property. Cell phones and other wifi devices will be collected and not available to use as a camera.

RASH GUARD: This is a long-sleeve shirt used while surfing to protect the body from getting a rash or irritation from the board while paddling. They also serve as great protectors from the sun and can be used while snorkeling, windsurfing, rafting or on the beach. Generally they are made of a synthetic material and can be found at any surf shop. You may also find them at some outdoor stores like REI.

DONATIONS FOR SCHOOLS: During our community service sections we'll be visiting communities with schools that are sorely in need of school supplies. Appropriate donations are things like pens, pencils, paper, art supplies, etc. This is completely optional.