

2014 FCA Mission to the Dominican Republic Packing List

What to bring	What NOT to Bring
<ul style="list-style-type: none"> • Passport • Bible, Journal and a couple of pens • Any prescribed medication for you (adult leader must know of this) • Baseball equipment (bat, glove, cleats (metal is ok), helmet), uniforms • Swimsuits (one piece for the ladies) • Church clothes (Khakis or Jeans & Polo) • Casual clothes (t-shirts, shorts – 7 days) • Underwear (7 days) • Personal products/toiletries (toothpaste, toothbrush, deodorant, shampoo) • Reusable water bottle with your name on it • Camera with batteries • Your own sunscreen & sunglasses • Insect repellent • Carry on backpack for the plane (one night of clothes, any medication, munchies for the plane, passport, money) • Towel for the pool • Patience 	<ul style="list-style-type: none"> • IPOD's or MP3 players • Laptops • Cell Phones • PDAs • Portable DVD players • DVDs • T-Shirts with inappropriate messages • Flat irons • Bad attitudes
Notes with Packing	Notes for Parents
<ul style="list-style-type: none"> • Except for uniforms, no laundry will be done. You will be there for 7 days – pack enough but not too much. • Boys - pants are required for church on Sunday and <u>no sandals</u>. Ladies – no flip flops for church on Sunday, sandals ok. • Bring a box of your favorite cereal for the week if you do not like Corn Flakes. • Ladies – no tank tops or spaghetti straps. All bathing suits are one piece (no tankini's). • No fluids greater than 3 oz. are allowed on the airplanes. • Ladies – Shorts MUST be mid thigh length or longer. NO RUNNING SHORTS...NO EXCEPTIONS! 	<ul style="list-style-type: none"> • If your child requires and inhaler or is allergic to bee stings, ants, peanuts, etc. and has been prescribed an Epi-pen, they must have these on them at all times and let the adult leader know. • If your child requires medication after sports (ibuprofen, Tylenol,..) they must carry it with them and let the adult leader know. • Given the food may be different, packing some Pepto Bismol or equivalent may be wise. Grapefruit Seed Extract is AWESOME for the prevention of stomach viruses & is encouraged!

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Rules for the Trip

- Attitudes should be positive, flexible and cooperative. Ask God to guide your heart and keep you in the right frame of mind.
- **"LIGHTS OFF" means go to sleep!** You will need plenty of sleep to be effective ministering to others and playing baseball.
- **BE ON TIME. Do not be late for anything!** Our schedule is tight so don't hold others up.
- Respect the facilities at SCORE. Notify an adult leader immediately if an accident happens or something is broken.
- You can not leave the SCORE complex without an adult leader and another team player. No exceptions.
- Any obscene, questionable, or course behavior will be dealt with immediately and may include that the participant cease from participating in the mission trip and return to Atlanta at their own expense.

Emergency Contact Information in Dominican Republic

- The Emergency Contact information with SCORE in the Dominican is:
 - SCORE HOTEL 809-526-1320
- Calls to SCORE should be for emergencies only
- **Calling cards bought in the U.S. will not work.**