



Mission Trip Info

Emergency Numbers

Don Coords- Handfuls of Hope trip director- 908-397-3902

Hotel: BQ, Santo Domingo

Facts about the Dominican Republic

The DR shares the Island of Hispaniola with Haiti. It is surrounded by the Atlantic on the north and the Caribbean Sea on the south which is where we will be. About 4 million of the country's 9 million population live in the capital city of Santo Domingo. Many Haitians live in sugar cane villages and are not counted nor do they have any standing with the country. The Dominican peso currently has a 38 to 1 conversion. Roman Catholicism is the country's official religion. About half of the population is believed to be involved in occult practices. Only 5% profess to be Christians. Our work is clear and the opportunities are endless. We will be traveling to a small village named Catalina every day and partnering with the church there doing our projects and VBS programs to the surrounding villages. It is about 45min.-1hour drive from our hotel in Santo Domingo. As we work alongside our brothers and sisters in Catalina we must always remember we are there to come alongside their very strong ministry.

Insurance

We have purchased trip insurance for all persons going on the trip through the airline.

Passport

All team members are required to bring their passports. Unless you indicate otherwise we will collect the passports after going through immigration at the airport and put in a safe at the hotel



Luggage

You will be allowed to check 1 suitcase only, at a cost of \$25.00. This suitcase must be weighed by you at home and cannot weigh more than 50 lbs. There is an embargo on all flights to the Dominican, so the airline will not allow any overage even if you are willing to pay for it.

It is suggested however that if possible you carry all your personal items in a carryon bag which is free. We will be checking some bags to transport some of our ministry items such as VBS supplies, beanie-babies, tools, etc.

Your carry-on must be small enough to fit in the overhead storage compartment on the plane and not weigh more than 40lbs. You will also be allowed to carry on a backpack which will be very valuable to you during the week to carry items to and from Catalina.

Also please remember all needed medications as it will be VERY difficult to get in the DR. Remember no liquids are allowed over 3 oz. to be carried on the plane. Liquids must be in the checked suitcases. Any liquids should be in zip-lock bags should it rupture during the flight. Please let us know if you will want to check liquids and we will leave space when we do our pre-trip packing.

Clothing

The key to this trip is that it's not about you and me. Instead it is to bring honor and glory to the Lord and to make Him the focus of all we do, say and even wear. Our customs differ from those in Catalina and we want to respect them and their culture. Therefore the keyword is modesty. We thank you in advance for adhering to the dress code below.

While at the hotel, you may wear anything as long as it is modest. However all bathing suits must be one piece. You may wear a tankini as long as the top is long.

Ministry- at all times when in Catalina doing ministry it is required that all female team members wear skirts or dresses. The skirts must be to the knee. Shirts must be loose fitting and cover the shoulder; therefore t-shirts are the best option.

Construction- If doing construction, shorts/capris are allowed but must not be low rise and must be longer in length. A loose fitting t-shirt covering the shoulder would be appropriate.

Males- while not as restricted, again modesty and neatness is the rule of the day. Look at your t-shirts and make sure that nothing offensive is on them. Shorts must be long as well. T-shirts that are tight are great for showing off muscles but offensive in the



Dominican culture. It will be hot so a change of shirt is not a bad idea to put in your back pack for a lunch time change.

Children's hospital- modest shorts will be allowed.

Friday night church service- Men- bring pants and a collared shirt. Women- bring skirt/dress.

Shoes- While outside the hotel closed toed shoes are required. You may wear flip-flops at the hotel.

Meals

We will eat a buffet breakfast at the hotel every morning. All lunch meals will take place in Catalina- there we will get to enjoy home cooked Dominican cuisine. All evening meals will be in the capital except Thursday and Friday (those days we will be eating in Catalina).

General Info

- * Always be FLEXIBLE. Plans will change daily. Waiting can be frustrating for all of us but please go with the flow.
- * Be on time all the time. Each days schedule will be posted and we will meet every night to go over times.
- * Stay together at all times. No one should EVER go off alone. If a group is going somewhere you must tell someone.
- * Take your Bible and read it EVERY day!
- * Take a journal and record what God is doing
- * Don't give money or candy to anyone without getting permission to do so first.
- * Always be prepared to tell someone about your relationship with the Lord.
- * Look and ask for God to do something amazing in your life on this trip!! Let God work in you and through you!



Items to bring

- Your passport
- Form for Minors
- Your Bible
- Backpack
- Pen and notebook/journal
- Bathing suit- one piece or tankini (with long top)
- Alarm clock- battery type
- Personal hygiene products
- Spending money (small bills are good for market shopping)
- Antibacterial hand sanitizer
- Camera, film, batteries
- Medications
- Vitamins
- Flashlight
- Sunscreen
- Hat
- Bug spray
- Snacks (granola bars, protein bars, nuts, dried fruit, etc.)

How To Stay Healthy In The D.R.

HANDWASHING- Hand washing is the single most important factor in preventing infection. This might sound basic, but wash hands after bathroom, before eating or drinking, after work site or medical clinic/hospital. Use antibacterial wipes, gel, lotion, soap.

WATER- Drink plenty of fluids including bottled water only, clean ice. Do NOT use tap water for brushing teeth. Keep eyes and mouth closed in the shower. Bring a water bottle with a cover on it. DO NOT share water bottles and do not set water bottle down on the ground.

FOOD- Eat food only as approved by leaders. Avoid any raw vegetables washed in water (fruits, vegetables). Do not eat food from street vendors. Eat plenty of fruit- make sure it has been peeled or cooked. You may want to bring snacks (granola bars, protein bars, nuts, dried fruit, etc.)



SUN- Wear a hat, wear sunscreen, reapply after swimming and perspiration. The sun is very strong, be careful. Watch out for each other. If someone is looking red and overheated, let them know, reapply sunscreen and take a break. Pace yourself in the sun. We want to work hard, but we don't want you to become overheated. Take breaks, drink plenty of water, and sit in the shade when possible. Certain medications can cause photosensitivity. This means you may be more sensitive to the sun. Antibiotics used for acne like Tetracyclines or Doxycyclines can cause this.

SHOES- No open shoes in the village. Do not go barefoot anywhere except the pool area. Bring an extra pair of sneakers in case the first pair get wet.

BUG SPRAY- Good idea to bring, especially in the evening. You can also purchase citronella wrist bands.

MEDICATIONS/IMMUNIZATIONS- Bring any of your medications that you take regularly. Let leaders know what you are taking. All team members must complete a medical form which lists allergies, present medications and medical history. Pack medications in your carry on.

Suggested medications-

Tetanus- Up to date (7-10 years is considered safe)

Prescription for Cipro or other antibiotic for diarrhea

Over the count medications- Tylenol/Motrin for muscle aches, Pepto-Bismol, band-aids, packets of powdered Gatorade or other electrolyte replacement drink.