

## **ILI Travel Dominican Republic Packing List**

While students are free to bring luggage, they are strongly encouraged to just bring a carryon. They don't result in lost luggage and speed things up at the airport. Students will need to pay for checked luggage.

### **Clothing:**

- Modest summer clothes
- Work clothes
- Hat and/or Sunglasses
- Bathing suit
- Shoes ideal for work and for general walking around
- Sandals or flip flops; Water shoes

### **Snacks:**

- Trail Mix and/or Nuts
- Energy bars and/or Granola bars
- Turkey/Beef Jerky
- Individual serving packets of powdered drink mix (ie. Crystal Light) or water additive containing electrolytes and vitamins (ie. Mio Plus or Powerade)

### **General Items:**

- Water bottle
- Daypack
- Cash for your personal buying & tips (small bills)
- Sunscreen (remember [TSA rules](#) if in your carryon).
- 30% DEET (or higher) insect repellent (remember [TSA rules](#) if in your carryon).
- Flashlight
- Wet wipes and/or hand sanitizer
- Color copy of passport (which we should already have)
- Copy of your insurance card

### **Medicine:**

- Prescriptions—take enough to last the trip + a few extra days
- Over the counter medications, such as Tylenol or Benadryl
- Extra contact lenses and solution
- Anti-diarrhea medication or an antibiotic (like ciprofloxacin) in case of traveler's diarrhea