

**Restoration Ministries**  
*Santo Domingo, Dominican Republic*  
**GUIDELINES FOR FOREIGN MISSIONS TRIP**

1. Please **remember** your purpose in coming. This is not a tourist trip; this is a missionary trip.
2. Team should meet each day in the morning for prayer and devotions. Everyone is expected to attend and participate.
3. When entering or leaving the country it is important that you wear the designated shirt or cap to identify you as a member of your group. This makes it easier to keep the group together in the airports, makes it easier to get through customs and saves valuable time.
4. To **enter** the Dominican Republic you must have **the following** for the immigration officials:
  - a. **Identification:** A valid **Passport** (available through the Post Office, allow 6-8 weeks).
  - b. **A Dominican Republic Tourist Card.** Cost \$10.00 US. (These can be purchased in the Las Americas airport before passing through immigration.)

*Note: After passing through Immigration you will enter the baggage area. There will be carts available to load your bags on. Please wait until everyone in the group has their luggage to exit that area. You must have the baggage receipt for each tagged bag on your cart.*
5. Each person will be allowed one (1) medium sized suitcase and one (1) carry-on bag. Leave expensive jewelry at home, and **do not** pack any valuables in baggage to be checked. Do not bring anything with you that you would mind losing. Never leave valuables unprotected or lying around. Valuables and any medications that you take should be put in carry-on bag. **If you normally take medication, make sure you take an ample supply, as some medicines may be hard to purchase in the Dominican Republic.**
6. Electrical current is 110 volts, the same as in the U.S. Electrical outages are common. Be prepared to fix hair, shave, etc. without any electricity. Also, pack a flashlight with fresh batteries.
7. If you use a face cloth to wash with, pack one along with a zip lock bag for when it's still too wet to travel. Bring insect repellent and sunscreen. Slides for the shower are also recommended. Put all liquid products in zip lock bags to prevent damaging suitcases and clothes in case of a leak or breakage.
8. Temperatures average between 74 - 95 in the summer, so dress appropriately for warm weather. Loose fitting cotton clothing is most comfortable. Shorts should be walking shorts or Bermuda shorts that are loose fitting. You will be told when it is acceptable to wear shorts.
9. Ladies: You might want to wear a hip pack instead of trying to keep up with a purse. Due to the customs of the country you will be expected to wear dresses or long skirts and **not** pants to any churches. Avoid low necklines, extremely short sleeves, too much jewelry, and excessive makeup. These things can offend some more conservative of the Christian community and close doors for your ministry. While traveling is relatively safe, you are not to travel alone at any time.
10. Men: You might want to wear a hip pack to keep up with valuables. No shorts or caps when ministering in outreach or attending church services. T-shirts should be Christian or appropriate secular shirts, but rock groups, obscene, or suggestive shirts along with tank tops should be left at home. Also excessive jewelry is to be avoided and earrings should be left at

home. (Wedding rings, High School and College rings, or watches are fine.)

**11.** There will be plenty of time for fun and play, but during the services please keep an attitude of prayer and reverence for God, even though you may not understand the language.

**12.** If you have any complaints or problems with the attitude of another brother or sister, please pray for them and check your own attitude before discussing it with anyone. Unity is very important. Examine yourself in the light of the book of James.

**13.** Most will be sharing rooms with many beds. If you have trouble sleeping with noise, bring earplugs with you. Besides the noises that some people make when they sleep, there can be the sounds of crowing roosters, babies crying, horns honking, dogs barking, motorbikes roaring by, Latin-style music blaring, and other sounds coming through the open windows.

**14.** Good potable drinking water is essential to health here. **DO NOT DRINK WATER FROM THE TAP OR AT ANY TIME! Purified bottle water will be provided.** Use PURIFIED water to brush your teeth and rinse your toothbrush.

**15.** Use discretion about comments concerning poverty or backwardness of the people or country. They are proud of their country. When taking photos show respect, ask permission.

**16.** The current money exchange rate is around \$45.00 pesos to \$1.00 U.S. dollar. **Please do not exchange money in the baggage area of the airport.** You will have opportunities to exchange money as needed.

**17.** In the Dominican Republic, as in other countries outside the U.S., bartering is an art and a custom. For fruit, vegetables, flowers, and things sold on the street and in some shops, bartering is essential. A good rule of thumb is to start 30-40% lower than the original price and meet somewhere in the middle. Get your dictionary out and brush up on your Spanish numbers. Don't bargain for low prices on goods unless you are seriously interested in buying. Try to be careful not to offend the peddler, but don't be intimidated by a tough bargainer.

**18.** Always stay with the group unless you receive permission from a leader. Displays of affection between girlfriends and boyfriends should be avoided during the trip. If you need someone to talk with or pray with you individually it should be some one of the same sex. During times of the ministry of laying on of hands, males should lay hands on the males and females on the females. If you need to minister to someone of the opposite sex, get someone of the opposite sex to help you.

**19.** Bring this guideline sheet with you on the trip. When in doubt about anything, ask a leader. There are no dumb questions, only questions!

## Packing Suggestions and Trip Guidelines

- Any medicine that you take, over the counter or doctor prescribed, also any vitamins that you take.
- Glasses or contacts and solutions needed for contacts.
- A flashlight and extra batteries. Electrical current is 110 volts, the same as in the U.S. Electrical outages are common. Be prepared to fix hair, shave, etc. without any electricity. Travel bathroom tissue and butane curling irons are usually available at Wal-Mart in the US.
- Bring insect repellent, sunscreen, and hand sanitizer.
- Camera and extra batteries and memory cards. Cameras can be charged in patio area when there is electricity.
- Light cotton clothing is best. Daytime highs 80 to 85 and nighttime temps of 68 to 72. Bermuda shorts can be worn when working construction and on beach days. No short shorts at any time. When going out for ministry or to church services, long pants for men and skirts or dresses for the ladies. Bring a light jacket for cool mornings.
- Leave expensive jewelry at home, and **do not** pack any valuables in baggage to be checked. Do not bring anything with you that you would mind losing. Never leave valuables unprotected or lying around. Valuables and any medications that you take should be put in carry-on bag.
- Ladies: You might want to wear a hip pack instead of trying to keep up with a purse. Due to the customs of the country you will be expected to wear dresses or long skirts and **not** pants to churches. Avoid low necklines, extremely short sleeves, too much jewelry, and excessive makeup. These things can offend some more conservative of the Christian community and close doors for your ministry. While traveling around the country is relatively safe, you are not to travel alone at any time.
- Men: You might want to wear a hip pack to keep up with valuables. You are not allowed to wear walking shorts or caps to minister or to church services. T-shirts should be Christian or appropriate secular shirts, but rock groups, obscene, or suggestive shirts along with tank tops should be left at home. Also excessive jewelry is to be avoided and earrings should be left at home. (Wedding rings, High School and College rings, or watches are fine.)
- Many will be sharing rooms, so if you have trouble sleeping with noise, bring earplugs with you. Besides the noises that some people make when they sleep, there can be the sounds of crowing roosters, dogs barking, motorbikes roaring by, Latin-style music blaring, and other sounds coming through the open windows.
- The current money exchange rate is around \$45.00 pesos to \$1.00 U.S. dollar. **Please do not exchange money in the airport or on the street.** You will have opportunities to exchange money as needed.
- Current up-to-date Passport.
- 10 Dollars US for Tourist Card that has to be purchased in airport before passing immigration.