



Dental Mission To Treasure Beach, Jamaica

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About this trip

Here is some information for a Christian Dental Mission Trip to Jamaica. The trip goal is to bring the Good News of Eternal Salvation through Jesus Christ to our Jamaican brothers and sisters through the gift of free Dental Care. Every patient we treat receives more than dental care. They receive dignity, compassion, relief from pain, and the reminder that they are loved by God. Sometimes the most powerful testimony is simply caring for someone with excellence and kindness.

The trip lasts 1 week and will be to the South Coast village of Hopewell, St. Elizabeth. Typically, we arrive on Saturday around 1:00PM (Montego Bay Airport), travel 2 1/2 hours to our South Coast destination, set up on Sunday, work Monday through Thursday. Friday is a fun day and we return on Saturday around 1:00PM. The cost is \$1100.00 plus your airfare. (Fees are based on double/triple occupancy. Single room requests will be honored when possible, for an additional \$500.00 per person)

Dental procedures include cleanings, fillings, extractions and root canal therapy. Everyone on the trip must have a servant's heart and be willing to put others ahead of themselves. We work hard, deal with the heat, bugs, power outages, hunger, thirst, and difficult procedures, but the rewards are immense and life changing. After reviewing the Frequently Asked Questions, let me know if you have any more questions or would like to proceed with the registration process.

***Please note: This is not a party trip. Alcohol is not permitted at the villas and anyone in violation will be sent home at their own expense. In addition, marijuana and other illicit drugs are also strictly prohibited and violators will be sent home at their own expense. Children wishing to come along need to be approved by the team leaders.

Frequently Asked Questions

Frequently Asked Questions for the Jamaica Dental Mission Trip

1. How much extra money should I bring for the trip?

We usually tell people to bring around \$200. Excursions, which we highly recommend doing, are \$16(YS Falls Entry Fee and an additional \$20-25 if you want to do the Zipline), and \$50 for the Black River Boat Ride. The rest would be for souvenirs and extra food. If you don't have a lot of people to buy for, then you probably don't need that much money. That's just what we say to cover our bases. Also, bills smaller than \$20 will come in handy.

2. Where do we stay?

We rent a couple villas that are all relatively close to each other. Meals are eaten together at one of the houses.

3. Is it safe?

Yes! It is very safe. We've been going to this area of Jamaica for over 25 years and the people in the neighborhoods know us. They respect us and are so thankful for all that we do for them. Even though it is a safe area, you will want to safeguard your passport and other valuables.

4. What's our daily schedule like?

Saturday: arrive in Montego Bay, Jamaica, late lunch at the Pork Pit (typical Jamaican food), 2 1/2 hr van ride to Treasure Beach, where we stay for the week.

Sunday: an excursion to YS Falls late morning and clinic set up in the afternoon. \$16 per person for YS Falls Entry Fee and an additional \$20-25 if you want to do the Zipline.

Monday-Thursday: wake up at your leisure, workout if it pleases you, lay out if the sun is calling your name, breakfast together at 8am, devotions at 8:30, leave for clinic at 9, arrive at clinic 9:30. Work 10-6? 7? 8? We usually work until between 6-7 but if there happens to be a complicated extraction that goes late, which probably will happen, we could be there later. Dinner together when we are all done followed by, fellowship to discuss the amazing events of the day, night swim? Admire the stars? Alcohol is not permitted at the villas.

Friday: excursion on the ocean and Black River and fun in the sun all day! \$50 per person for the Black River Boat Ride

Saturday: return home (travel all day)

5. Do we really have to pack in only one carry-on?

Yes. We are bringing bags of supplies that we need to check through under all of our names. You should be able to fit all of your personal belongings in one carry on bag. For those of you who think this might be a problem, it's not as difficult as you think. We usually bring 4 pairs of scrubs, swimsuit, and workout clothes. But really you don't need that much for this week! We also try to pack lightly because there's not a ton of room in the vans to transport us and our luggage! If everyone packs smaller bags, it's a lot easier!

6. What should I pack?

- * 4 pairs of scrubs. They can be school scrubs, scrubs that you got for Christmas, whatever you want. Nothing inappropriate on them.*
- * Shoes to wear in the clinic (see question 10)*
- * Socks & undies*
- * Workout clothes if you so choose*
- * A swim suit (again, NO ONE will care if you wear the same one all week-Seriously).*
- * Sunglasses, beach hat, sunscreen. Bath towels and beach towels will be provided.*
- * WATER-SHOES or shoes to walk on the coral with. We highly recommend getting some water-shoes (they usually have cheap ones at Target or any sporting goods store would have nicer ones). If you have a pair of old gym shoes that you're fine walking around in the ocean with, those will work.*
- * Toiletries (try to pack small bottles of shampoo etc so that we don't have to send it to check through-you can't carry on more than 3 ounces of liquid)*
- * Camera—use your phone*
- * PASSPORT*
- * Loupes and headlight*
- * A couple tee-shirts and a pair of shorts just to wear around after the clinic*

7. How do I bring enough sunscreen if I have to pack in a carry-on?

Usually a couple people go in on sunscreen together and bring that to share. If you get it to the team leader ahead of time, they can put it in a duffel bag to be checked through with the supplies so that way you can bring a bigger bottle.

8. Are the outlets the same?

Yup. The current is a little different so hair dryers etc. run a little hotter, but still work fine.

9. Do I need safety glasses?

If you are a dental student, please bring your loupes and headlight. If you don't have loupes, then bring a pair of safety glasses. We have a couple pairs floating around the clinic but not nearly enough for everyone.

10. What kind of shoes can I wear in the clinic?

Any comfortable closed-toe shoe. Crocs without holes are fine. Toms are fine. NO sandals. Be prepared to be standing all day so wear something that's comfortable. They do NOT need to be white.

11. Is there wifi where we stay?

Yes, although it is slow and kind of splotchy so it won't work as fast as in the US.

12. Should I bring my loupes and headlight?

We would strongly recommend bringing them. Every dental student will be doing restorative, but depending on patient needs, may only be doing it for one day or so. If they help you do extractions, bring them. If they help you in restorative, bring them. If you do bring them, make sure you know where they are at all times because things can get lost and forgotten in the clinic.

13. Is it safe to bring my iphone or laptop?

Yes it is as long as you make sure to be careful with it and not leave it sitting out. The houses and clinic will be locked when we are not there, however, it is in your best interest to bring your least expensive cameras and devices. The same goes for jewelry, unless it'll be on you the whole time.

What's Included?

Jamaican government registration fees, dental instruments and supplies, in island team transportation, most meals, lodging

What's not included?

Your airfare and excursions

Itinerary



Itinerary for the week

Saturday-Saturday Itinerary

Typical Itinerary for CDS Dental Mission Trip to Jamaica

We usually arrive in Montego Bay around 12:00PM on Saturday, go through customs, have lunch and head over to the South Coast which is approximately 2 ½ hours away.

Sunday

You will start the day with 9:00am brunch followed by Christ centered devotions. After Devotions we will head to YS Falls for a day of fun--Wonderful natural water falls called YS Falls, about 1 hour away, where you can swim in the falls, climb the rocks and jump in and even do the zip line. Bring cameras and water shoes. On Sunday, some of us will stop at the clinic in the afternoon, and do a preliminary set up so that we are ready to go Monday morning.

Monday-Thursday

Exercise, read, pray or jog along the beach. We will have breakfast at 8:00am, followed by devotions at 8:30am. We will then clean up and depart for the clinic at 9:00am where we will work straight through until 6:00pm or??. After work, we will come home and have a wonderful dinner and share stories of the day.

Friday

We will have breakfast and then head off for a fun day on the water. We can go for a boat ride up the Black River(Approximately \$50 per person), see the crocodiles, and have lunch and a swim in the river--for those who dare! On the way back, we will stop at Pelican Bar, a little restaurant bar built out in the ocean on a sand bar where a lot of pelicans hang out, thus the name Pelican Bar. Bring a football or Frisbee to throw around. Floyd will be glad to see you and serve you a Ting and some fresh fish and rice. Early dinner back at the villas.

Saturday

7:00am Breakfast and depart at 7:30am for airport to arrive at 10:00AM for the early afternoon flights.

- Monday Through Thursday



Clinic Days

Monday-Thursday

Light breakfast on your own. Exercise, read, pray or jog along the beach. We will have breakfast at 8:00am, followed by devotions at 8:30am. We will then clean up and depart for the clinic at 9:00am where we will work straight through until 5:00 or 6:00pm or??. After work, we will come home and have a wonderful dinner and share stories of the day.

Friday



Friday=Fun Day

We will have breakfast at 9:00am and then head off for a fun day on the water. We can go for a boat ride up the Black River (Approximately \$50 per person), see the crocodiles, and have lunch and a swim in the river—for those who dare! On the way back, we will stop at Pelican Bar, a little restaurant bar built out in the ocean on a sand bar where a lot of pelicans hang out, thus the name Pelican Bar. Bring a football or Frisbee to throw around. Floyd will be glad to see you and serve you a Ting and some fresh fish and rice. Early dinner back at the villas.

- Final Day



Departure Day

7:00am Breakfast and depart at 7:30am for airport to arrive at 10:00AM for the early afternoon flights. Times subject to change depending on flight arrangements.

We have been leading Christian Dental Mission trips to Jamaica since 1994. Several times each year, we bring teams of dentists, dental students, hygienists, assistants and non dental support volunteers to serve the dental needs of the poor. Team members have come from all around the country and from over 35 dental schools in the USA and Canada. Thousands of volunteers have participated in these exciting cross cultural dental mission trips that not only enhance clinical skills but bring out the joys of service to suffering people in the name of Christ. We are dentists with a passion to serve those in need and at the same time spread the message of Eternal Salvation through Jesus Christ.
