



**Jamaica Mission Trip  
Primary Care Project  
October 25 – November 1, 2026**



# Kingston, Jamaica Medical

## Mission Trip

### Trip Purpose

Volunteers from AdventHealth will provide primary care to several Jamaican communities during five days of clinics. Working with our mission partner, Andrews Memorial Hospital, we plan to serve communities impacted by Hurricane Melissa. Together we will help bring health care services to those in need.

### Location & Culture

**Jamaica** is an island country in the Caribbean, covering 10,990 square kilometers (4,240 sq mi). It is a popular tourism and resort destination. It is the third-largest island in the Greater Antilles and the Caribbean, after Cuba and the island of Hispaniola. Jamaica lies about 145 km (78 nmi) south of Cuba, 191 km (103 nmi) west of Hispaniola (the island containing Haiti and the Dominican Republic). With 2.8 million people, Jamaica is the third most populous Anglophone country in the Americas and the fourth most populous country in the Caribbean. Kingston is the country's capital and largest city.

The indigenous Taíno peoples of the island gradually came under Spanish rule after the arrival of Christopher Columbus in 1494. Many of the indigenous people either were killed or died of diseases, after which the Spanish brought large numbers of Africans to Jamaica as slaves. The island remained a possession of Spain, under the name *Santiago*, until 1655, when England conquered it and named it *Jamaica*. It became an important part of the colonial British West Indies. Under Britain's colonial rule, Jamaica became a leading sugar exporter, with a plantation economy dependent on continued importation of African slaves and their descendants. The British fully emancipated all slaves in 1838, and many freedmen chose to have subsistence farms rather than to work on plantations. Beginning in the 1840s, the British began using Chinese and Indian indentured laborers for plantation work. Jamaicans achieved independence from the United Kingdom on August 6, 1962.



Andrews Memorial Hospital located in Kingston, Jamaica is our trusted partner with whom AdventHealth has worked alongside for over 30 years and was one of Global Missions original Mission Partners. During our trip we will be partnering with Andrews Memorial Hospital to deliver care.

## Trip Cost and Due Dates

The total trip cost is \$1,500

### Due Dates

Payment	Amount per Person	Date Due
Non-Refundable Deposit	\$200	Upon Welcome Email
50% of Trip Cost	\$650	August 14, 2026
100% of Trip Cost	\$650	September 25, 2026
TOTAL	<b>\$1,500</b>	

**Note: Airline tickets will be purchased once the 50% of the trip cost has been paid. You may be subject to higher ticket rates if payment deadline is not met. Trip cost may vary depending on departure city. Cost listed is based on departure out of Orlando, Florida.**

### Payment Options:

1. Website: <https://give.adventhealth.com/GMJamaica>
2. Call our office at 407-303-2632 to make payments over the phone
3. Mail a check made out to the “AdventHealth Foundation Central Florida” to our address:

AdventHealth Global Missions  
870 Sunshine Lane  
Altamonte Springs, FL 32714

### The trip cost covers the following expenses:

- Flight(s) to location
- Hotel/Accommodation
- Ground Transportation
- Meals and Drinking Water
- Tips on behalf of the group
- Short-Term Travel Insurance

All donors will receive a tax-deductible receipt at the end of the year for the donation to support the trip.

### Additional Costs

These items are not included in the trip donation and are your own expense:

- Meals while traveling to and from Jamaica
- Personal Medications, some which may be covered by your health plan
- Personal Tips, ex: for laundry or other personal items not covered by group tips
- Any personal emergency expense above what the insurance covers
- Beverages, you may want to bring \$15 – 20 USD for extra drinks (Gatorade, soda, etc.)
- Souvenirs/Gifts

## Travel Schedule

Tentative schedule shown below, *subject to change*.

Day	Date	Activity
1	Sunday October 25	Depart to Jamaica (flights will be into Montego Bay)
2	Monday October 26	<b>CLINIC</b>
3	Tuesday October 27	<b>CLINIC</b>
4	Wednesday October 28	<b>CLINIC</b>
5	Thursday October 29	<b>CLINIC</b>
6	Friday October 30	<b>CLINIC</b>
7	Saturday October 31	Rest Day / Tour and Excursion
8	Sunday November 1	Return to Orlando, FL

**\*\*Flight itinerary will be emailed to you once flights have been finalized.**

## Health and Safety Protocol as established by AdventHealth Global Missions

The safety and health of our volunteer team and security within our destination/host country is of utmost priority. Any volunteer wanting to travel on an AdventHealth Global Missions' trip must

- Adhere to the vaccine requirements of our host country and our host institution, including covid testing if required.
- Agree to wear a mask at all appropriate times as instructed by the team leader. This includes but is not limited to properly masked in airports, team meetings, morning, and afternoon commute on the bus and during clinic hours.
- Comply with airline and transit country masking requirements, if applicable, during to and from travel to destination. Currently, there are no mask requirements for travel to Jamaica.

## Entry and Exit Requirements for Jamaica

All passports must be valid for at least six months after the dates of intended travel. We recommend that you keep a copy of your passport with you at all times while traveling through Jamaica. For U.S. citizens, no visa is necessary for Jamaica if your stay is less than thirty days. All non-US citizens will be assessed for visa requirements.

## Weather and Atmosphere

In October, the weather in Jamaica is generally warm and humid. During our mission trip, we will experience highs of 89°F in the hottest part of the day and lows of 75°F.

## Lodging

Our lodging will consist of hotel rooms. The hotel room assignment will be 2 people per room based upon gender or married couples.

## Food and Drink

Jamaican cultural food is a vibrant fusion of African, British, Spanish, Indian, and Chinese influences, characterized by bold spices like Scotch bonnet peppers, pimento (allspice), and thyme. The national dish is **Ackee and Saltfish**, featuring the savory fruit sautéed with salt cod, usually served with fried dumplings, boiled green bananas, or yam.

The hospital has a vegetarian cafeteria, which will prepare our lunch and at times dinner.

Do not eat food from a street vendor. Eat carefully. Not everything is perfectly safe, even if cooked.

## Water

Do not drink tap water, only bottled water. This includes brushing your teeth and ordering drinks with ice. You will be provided bottled water throughout the trip. It's important to keep yourself hydrated due to the heat and exhaustion.

## Immunizations

We recommend our participants are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. More information on recommended vaccinations is available at <https://wwwnc.cdc.gov/travel/destinations/list/>. It is your responsibility to work with your primary care provider to determine the vaccines appropriate for you.

## Miscellaneous

### Foreign Currency

Jamaica uses the Jamaican Dollar as their form of currency. As of February 2026, the exchange rate is **1 USD = 156 Jamaican Dollar**.

### How much money should you bring?

The money you will need is for any extra items listed above that you may want to purchase. We will stop at the airport to exchange money; many vendors also take credit cards. Most everything you see in shops or from vendors will be less expensive than in the USA.

### Electricity

Jamaica uses the same outlets and voltage as the United States.

### Time

Jamaica is on Eastern Standard Time, same hour of Orlando, FL.

## Cell phone and Internet Access

If you need cell phone access, please make arrangements with your cell phone carrier prior to departure. Wi-Fi access may be available at the hotel.

## Important Travel Tips

- Please do not go out on the streets by yourself; always in a group.
- DO NOT let anyone take your passport “to expedite” your check-in. Wait in line yourself.
- Carefully watch for everyone’s luggage as these are easily mistaken on the conveyor belts.
- Identify yourself as a visitor / tourist –on immigration documents.
- Stay with group when we go through customs.
- You are advised against street moneychangers for security purposes.
- Respect others; always be on time for scheduled events (better early than late).
- Remember: You are a guest in Jamaica... the rules and cultural norms may be different and more conservative.

## Packing Tips:

- Be a minimalist, don’t over pack.
- Dress in layers to accommodate changing weather throughout the day.
- Personal Medications: Bring what you would normally travel with and include items such as headache and anti-diarrhea medicine, Zofran, Cipro, etc.
- You may wear scrubs, but they are not required during clinic days. If you do not own any scrubs, you can wear pants and a polo shirt.
- PLEASE leave jewelry back in the USA and dress conservatively – no loud shirts, pants, shorts, etc.

## Luggage Allowance

Depending on the group size of the team you may be asked to bring **only a carry-on** piece of luggage. In that instance, you would *not* be asked and the materials that we need to take with us, to take the Global Missions’ Supply Bag. Your team leader will let you know at the first team meeting.

1. Carry-on                      22 x 14 x 9 inches
2. Checked bag                Up to 50lbs
3. Personal bag

## Packing List

Note: This is not an all-inclusive, nor do all items listed need to be packed. It is provided as a guide for what to consider packing for a Global Missions trip.

<b>BASICS</b>	<b>TO TRAVEL:</b>	Watch/Travel Alarm	<b>TRAVEL AIDS</b>
	Passport	<b>FUNDS</b>	Pleasure reading
	Copy of travel docs	Wallet	Chewing gum
	Copy of passport	Cash	Snacks
	Emergency contact info	Credit Cards	Earplugs
	Medical insurance card	Foreign Currency	Sleeping mask
	Headphones	Money belt	Travel pillow
	Cell Phone & Charger		Motion-sickness remedy
Tablet & Charger			
<b>CLOTHES</b>	<b>BASICS</b>	Scrub Top	<b>ACCESSORIES</b>
	Underwear	Scrub Bottom	Belt
	Socks	<b>OUTERWEAR</b>	Wristwatch
	Undershirts	Jacket	Glasses
	Bras	Rain jacket	Sunglasses
	Sleepwear (warm)	Scarves	Glasses case
	<b>CASUAL</b>	<b>FOOTWEAR</b>	Hat
	T-shirts	Hiking Shoes	
	Sweatshirts	Athletic/Comfy shoes	
Pants/Jeans	Sandals/flip-flops		
<b>HYGIENE</b>	Toothbrush	Face cleanser	Feminine hygiene
	Toothpaste	Moisturizer	Nail clippers
	Dental floss/mouthwash	Sunscreen	Hand Sanitizer/wipes
	Soap	Lip balm	Tissues
	Deodorant	Contact lenses & case	Insect repellent
	Shampoo	Saline solution	Prescription Medications
	Conditioner	Shaving cream	Pain reliever
	Brush or Comb	Razor	First-aid kit
	Ponytail holders	Perfume/cologne	Vitamins
	Hair dryer/curling/flat iron	Makeup	Toilet paper / baby wipes
<b>EXTRAS</b>	Camera	Reusable water bottle	<b>DONATIONS</b>
	Umbrella	Travel sewing kit	Clothing
	Towel	Journal/Pen	Toys
	Guidebook	Plug adapter	School Supplies
	Backpack/day bag	Voltage converter	Toiletries
	Stain remover	Laundry bag	
	Important Phone numbers	Ziploc bags	
	Powdered drink packets	Stethoscope	
	Personal snacks	Personal medical tools	
	Flashlight & extra batteries	MED BAG supplied by GM	