



## **Jamaica Dental Hygiene 2026 Itinerary**

Travel Dates: October 24 – November 2, 2026

### **DAY 1: Saturday, Oct. 24 Travel Day & Orientation**

- Depart Tampa/Orlando early morning
- Arrive in Jamaica around lunchtime
- Welcome lunch & resort orientation
- Unpack and settle in
- Collect clinical supplies
- Free time at resort (*must stay on property, in pairs*)
- Group dinner with SPC group
- Mandatory meeting with Great Shape! Inc
- Go to the room for the evening to rest and prepare for the following day's activities.

### **DAY 2: Sunday, Oct. 25 Supplies, Great Shape Meetings and Clinic Set up**

- Breakfast + morning, Great Shape! Inc. training session
- Lunch
- Gather and organize supplies
- Travel to clinic site & complete setup
- Excursion Day – The group will select one or two Local excursions
  - Island Shopping
    - Visit the local markets and buy some souvenirs.
  - Horseback Ride Guided Tour In Ocho Rios
  - Visit the local markets, neighborhoods and eat lunch at a local favorite.
  - Blue lagoon swimming and river tubing
- Dinner and team meeting with Great Shape! Inc.
- Relax in the room for the evening to rest and prepare for the following day's activities

### **DAY 3-7: Monday, Oct. 26, - Friday, Oct. 30- Clinic Days**

- Breakfast (7am) & morning briefing- have everything you need with you at breakfast meeting
- Depart for clinic sites immediately following breakfast (cannot go back to room)
- Provide dental hygiene care at assigned clinical site until early evening (5-6 pm)
- Return to resort via Sandals Foundation /Great Shape! Inc. transportation.
- Shower & reconnect with SPC group for dinner
- Late dinner together
- Relax in the room for the evening to rest and prepare for the following day's activities

### **DAY 8: Saturday Oct. 31, 2026: Cultural Immersion**

- Breakfast
- Cultural experiences:
  - Neighborhood tours & school visits
  - Countryside hike & swimming hole visit
- Eat at a local favorite and recommendation
- Evening reflection and activity with Great Shape! Inc.
- Relax in the room for the evening to rest and prepare for the following day's activities.

### **DAY 9: Sunday, Nov. 1, 2026: Closing Day**

- Breakfast
- Free time at resort
- Pack up clinic supplies
- Lunch with SPC group
- Afternoon wrap-up with Great Shape! Inc.
- Farewell dinner & celebration

### **DAY 10: Tuesday, Nov. 2, 2026: Travel Day back to Tampa**

- Early morning transfer to airport (provided by Sandals/Great Shape! Inc.)
- Flight back to Tampa/Orlando