



Jamaica Disaster Relief

November 30, 2025 — December 6, 2025

Starting at: \$1,000



OVERVIEW

The Need

In the wake of Hurricane Melissa, Jamaica is facing an acute humanitarian and public health emergency. The Category 5 storm brought catastrophic winds topping 185 MPH, flooding, and infrastructure collapse, leaving hospitals damaged, clinics overwhelmed, and many communities cut off from essential services. Thousands of families have been displaced and are now seeking temporary shelter with limited access to clean water, food, and medical care. As injuries, infections, and waterborne diseases continue to rise, the capacity of local health systems has been severely strained. Immediate medical support is critical. Skilled healthcare professionals from all specialties are urgently needed to provide emergency and primary care, triage and wound management, maternal and child health services, mental health and psychosocial support, and disease prevention education. Their service will be vital in saving lives, reducing suffering, and supporting Jamaica's recovery during this critical period. Jamaica needs you and is calling us like never before. Come join IMR and 'Be The Good'.

Our Work

IMR is deploying Disaster Area Response Teams (DART) to Jamaica's hardest-hit regions following Hurricane Melissa. In partnership with the Ministry of Health & Wellness of Jamaica and local organizations, IMR has launched a coordinated response to deliver emergency and sustained healthcare services to affected communities.

Field clinics will provide comprehensive care, including acute and emergency treatment, triage and wound management, maternal and child health services, dental and hygiene support, mental health and trauma counseling, and community-based health education focused on disease prevention and sanitation.

With extensive global experience in disaster response, IMR is uniquely equipped to rapidly mobilize medical and non-medical professionals to areas where access to care is most limited. IMR is actively recruiting physicians, nurses, EMTs, paramedics, dentists, public health specialists, and skilled volunteers to support logistics, patient care, and community outreach.

To sustain these operations, IMR is collecting critical donations to fund lifesaving interventions and distribute essential supplies such as medicines, first-aid materials, hygiene kits, water purification tools, PPE, and nutritional support for displaced families. Through these coordinated efforts, IMR seeks to restore health, stability, and resilience across Jamaica in the aftermath of this devastating storm.

This Mission

Hurricane Melissa—a powerful Category 5 storm with sustained winds exceeding 180 mph—has caused catastrophic damage across Jamaica, resulting in widespread flooding, infrastructure collapse, and displacement of families. Entire communities, particularly along the southern and western coasts, are in crisis. Hospitals and clinics are damaged or overwhelmed, and access to clean water, electricity, and medical supplies remains severely limited.

IMR's mission is to provide immediate and ongoing healthcare relief to those most affected. Working alongside Jamaican authorities and health partners, IMR's DART teams will establish field clinics to deliver urgent care, manage injuries and infections, provide maternal and child health support, address mental health needs, and educate communities on hygiene and disease prevention.

This is a call to serve with purpose and professionalism. Volunteers—both medical and non-medical—are invited to bring their expertise, compassion, and resilience to this mission. Your participation will help deliver lifesaving care, comfort, and hope to those in desperate need.

Join IMR's Jamaica Disaster Response Team and be part of a global effort that

transforms compassion into action and service into lasting impact.

Lodging/Transportation

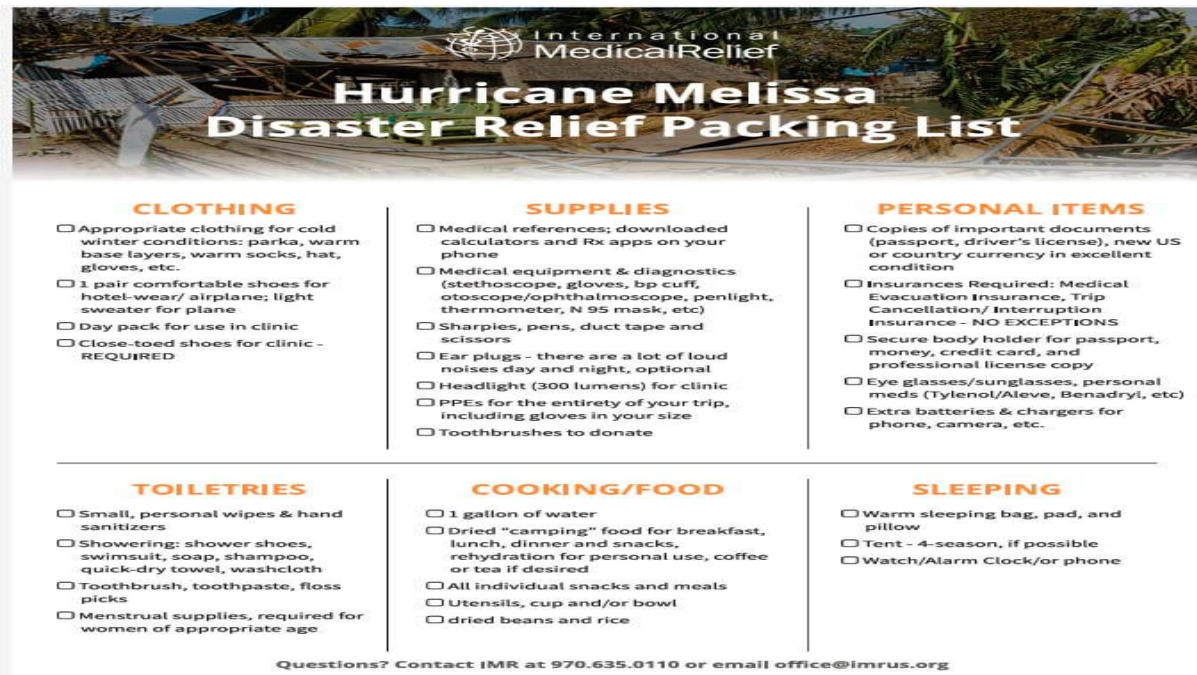
DISASTER RELIEF INCLUDES NO FOOD RATIONS OR ACCOMMODATIONS. FLIGHTS NEED TO BE BOOKED ON YOUR OWN. DO NOT BOOK FLIGHTS PRIOR TO BEING APPROVED FOR THE MISSION.

As this is a disaster response mission, we're calling on volunteers who are ready to serve with strength, flexibility, and compassion. Because conditions in the field can be unpredictable, every team member must be fully self-sustaining—bringing their own food, drinking water, and water purification supplies to ensure we can immediately focus on helping those in greatest need.

Once you register, you'll receive a comprehensive packing list and detailed instructions to help you prepare. Your readiness allows IMR to deliver critical relief quickly and effectively to communities that need us most.

Highlights

The greatest reward for helping people in a disaster through volunteering is the profound sense of purpose that comes from easing another's suffering when they need it most. In moments of chaos and loss, your presence brings hope, comfort, and humanity. The gratitude in a survivor's eyes, the teamwork that forms among strangers, and the knowledge that your hands and heart made a real difference become priceless gifts that stay with you forever. Beyond the immediate impact, you leave with a deeper understanding of compassion, resilience, and the shared strength that binds us all — a reminder that even in the darkest times, kindness is the brightest light.



**Hurricane Melissa
Disaster Relief Packing List**

CLOTHING ☐ Appropriate clothing for cold winter conditions: parka, warm base layers, warm socks, hat, gloves, etc. ☐ 1 pair comfortable shoes for hotel-wear/ airplane; light sweater for plane ☐ Day pack for use in clinic ☐ Close-toed shoes for clinic - REQUIRED	SUPPLIES ☐ Medical references; downloaded calculators and Rx apps on your phone ☐ Medical equipment & diagnostics (stethoscope, gloves, bp cuff, otoscope/ophthalmoscope, penlight, thermometer, N 95 mask, etc) ☐ Sharpies, pens, duct tape and scissors ☐ Ear plugs - there are a lot of loud noises day and night, optional ☐ Headlight (300 lumens) for clinic ☐ PPEs for the entirety of your trip, including gloves in your size ☐ Toothbrushes to donate	PERSONAL ITEMS ☐ Copies of important documents (passport, driver's license), new US or country currency in excellent condition ☐ Insurances Required: Medical Evacuation Insurance, Trip Cancellation/ Interruption Insurance - NO EXCEPTIONS ☐ Secure body holder for passport, money, credit card, and professional license copy ☐ Eye glasses/sunglasses, personal meds (Tylenol/Aleve, Benadryl, etc) ☐ Extra batteries & chargers for phone, camera, etc.
TOILETRIES ☐ Small, personal wipes & hand sanitizers ☐ Showering: shower shoes, swimsuit, soap, shampoo, quick-dry towel, washcloth ☐ Toothbrush, toothpaste, floss picks ☐ Menstrual supplies, required for women of appropriate age	COOKING/FOOD ☐ 1 gallon of water ☐ Dried "camping" food for breakfast, lunch, dinner and snacks, rehydration for personal use, coffee or tea if desired ☐ All individual snacks and meals ☐ Utensils, cup and/or bowl ☐ Dried beans and rice	SLEEPING ☐ Warm sleeping bag, pad, and pillow ☐ Tent - 4-season, if possible ☐ Watch/Alarm Clock/or phone

Questions? Contact IMR at 970.635.0110 or email office@imrus.org

ITINERARY

This itinerary is subject to change without notice.

Please note: You will be notified about the group flight option prior to the Early Bird deadline. Domestic flight arrangements should not be made until after the group flight is booked.

If you choose to fly independently, transportation between your arrival airport and your IMR accommodation is not included. If you wish to arrange transportation, you can contact flights@worldwidenavigators.com.

*If you have any questions regarding flights, please contact flights@worldwidenavigators.com.
Thank you.*

Sunday, November 30 2025

Arrivals, Orientation

Monday, December 1, 2025

Disaster Relief

Throughout this week, we will work in collaboration with our partners to reach the greatest need.

Tuesday, December 2, 2025

Disaster Relief

Wednesday, December 3, 2025

Disaster Relief

Thursday, December 4, 2025

Disaster Relief

Friday, December 5, 2025

Disaster Relief

Saturday, December 6, 2025

Departures

EXTENSIONS

FLIGHTS AND PRICES

Minimum Donation

Your generous donation helps to save and change lives every day

Your generous donation of **\$1000** will go toward the ongoing global relief to care for the underserved and vulnerable people of this community. As a member of this medical mission team, you will elevate the long-term impact of sustainable, capacity-building efforts that improve the health, wellness, and quality of life of those most in need. A small portion of your donation includes:

- Clinic supplies and medications for patients
- Clinic participation
- Transportation, accommodations, and meals as outlined in the itinerary

Donation Payment Deadlines

\$1000 due by September 1, 2025

\$1000 due by November 2, 2025

Early Bird Savings Opportunity

To be eligible, upload all your required documents and forms, and make a minimum of 50% of your donation payment by .

FLEXIBLE FLIGHT OPTIONS

Volunteer with Airfare

You may choose to book a flight with us for an additional fee. Details on the available flight routing and US departure city will be announced on . Airport transportation to and from the team's accommodations are also included with this option. Depending on your departure city, you may still need to purchase another flight in addition to this one. After this flight has been booked, you may

contact our travel agent, Worldwide Navigators, for assistance booking any necessary additional flights.

Benefits of Flying at a Group Rate

- Travel with other members of your team on select routing
- Fly on a group ticket at a guaranteed rate
- Transport to and from the airport included

Volunteer without Airfare

Many team members choose to book their flight(s) to and from the mission location independent of IMR. This is a great option if you would like to extend your stay in the area to tour and explore, or if the routing from your home airport is more feasible for you. If you choose to fly independently, please note that your transportation in between the airport and the team's accommodations will not be provided. This will need to be arranged separately. Our partner for travel, Worldwide Navigators, would be happy to assist you in coordinating flights and/or transportation. You can contact them at travel@worldwidenavigators.com.

Benefits of Flying Independently

- Extend your stay and customize your dates of travel
- Choose your departure location
- Customize your class of service

Featured Enhancements

Airfare & Airport Transfer:

Starting at \$50+ each way plus airfare that is subject to availability at the time of booking.

Single Supplement:

\$100 per night

Airport Transfers (for independent flyers):

\$50 each way

Malpractice Insurance:

\$129.50 to \$279.50

Continuing Education (CE/CME) Credits:

\$350

Personalized Scrubs (2 sets):

\$50

IMR T-Shirt:

\$15

Partner Program:

Starting at \$25 per month

*** To purchase any of the above Featured Enhancements for your mission please contact our office at office@imrus.org or call at (970) 635-0110*

Your Donation to IMR for Your Mission Cost Includes:

All group costs from the time you arrive at the team meeting point in country until you separate from the team or when the team arrives at the departure airport, including:

- Transportation
- Lodging
- Costs associated with the clinic
- Food
- Tips for services provided to the IMR team
- All logistics, including translation services and security as needed

Additional Costs That You Are Responsible For:

All group costs from the time you arrive at the team meeting point in country until you separate from the team or when the team arrives at the departure airport, including:

- International and Domestic flights to the country. [You have the option to](#)

[fly independently, or on a group flight with IMR](#)

- Passport fees, visa fees, and transit fees, including baggage or overnight accommodations/meals while in transit
- Required or recommended insurance
- Vaccinations and medications common for travel
- Spending money for souvenirs and personal purchases
- Required or desired mission supplies, personal equipment, or small gifts for the special people you meet
- Any lodging, meals, and transportation outside of the scheduled team mission, payable at the time of service to the local vendor
- COVID-related fees such as testing, vaccinations, and quarantines as required by incountry arrival/departure or USA arrival/departure