Packing list

Clothing:

Comfortable hiking shorts or skorts (combination skirt/shorts) & t-shirts
Bathing suit
Comfortable hiking shoes with good grip (running shoes or trail hikers) & walking sandals or "amphibian" water shoes (see details below)
Flip Flops, sandals or other comfortable shoes to walk on the property
Raincoat

We recommend that you bring some long sleeve shirts and long hiking pants for some of our hikes.

If you plan to participate in **yoga classes** we recommend comfortable form fitting clothing with a bit of stretch to it.

Other items:

Sun protection: sunglasses, cap, sweatproof/waterproof sunscreen
Small travel back pack (can be used as your carry-on)
Camera (including charger and waterproof bag if you have one)
Toiletries (remember that liquids are limited on planes/in carry-on baggage; check with your airline for the latest restrictions about this)
Your personal medications, which might not be available on the island

We recommend packing the most important items in your carry-on luggage in the unlikely event your luggage is delayed.

On several excursions like on the Perdu Temps hike you have to cross rivers several times, therefore we recommend shoes which can get wet, such as a second pair of running shoes, "amphibian" water shoes or sandals with straps (e.g. Keen, Teva). Please only use shoes which have good grip, as it can be slippery. For Boiling Lake hike we recommend trekking or running shoes or comfortable amphibian water shoes. Many people find that heavy leather hiking boots are too hot for the tropical climate, so breathable hiking shoes are better.

There is a limited selection of the following items available in our **gift shop**: Clothing (shirts, shorts, socks, underwear), caps, Flip Flops, Keens ("amphibian" water shoes), raincoats/ponchos, first-aid items and personal items like toothpaste, toothbrush, deodorant, razors and shaving cream.

Questions? Email guestservices@junglebaydominica.com

Jungle Bay, Dominica is a partner of http://www.packforapurpose.org/