

Packing list

Clothing:

- Comfortable hiking shorts/pants, t-shirts and bathing suit
- Long sleeve UV protection shirt
- Comfortable hiking shoes with good grip (running shoes or trail hikers) & walking sandals or “amphibian” water shoes (see details below)
- Light waterproof windbreaker / rain jacket may be useful if you tend to get cold easily
- Flip Flops, sandals or other comfortable shoes to walk on the property

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; sweatproof/waterproof sunscreen, cap & sunglasses
- Kamel bag or large reusable water bottle
- Small travel back pack (can be used as your carry-on)
- Camera/phone (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
- If you have compact hiking poles you may want to bring them for balance and stability

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 paths 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 too hot for the tropical climate, so breathable hiking shoes are better.



Questions? Email guestservices@junglebaydominica.com