

Travel & Packing Checklist

Bon jou! You are about to make your way to our beautiful Nature Isle!
Take a look at our suggested packing list to help you decide what to bring on your journey here.

Name (s)

Airlines:

Flight Date: Flight Time: Airports

Duration of Stay: Accommodation

	Women	Men
Basic Essentials	Underwear/Bra/Sports bra Sleepwear Socks Swimsuit	Underwear Sleepwear Socks Swimsuit / trunks
Clothing	Dresses T-shirts Tank tops Jeans Slacks/Pants Shorts Shirt Wrap/Sarong Long sleeve shirt	T-shirts & Polo shirts Short Sleeve Shirt Jeans Pants Shorts Long sleeve dress shirt Pants Tie

TIPS

1. Cotton, linen and breathable fabrics are your best friend.
2. Hiking shoes must be broken in before use to avoid discomfort
3. It gets cool in some areas so pack something warm
4. Notify your bank ahead of time and tell them you are going to Dominica and for how long
5. Make a copy of passport and all docs and leave with a trust worthy person in the event of theft or loss
6. Wearing bathing suits and beachwear in urban areas are inappropriate

There are many wonderful locally made products - see them highlighted in orange.

Travelling with Children

- If unaccustomed to the heat - anything to aid in keeping them dry and cool.
- any special toy or cushion that can be used for comfort during travels
- something to occupy them during any rare moments of boredom.

Shoes	Outwear	Accessories
<ul style="list-style-type: none"> - Sandals / Flip Flops - Comfy Hiking Boots - Dress shoes 	<ul style="list-style-type: none"> - Light sweater or cardigan - Rain Jacket - Hat 	<ul style="list-style-type: none"> - Belt - Jewelry - Sunglasses - Diving Gear

Toiletries - many of these items you can find in the local pharmacies

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| <ul style="list-style-type: none"> - Toothbrush - Toothpaste - Dental Floss - Mouthwash - Deodorant - Cotton ball swabs - Tweezers | <ul style="list-style-type: none"> - Soap - Shampoo & Conditioner - Hair products - Shaving kit - Hair Brush - Comb | <ul style="list-style-type: none"> - Makeup remover - Mirror - Perfume/Cologne - Sunscreen (body & face) - After sun care - Lip balm | <ul style="list-style-type: none"> - Insect Repellant - Contact lens kit - Birth control - Feminine Hygiene - Medications - Vitamins - First aid kit |
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Travel Info & Finances

Documents

Helpful additions

Extras

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| <ul style="list-style-type: none"> - Passport / visa - Driver's License - Itinerary - Travel Confirmation - Wallet - Cash - Credit / Debit Cards | <p>Copy of:</p> <ul style="list-style-type: none"> - Travel docs - Passport - Credit/Debit Cards info - Medical Insurance - Travel insurance - Medications being used - Vaccinations - Medication Allergies | <ul style="list-style-type: none"> - Reading material - Snacks - Earplugs - Sleeping mask - Travel Pillow & Blanket - Motion-Sickness Meds - Drinking pack / Bladder - Water bottle | <ul style="list-style-type: none"> - House/car keys - Travel locks & Keys - Luggage tags - Journal - Sketchpad - Pens & Pencils - Sewing kit - Stain remover |
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Bags

Technology

APPS

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| <ul style="list-style-type: none"> - Day pack / Back pack - Sealable Plastic bags - Water proof covering - Waterproof pack for phone - Laundry bag or plastic bag | <ul style="list-style-type: none"> - Cellphone & Charger - Laptop & Charger - Kindle/Reader & Charger - Camera & Batteries - SD Card / Memory stick - Universal Adapters - Converters | <ul style="list-style-type: none"> - Selfie-Stick - Tripod - Headlamp / Flashlight - Binoculars - Swiss army knife / all in one tool - Headphones / Ear buds - Hiking poles | <ul style="list-style-type: none"> - DestinationDominica.com - Google maps <p>Also consider apps for:</p> <ul style="list-style-type: none"> - Stargazing - GPS walking and Step tracking - Satellite Messenger - First Aid Care - Language Translator - Currency Converter - Messenger such as WhatsApp |
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