

Welcome to the Dominican Republic

Dominican Republic is the second largest and most diverse Caribbean country. Known for their warm and hospitable people, Dominican Republic is a destination like no other, featuring astounding nature, intriguing history, and rich culture. Surrounded by the Atlantic Ocean on the north and the Caribbean Sea on the south, our lush tropical island paradise boasts nearly 1,000 miles (1,609 km) of coastline, and 250 miles (402 km) of the world's top beaches.

Explore the ancient relics of centuries past, delight in delicious Dominican gastronomy or enjoy ecotourism adventures in our magnificent national parks, mountain ranges, rivers, and beaches.

Packing List

Luggage

- Daypack for day hikes, bus, and travel etc.
- Duffel bag or soft luggage (avoid luggage with wheels)

Clothing

- Sunhat or baseball hat
- Pajamas
- 3 lightweight long sleeved shirts
- 1 pullover or sweater
- 5 t-shirts
- Rashguard for sun protection
- Raincoat or poncho
- 1 pair of hiking pants
- 1 pair of lightweight pants (bring pants that you don't mind getting dirty or torn)
- 2 pairs of shorts
- Underwear
- 4-5 pairs of socks
- Travel outfits
- Footwear
- Hiking boots
- Flip flops
- Closed toe running shoe
- Water shoes

Personal items/ care items

- Passport
- Minor International Travel Letter (notarized) – for minors only
- 3 garbage bags for dirty or wet clothes
- Travel size toiletries
- Toothbrush
- Toothpaste
- Deodorant
- Face wipes
- Antibacterial hand gel
- Antibacterial wet wipes

Personal items/ care items (cont.d)

- Lotion
- Lip balm
- Body soap
- Dry shampoo
- Reef safe sunscreen
- Personal medications
- Leave in original packaging with dosage instructions
- Make sure you have notified Ecology Springs of all medications plan to bring
- 2 inhalers
- Prescription glasses (avoid eye contacts)
- Sunglasses
- Travel towel
- Feminine products (if needed)
- Insect repellent
- Cash (recommend \$200 - \$400 if planning on purchasing extra food/snacks or souvenirs during travel)

Daily necessities

- Reusable water bottles
- Headlamps
- Flashlights
- Solar pack (if planning on charging phone or other electronics)
- Camera
- Watch
- Itchy remedies
- Aloe Vera gel
- Light Blanket
- Sleep bag
- Sleeping pad
- Ziploc bags
- Mess kit (cup, plate, and utensils)
- Snorkeling gear (will be provided)
- Tent (will be provided)

Reminders – this is an outdoor enrichment expedition with off-grid utilities. Minimal to no electricity will be available. Toilets are compost style. Water in certain remote areas of the island should not be ingested. Water will be provided primarily via water bottles.