



TOGETHER WOMEN RISE

elevate

Together Women Rise Journey to the Dominican Republic

March 16 - 22, 2025

Suggested Packing List

Weather Conditions

The Dominican Republic is a tropical country with a hot, humid climate year-round. The weather pattern is divided into two distinct seasons, and March is the end of the dry season, though rain is still possible. The temperature in Puerto Plata varies minimally between seasons, with average lows around 75°F and highs around 85°F throughout the year.

Luggage & Packing

We recommend packing any medications you take, a change of clothing, and any valuables in your carry-on bag in case your checked bag is lost or delayed. Be sure to have luggage tags with your contact information on each bag and a TSA-approved lock when possible.

The Essentials

Documents:

- Passport (original and photocopy)
- International flight itinerary
- Medical insurance policy & emergency phone numbers
- List of medications and any existing health conditions
- Emergency contact sheet (provided by Elevate Destinations before the trip)

Travel Essentials:

- Credit cards and cash (see money section in Country Guide)
- Daypack

- Reusable water bottle
- Notebook & pens
- Book or e-reader
- Energy bars
- Glasses & sunglasses
- Travel pillow & earplugs
- Prescription medicines

Electronics:

- Camera, extra batteries, and charger
- Chargers for all electronics
- Battery power bank / charger
- Headphones or AirPods



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Clothing

Dominicans dress casually and it is typically fine to show shoulders and knees. Beachwear is common and wearing sun protection is crucial. We recommend travelers avoid wearing particularly expensive clothing, watches, or jewelry, to avoid showing signs of wealth in case of theft.

Clothing for Mariposa Foundation Site Visit: During your visit, please do not wear spaghetti strap tank tops, crop tops, and short shorts. You may have the opportunity to participate in swim lessons and if you do, please wear a **one-piece swimsuit** or use a t-shirt/cover up over a two piece swimsuit. Close toed shoes/tennis shoes are recommended.

- Trousers/lightweight pants/shorts
- Skirts or dresses that are flowing and comfortable in hot weather
- Light, long-sleeved shirts (may be preferred over short-sleeve to repel mosquitoes)
- Short-sleeved shirts
- Sweater or light jacket
- Versatile “nice yet casual” outfits
- Comfortable, closed-toe walking shoes
- Beachwear
- Waterproof jacket/poncho
- Sun hat or cap
- Socks and undergarments
- Sleep wear

Medical Kit & Toiletries

- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste
- Insect repellent - Picaridin / DEET
- Any over the counter and prescription medication with original labels
- Cipro or other antibiotic in case of stomach issues
- Sleeping medication if helpful
- Allergy medication and epi-pen if needed
- Rehydration salts or electrolyte powder, Emergen-C, Liquid IV, or Nuun tablets
- Anti-diarrhea medication
- Medication for indigestion - Pepto-Bismol, Tums, etc.
- First aid kit - antiseptic cream, Band-Aids, painkillers, and pre-moistened antibacterial hand wipes
- Travel size toiletries - soap, body or hand lotion, shampoo & conditioner
- Hair brush, comb, hair ties or clips
- Eye drops
- Contact lenses & solution