

This is Mark's old extremely comprehensive packing list. Some of these things may be a great reminder.

- sun tan oil & Aloe Vera
- aspirin
- outfits for various nights
- toothbrush/paste
- shaving gear - his and hers
- prescription drugs - pack in carry on
- paint brushes - for body painting, the ones they have are never real good
- large pool float & air pump
- bug repellent
- 2 naughty gifts for exchange
- swim goggles, tennis rackets or other sport equipment
- baby oil
- camera w/extra memory card or film
- CD player / MP3 player / headphones
- Lubricant: we recommend one that is silicone based as the water based versions tend to wash off in the hot tub
- Toys and batteries: batteries, aren't cheap down there
- Bottle wine/champagne and hard liquor (the bring-in limit)
- Book to read poolside: ours didn't get much reading however...hmmmm
- Scissors, tweezers, razors, hair wax (for removing all that unwanted hair that grows back before you go home!)
- Band-aids and antibiotic ointment: you will definitely get a scrape or two!
- Bug spray: there are some nasty critters on the beach
- CD's for the room CD player or to donate to the pool or Disco
- Lysol Spray: some say it reduces the chance of getting sick from the a/c unit
- Cotton neck lanyards for safe and room keys
- Empty suitcase to fill with booze and coffee on the trip home
- Extra Sunglasses: to replace our lost ones. Also we bought 15 pair at the dollar store and gave as tips to staff, bartenders!
- Extra batteries: they cost a small fortune if you buy them there
- Flag, sign or banner to hang on your door to make room I.D. easier for you and friends
- Fresh, clean, cool cotton tee shirt for each day (washing and air drying in Jamaica does not work well)
- Glow sticks
- Large insulated mug with lid: the bigger the better! Get it FILLED at the bar, saves trips and watered down drinks!
- Lomotil/Imodium AD - or something similar: if you need it you will be damn glad you have it, and it's not easily accessible in Hedon.
- Dramamine: for airsickness, or prior to the catamaran cruise!
- PJs or some other matching risqué outfit or costume for pj night
- Passport or a CERTIFIED copy of your birth certificate with raised seal and D/L with same name
- Personal cards to give new friends with name and contact info
- Small beach type bag: something to hold all your small shit that you will use during the day.
- Water proof bags: several Ziplock bags in quart and gallon sizes for smokes, matches, etc.
- Waterproof sun block: tan before you go, then take several SPF factors, 15 to 50.
- Your medicine cabinet...never know what you'll need!
- Cheap disposable rafts for floating in the ocean (write your name and departure date on them)
- Cheap paint brushes and acrylic paints (or nail polish) for painting your rock! :)
- Hat or a cap: to protect your poor bald head and face

- Hair scrunchies
- Soap, shampoo and conditioner (leave in conditioner helps with the pool water)
- Plenty of \$1 and \$5 dollar bills for tips* (\$20's if you plan to shop)
- Massage oils, body paints (although body paints in limited colors are provided for the beach games)
- Photocopies of your passport(s) kept in separate places
- Nice casual island wear and shoes/sandals for dinner in the restaurants, and clothing required areas.
- Sarongs: for the ladies, several are nice to have, and very versatile as wraps, cover-ups. Highly recommend this for the ladies.
- Slutwear for general wear around the 'clothing required' parts of the resort and for dressing up for the Disco!
- Sandals: the paved walks around Hedo get AWFULLY HOT to bare feet!
- Smokes: bring them from home if you want your own brand at cheaper prices. Brands are limited and expensive in Jamaica.
- Squirt guns, inflatable toys for causing commotion at the pool; however, ducking Nerf balls in the pool is a pain in the ass. Who goes to Hedo to play ball anyway?!
- Neck strings for your sunglasses.
- Toga and safety pins and clips for toga night. The resort does provide free sheets the maids place in your room on the day of toga night, however many people get fancy and bring their own stuff from home.
- Water shoes (put your name on them)
- Waterproof Sharpie markers! A must have for labeling all of your stuff, i.e. Ziplocs, floats, thermal mugs, etc.
- Woolite Detergent (for washing the rum cream out your delicate's in the bathroom sink)
- Scotch tape: for taping up door sign window signs etc. Hard to find if you don't bring it.
- Waterproof disposable camera (write your name on it) for use on the beach or catamaran. ALWAYS ask before including anyone in your pictures! This is a must in any nude area of the resort!