



“What to Know Before You Go”

To HEDONISM Resort in Negril, Jamaica

(Mostly Plagiarized from the Hedonism.com website – and then I added and tweaked it a little myself - DrNSP)

Average Temperatures

Pack light! The weather in Jamaica is delightful all year long. Daytime Averages: 82°F, 28°C. Nighttime Averages: 72°F, 22°C. You’ll notice the Island has a lot of greenery – they don’t have to water it – it rains a little and often. Expect light showers late afternoons – it makes the perfect excuse to get that “nap” in.

Be careful. Use Protection!

Be sure to bring **strong protection against the Caribbean sun**: • Sunscreen • Suntan lotion • Sunglasses • Hats & visors • Whatever you need can also be purchased at the resort (for high prices I might add).

A sunburn can ruin your vacation. Keep hydrated and don’t spend all day in the sun. Find shade – you’ll still get a tan. Drink a glass of water for every alcoholic beverage you consume. You’ll thank me personally.

And yes - this also means bring condoms (also very pricy in gift shop) if you would like to consider being sexual - with someone other than yourself. :-)

Currency

One of the best parts of an all-inclusive vacation is the fact that once you’re here, you won’t be nicked and dimed (or five’d and ten’d). However, should you decide to visit some of the local attractions or take advantage of some of the outstanding bargains, you will need money. Sometimes the resort is happy to exchange currency on the premises, if they have any. Being a non-cash-resort they often don’t keep a lot on site.

You will need tipping cash for the ELR Special Exotic Entertainment show so please bring some small bills yourself!

The Jamaican dollar is the legal tender in Jamaica. Most merchants will accept U.S. dollars as well as major credit cards like Visa, MasterCard and American Express.

Dress Code

Don't panic! It's your vacation so dress like it. We recommend light clothing and plenty of shorts, swimsuits and cover-ups. And if you plan to play tennis or workout, make sure you have the appropriate attire. We suggest one large suitcase and a comfortable carry-on bag for essentials. It works. Check the list of [Theme Nights](#) (or the group's itinerary you are traveling with) if you love dressing up, you'll be able to prepare to participate. Most importantly please wear whatever makes you feel the very best!

Electric Current

110 volts, 50 cycles

Wifi

We are pleased to offer free standard Wi-Fi zones throughout the resort. Upon check-in, each guest is given a WiFi code, each valid for two devices.

Gift Shops

If you're looking to bring back more from your vacation than a lifetime of memories, try our Hedonism gift shop. You'll find a wide assortment of wonderful gifts for those special people you left behind. There are artisans on the prude beach too. A shopping trip into Negril can be a fun afternoon outing. Ask the tour desk about cab prices. They have added a wonderful gift shop on the Nude beach now too - great for grabbing that hat you forgot or some more sunscreen!

Hair Dryers

Hair dryers are provided in every room.

Iron & Ironing Boards

You will need to ask your housekeeper for the use of an iron and ironing board.

Medical Care

A Registered Nurse with regular office hours is on the premises. In the event of a medical emergency, a qualified medical doctor is on call 24-hours a day. If a doctor is called, there will be a charge (a big one!). Guests with any pertinent medical information or specific medication needs are asked to notify us in advance. Bring your own first-aid kit and extra medicines you require.



Pace Yourself

Chances are you will be sleep deprived, hungry and high on adrenalin upon arrival. **If you follow my next few suggestions**, your trip will be saved. If you choose to ignore me (and many will) you will be writing to me later saying you wish you would have listened to me.

1. **Get some food in your belly** upon arrival to the resort.
2. Establish an agreement with whom every you're with that you will help each other **drink plenty of water**. It will save you.
3. **Don't over drink alcohol the first night** - (I have seen this way too often) you will be sick the next two days and it can ruin the wonderful Hedo experience.
4. **Get a good night sleep the first night**. If you're there a week, you'll need to be rested - the pace can be exhausting! Wednesday is well known as Crash Wednesday - take some time to nap at least a few times during the week.
5. **Do NOT accept any illegal drugs** from anyone you don't have a reference for personally. I have seen too many horrible ODs ruin the entire vacation. Be smart. The drugs are not pure, are dangerous and illegal in Jamaica.
6. A few days into your trip plan to **stay up until the sun comes up** - it's exhilarating and reminds you that "you still have it"!
7. **I repeat...** A sunburn and/or a hang-over can ruin your vacation. Keep hydrated and don't spend all day in the sun. Find shade – you'll still get a tan. Drink a glass of water for every alcoholic beverage you consume. You'll thank me personally.
8. **And finally introduce yourself** (you can even make up a Hedo Name if you wish) to everyone - the more interactive you are, the more fun you'll have.

Proof of Citizenship

A valid passport book (not passport card) is required for travel to Jamaica. It can't expire within 6 months of travel dates.

Restaurants



The only places in the resort where you **must** have your yummy-bits covered is in areas where food is served (exception being the nude beach grill). Ladies (men too), if you don't wear panties, please grab an extra napkin and lay it over your chair pad – you'll understand why once you arrive.

As of May, 2021 no reservations are required or taken for any restaurant. It's first come, first serve.

Harrysan - Teppanyaki Style Dining

Sumptuous Japanese style cuisine, where dining is an entertaining experience. Innovative Japanese fare is prepared Teppanyaki style and served in a casually elegant atmosphere.

- Open for dinner 6:30pm – 10:00pm
- Casual
- Closed Tuesdays and Fridays

Martino's Italian Restaurant at Hedonism II

Make reservations for a culinary adventure at Martino's. A unique Italian restaurant with a Jamaican accent and a magic touch with pasta.

- Open for dinner 6:30pm – 11:00pm
- Semi-Formal (tailored shorts allowed)
- Reservations require
- Closed Sundays and Fridays

Flame Beachfront Steak House

Join us beachside for a one-of-a-kind, romantic, Jamaican chop house experience. Our newest restaurant, Flame adds an exciting flare with the hand selected ingredients

Main Dining Terrace: Dine buffet style in the constantly changing Terrace Room – large, open-air main dining room serving creative Caribbean surprises and traditional favorites – buffet-style – for breakfast, lunch and dinner.

- Breakfast: 7:30am to 10:30am
- Continental Breakfast: 10:30am – 11:00am
- Lunch: 12:30pm to 3:00pm
- Dinner: 7:30pm to 10:00pm
- Midnight Snack: 12:00am to 2:00am

Clothing Optional Beach Grill

- During the day the grill serves the standard grill options such as jerk chicken, grill cheese, nachos, grilled fish, and more!
11:00 am – 6:00 pm &
11:30pm – 5:00a.m Daily
- Restaurant Schedules Are Subject to Change



Nude Beach Grill: Open 11:00 am – 7:00 pm & 12midnight – 5:00am – Daily– The best jerk chicken and Patties around! Plus, they have added made to order pizza and burgers at the nude pool and hot tub from midnight till 4AM

In Room Safe

Every room at Hedonism is equipped with a locked safe. We advise all guests to store their jewelry, cash and other valuables in this secure place. We cannot be responsible for lost or stolen items.

Scuba Diving - Included!

We will happily provide all necessary Scuba gear, but you're free to bring your own equipment. If you are qualified, bring an international "C" card or a certificate from an internationally recognized dive school. After passing, you will need to have a current Diving Medical Certificate or obtain one from a local physician. We can arrange this for a small charge.

Spa Facilities

Allow your stresses to melt away while our therapists help you rejuvenate, relax and revitalize. Choose from an extensive selection of treatments: massage, facial, manicure, pedicure and couples massage, to name a few. They are heavenly! Our treat to ourselves almost every trip! **All available for an additional fee.**

Sports

When you're ready to cut loose and have some fun, Hedonism is the perfect place to do it. You can sail, windsurf, snorkel, kayak, paddle board, take a yoga class and scuba dive. You can play tennis. Or you can just float around the pool until it's time for your next meal.

Tennis Racquets

Tennis racquets and balls are provided, but if you play best with your own, bring it.



Tipping

Tipping is simply not permitted at Hedonism. We cannot emphasize this enough. Your courtesy, respect and a sincere 'thank you' are all we ask. However, tipping is customary for all airport baggage personnel, cab drivers, etc. (Tips are given to the staff by the management – a certain percentage of room sales is distributed to all staff equally – if a staff is caught accepting a tip or a gift they will be terminated immediately. Don't risk their livelihood by breaking this rule.)

The Hedonism Staff

Just like tipping, fraternization is forbidden and cause for immediate dismissal from employment. Jobs in Jamaica are as precious, if not more so, than

other parts of the world. There is no unemployment benefits in Jamacia so taking the risk with someone's sole source of income is cruel at best. The idea of "all-inclusive" doesn't include sex with any employee of Hedonism.

Airport to Hotel Transportation

Air transportation and airport transfers are not included. Transfers to and from the Montego Bay airport are available at an additional charge. If purchased, return flights to your home city are confirmed by our Reservations Department. Through the Exotic Lifestyle Retreats we can arrange your airport transfers for \$60 US Round trip per person. If you wait until arrival at the airport – you can pay up to \$100 US each way per person.

TimAir - Jamaica's #1 Air taxi. Montego Bay Airport to Negril Airport.



Club MoBay

Recommended to make your transitions that much sweeter. Make your reservations for this early as they have limited space and if you are traveling on a Saturday (the busiest day of the week) you will need to book even sooner.

General Hedonism Packing List



For more information about all events Dr. Nancy Sutton Pierce is creating or hosting...
[VISIT HERE!](#)

Did I miss anything? Please send updates and correction suggestions to
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