

BEST Travel Tips and Packing Checklist

Tips:

- € Check your passport ~ Is it valid for 6 months AFTER your RETURN date?
- € Take photos with your smartphone – of your Passport, license, vaccination card, and credit cards
- € Let your credit card company know you're traveling ~ They freak easily these days
- € Check with your cell phone company about international texting/calling ~
 - Load an [App for free calling](#) (Skype, WeChat, WhatsApp, Facebook Messenger, Duo, Viber)
- € Take \$1 bills for tipping ~ ATM Cash or change won't be in USD & there are fees
- € Carry meds in your carry-on
- € Take '[costume](#)' jewelry ~ Leave your real stuff at home (*Don't pack anything you might lose*)
- € Check the TSA website for a [current list of banned items](#)
 - Carry these 3 things too – mask(s), antibacterial wipes, and hand sanitizer
- € Travel in comfortable shoes that easily slip on and off
- € Carry-on an empty [water bottle](#)/container (fill it after you're thru security)
- € Use a [luggage tag](#) and/or ribbon to easily identify *your* luggage
- € Pack lightweight [earphones](#) for movies on the plane
- € Bring a [Sarong/Pareo](#) ~ They are incredibly versatile (Work that Jagger look)
- € Get a [neck pillow](#) ... So your don't have baby head the whole way home
- € Carry a small/basic [first aid kit](#): aspirin, anti-itch cream and band-aids
- € Keep yourself hydrated – or risk missing dinner(s)
- € Order a room service sandwich for your return flight ~ Airport food is pricey & lousy

For Your Carry-On Bag:

- € Airline tickets or e-ticket confirmation, and Hotel & Transfers reservation confirmations
- € Passport/Visas/Driver's License
- € Credit Card... Visa or MasterCard are most widely accepted
- € Photocopies of all of the above, PLUS a photocopy of any prescriptions in the event you need an emergency refill while on vacation
- € Mask(s), antibacterial wipes, and hand sanitizer
- € Phone numbers for your credit card companies (*in case your cards are lost or stolen*)
- € Prescription medicine (*important – keep it in the original bottle*)
- € Contraception
- € [Charging equipment](#)/cords for electronics
- € Headset for movie/audio book on the plane (*most international flights show movies*)
- € Sarong or Pareo (*for the plane, which can get cold*)
- € Your swimsuit, sandals and a cover-up, *just in case your room is not ready*
- € And....don't bring valuable jewelry. Everyone is the same barefoot :-)

HER things to pack:

- € Khakis (for casual evenings that may be chillier than days)
- € A sundress
- € An evening cocktail dress
- € A lightweight sweater/shawl/blazer (*pareos work great & can double as a swimsuit cover-up*)
- € 4 casual shirts (T-shirts, tank tops, short-sleeve button-downs, etc.)
- € 2 pairs shorts
- € 2 swimsuits
- € A swimsuit cover-up (again, *pareos work great & can double as a shawl in the evenings*)
- € Comfortable walking shoes/sandals (*you may wind up walking a bit if you go shopping or sightseeing*)
- € Evening shoes/sandals
- € Evening purse
- € 1 pair flip flops (*for beach or poolside*)
- € Extra socks and underwear
- € Bras (*don't forget a strapless one if you've packed a top or dress that needs it*)
- € Accessories (scarves/jewelry to "stretch" your wardrobe)

HIS things to pack:

- € Consider Polyester. It's not just for breakfast anymore
- € 1 pair jeans or khakis
- € 1 pair nice slacks
- € Light jacket or pullover (*easily tie it around waist or stuff into backpack*)
- € 4 casual shirts (*T-shirts or short-sleeve button-downs*)
- € 2 walking Shorts
- € 2 polo or button-down short-sleeve shirts
- € Sports jacket (*for nicer restaurants, some do require them*)
- € Swimsuits
- € Comfortable walking shoes or sandals
- € Nice shoes – black sneakers can look good
- € Flip flops
- € Extra socks and underwear

Both hers & his to pack:

- € [Sunscreen](#) and lip balm
- € Sunglasses
- € Sun hat and/or baseball cap
- € Sleepwear
- € Paperback books
- € Tablet or iPad (NOTE: you can get a sunburn from a reflection)
- € A canvas [beach bag](#) or lightweight day-pack

- € A small money belt or fanny pack to hold cash, credit cards, etc.
- € Local Guidebook, if you go exploring
- € Disposable camera (*good photos & avoids having an expensive camera damaged or stolen*)

Basic Toiletries (use travel-sized containers whenever possible & carry-on size is limited to 3oz):

- € Toothpaste
- € Toothbrushes & [Toothbrush Cover](#)
- € Deodorant
- € Cosmetics
- € Make-up remover
- € Cotton balls and swabs
- € Comb/brush
- € Hair gel/spray
- € Emory/Nail file & nail clippers
- € Shaving cream & razors
- € Contact lens and re-wetting solution, storage case
- € Hair accessories – clips, headbands, etc.
- € Buy or pack a *small* [first-aid kit](#) that contains:
 - Band-Aids
 - Aspirin
 - Antacid
 - Anti-itch cream
 - Antihistamine
 - Insect repellent
 - Diarrhea medicine
 - Motion sickness medicine
 - Aloe Vera
 - Tampons/pads (*can be difficult to find outside the US*)

Optional Items: *(the resorts we work with provide these)*

- € Shampoo, conditioner, body wash/soap
- € Body lotion
- € Hair dryer
- € Shower cap
- € Alarm clock

Convenient Extras *(nice to have, but not necessary):*

- € Extra asthma inhaler, pair of glasses/contacts and the like
- € Ziploc bags *(for wet swimsuits or clothes)*
- € Earplugs
- € Sewing kit
- € Shout Wipes or [Tide Stick](#) *(instant stain-treatment)*
- € Anti-bacterial liquid or lotion *(hand sanitizer)*
- € Eye Drops *(get the red out)*
- € 1 pair old sneakers that can get wet or left behind
- € 1 pair workout sneakers and 2–3 workout outfits if you plan on getting your sweat on
- € Compact umbrella or rain poncho

Very Important – Email yourself - or take a picture with your phone – Share with family/close friends:

- € Your airline and hotel confirmation and important phone numbers
- € Photocopies of your passport, license, vaccination card, and credit cards
- € Insurance-policy numbers and pertinent financial info
- € Remember to keep your personal info locked in your hotel safe & remove your belongings from the safe when you depart!

Additional Know Before You Go:

Get the 4-1-1 on Luggage:

- € Most airlines charge bag fees, sometimes even for your carry-on
- € Check your weight limit of bags or pay an extra fee
- € Check your carry-on size limitations

What to Expect at Security:

- € Shoes off
- € Electronics out
- € [Liquids are limited to 3 oz.](#)
- € No water/beverages –but an **empty** water bottle/container is okay
- € Everything out of pockets
- € If metal on jeans or shirt, you may get pulled aside for wand