

Travel Tips and Packing Checklist

Tips:

- Check your passport ~ Is it valid for 6 months AFTER your RETURN date?
- Take a picture of your Passport, license and Hotel Confirmation with your phone
- 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, WhatsApp, Facebook Messenger, Viber)
- Take \$1 bills for tipping ~ ATM Cash or change won't be in USD & there are fees
- Carry meds in your carry-on ~ Don't pack anything valuable you can't lose.....
- Pack light, and then cut that in half
- Take 'costume' jewelry ~ Leave your real stuff at home
- Check the TSA website for a [current list of banned items](#)
- 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
- 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
- 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
- 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 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 – **empty** water bottle/container okay
- Everything out of pockets
- If metal on jeans or shirt, you may get pulled aside for wand