

PACKING & LIST ADVICE

In your carry on:

- Passport/Visas/Driver's license
- Credit cards (take only those you'll need) and currency
- Hotel/Flight/Activity Confirmations
- Photocopies of all of the above, plus a photocopy of related medical and/or trip insurance coverage and prescriptions (leave the copies in the room safe)
- Prescription medicine (in the original bottle)
- Light sweater and socks (for the plane, which can get cold)
- Valuable jewelry (only if necessary to bring)

General items:

- Camera
- Cellphone (Turn off roaming!)
- Chargers (Bring an External phone charger)
- Extra memory and batteries for digital cameras
- Reef safe sunscreen
- Sunglasses
- Sun hat or baseball cap
- Books or e - reader
- Aloe
- Lip balm
- Bug spray
- Canvas beach bag or Light weight daypack
- Water shoes
- Towel clips
- Pool floats

things to pack:

- Sundresses
- One nice cardigan-style sweater (for chilly restaurants)
- Swimsuit cover-ups (pareos work great and can double as a shawl in the evenings)
- One pair comfortable walking shoes/sandals (in case you go sightseeing)
- One pair evening shoes/sandals
- One evening purse
- Accessories (scarves and jewelry to "stretch" your wardrobe)
- Jeans or khakis (Some restaurants require pants for men for dinner)
- 2 Polo or button-down short-sleeve shirts
- One pair comfortable walking shoes or sandals
- One pair close toed shoes for dinner
- Extra socks and underwear

Basic Toiletries:

(use travel-sized containers if possible)

- Toothpaste
- Toothbrushes
- Deodorant
- Cosmetics
- Make-up remover
- Comb/brush
- Hair gel/spray
- Nail file/clippers
- Shaving (cream and razors)
- Contact lenses (solution and case)
- Hair accessories (elastics, headbands, etc)
- Cotton balls and swabs



BUY OR PACK A SMALL FIRST-AID KIT WITH:

- Anti-itch cream
- Band-Aids
- Aspirin
- Antacid
- Antihistamine
- Diarrhea medicine
- Motion sickness medicine
- Shower cap

CONVENIENT EXTRAS:

- Extra pair of glasses/contacts
- Ziploc bags (all sizes; use for packing wet swimsuits)
- Waterproof phone case
- Reusable straw
- Shout Wipes (instant stain-treater towelettes)
- Anti-bacterial liquid or lotion
- Compact umbrella or rain ponchos
- Earplugs
- Sewing Kit
- Insulated cup

VERY IMPORTANT

Leave these items with family or close friends before you go.

- Your itinerary and hotel phone numbers
- Photocopies of your passport
- A sealed copy of your wills, life insurance-policy numbers, and pertinent financial info

I recommend not taking anything of financial or sentimental value with you. Items can be lost in the ocean, on excursions or even be taken out of luggage while travelling.

Sarongs/Pareos are incredibly versatile and can double as long, elegant skirts, be halved for short, cute beach cover-ups or even triple as a shawl for cooler evenings.

Bring an underwater camera, or waterproof phone case, or buy a disposable waterproof camera for snorkelling, kayaking or any water-related trips.

Pack versatile shoes: dressy sandals for a special romantic dinner, good walking shoes (with socks that wick away the moisture), and a pair of "water shoes" for kayaking or other water sports (Tevas, reef booties, etc).

Pack a full extra outfit in your carryon in case your bag gets lost. Also pack flip flops, bathing suit and cover up in your carryon in case your room is not ready at check in, you can find those items quickly and hit the beach right away

Dont's (do not pack)

- * E-cigarettes
- * CBD oil
- * Infused products
- * Any type of cannabis
- * Weapons
- * Any sharp objects in your carry on
- * Anything Valuable