

RED FROG BEACH RESORT PACKING CHECKLIST

Built specifically for Red Frog Beach Resort – island logistics, jungle paths, boat transfers, and resort-style beach days.

CRITICAL FOR RED FROG BEACH RESORT

- Dry bag (boat transfers + beach days)
- Water shoes (rocky paths, jungle walks, docks)
- Light rain jacket or poncho
- Bug spray (mosquitoes + sand flies)
- After-bite or anti-itch cream
- Portable battery pack (outlets are limited)

CLOTHING (RESORT + JUNGLE REALITY)

- 2-3 swimsuits (rotating is easier than drying)
- Light long-sleeve shirt (sun + bugs)
- Comfortable walking shorts/pants
- Sleepwear
- Light sweater, jacket or cover-up for evenings

FOOTWEAR

- Water shoes (non-negotiable)
- Sandals or flip flops
- Comfortable walking shoes with grip

BEACH & WATER GEAR

- Reef-safe sunscreen
- Hat with secure strap
- Sunglasses
- Snorkel gear (optional – available locally)
- Quick-dry towel (optional, resort provides towels)

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HEALTH & COMFORT

- Personal medications
- Electrolyte packets
- Basic first-aid items
- Motion sickness remedies (boat rides)
- Sunscreen (backup supply)

TECH & DOCUMENTS

- Passport + copy
- Travel insurance info
- Phone + charging cables
- Waterproof phone pouch
- Small flashlight or headlamp (nice-to-have)

NICE-TO-HAVE (NOT REQUIRED)

- Light backpack or day bag
- Reusable water bottle
- Travel-sized laundry soap
- Binoculars (wildlife spotting)
- Book or e-reader

WHAT NOT TO BRING

- Heavy luggage (paths and transfers are easier with smaller bags)
- Dressy shoes or formal outfits
- Too many outfits – laundry services are available
- Expensive jewelry