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CLOTHING

Planning on what to wear depends on your destination, the season, and what you plan on doing, however, for most of your vacation, light, loose clothing is usually best. The key is to pack smart and not to over-pack. Having multiple outfit options is good, but most people find that they end up mixing and matching the same things multiple days, and therefore some clothing that they brought never gets worn.

Also, keep in mind that some hotels and resorts have dress codes for specific restaurants or public areas, and some tours and excursions have requirements for specific footwear. Many people also pack an outfit in their carry-on luggage just in case their check-in luggage is lost or delayed. Layering is always the best no matter the season or destination!

THE BEACH

- Bathing Suit
- Rash Guard/ Swim Shirt
- Hat
- Sunglasses

THE RESORT

- Sarong/ Wrap/ Parejo
- Shorts
- T-Shirt/ Tank Top
- Sandals/ Flip-Flops

AROUND TOWN

- Sundress

- Romper
- Camisole
- Leggings
- Walking Shoes
- Socks

THE GYM

- Athletic Shorts
- Athletic Shirt
- Athletic Shoes
- Yoga Pants
- Yoga Shorts
- Sports Bra

COOL WEATHER

- Light Sweater/ Shawl
- Sweatshirt/ Fleece
- Long-sleeved Shirt
- Jeans

EXCURSIONS

- Closed-Toe Shoes
- Water Shoes
- Shorts to Get Dirty
- T-Shirt to Get Dirty

DINING & NIGHTLIFE

- Pants/ Khakis
- Collared Shirt
- Dress

- Skirt
- Blouse
- Dress Shoes
- Dress Socks
- Belt
- High Heels/ Wedges
- Stockings/ Tights
- Strapless Bra

MISCELLANEOUS

- Underwear
- Pajamas/ Sleepwear
- Camisole
- Non-Valuable Jewelry
- Clutch Purse
- Raincoat/ Poncho
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TOILETRIES

It's usually best to bring your toiletries in your checked luggage rather than your carry-on because you'll most likely use a lot more of your liquids and gels than what is allowed by the TSA on a carry-on, and you won't want to worry about purchasing more when you're there.

If you do need to put your toiletries in your carry-on luggage, remember the TSA's 3-1-1 rule: all liquids, gels,



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aerosols, creams, and pastes must be in a container of 3.4 oz [100 ml] or less, all must be zipped up in a 1-quart sized clear plastic zip-top resealable bag, per each passenger. This includes toothpaste, mouthwash, shampoo, lotion, makeup remover, etc. For long flights, keep your deodorant and your toothbrush in your carryon so you can refresh before getting to your destination.

BATHROOM ITEMS

- Toothbrush
- Toothpaste
- Mouthwash
- Dental Floss
- Body Wash
- Shampoo
- Conditioner
- Hair Relaxer
- Facial Cleanser
- Facial Tissues
- Washcloth
- Loofah
- Compact Mirror
- Makeup
- Makeup Remover
- Skin Moisturizer/ Lotion
- Shaving Cream
- Razor

- Aftershave
 - Perfume
 - Cologne
 - Deodorant
 - Hair dryer
 - Straightening Iron
 - Curling Iron
 - Hairbrush
 - Comb
 - Hair Spray/ Gel/ Mousse
 - Hair Ties/ Scrunchies
 - Barrettes/ Bobby Pins
 - Contact Lenses
 - Contact Lens Solution
 - Nail Clippers
 - Nail File/ Emery Board
 - Nail Polish
 - Nail Polish Remover
 - Feminine-Hygiene Products
- ### MISCELLANEOUS
- Sewing Repair Kit
 - Eyeglass Repair Kit
 - Stain Remover Stick/ Wipes
 - Baby Powder
 - Safety Pins
 - Shower Cap

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MEDICINE

Unless you have a medication that you would need to take while you're traveling, it's best to pack all your medicines and first aid items in your check-in luggage instead of your carry-on. If you do need to bring these in your carry-on luggage, the TSA's 3-1-1 rule applies to these also—all liquids, gels, aerosols, creams, and pastes must be in a container of 3.4 oz [100 ml] or less, all must be zipped up in a 1-quart sized clear plastic zip-top resealable bag, per each passenger.

It is also a good idea to bring proof that all of your prescription medications do indeed belong to you in order to avoid any complications that may arise when bringing them through Customs and Immigration.

FIRST AID

- Hand Sanitizer
- Tweezers
- Small Scissors
- Eye Drops
- Ear Drops
- Cotton Balls
- Cotton Swabs
- Tissues
- Moleskin/ Blister Pads



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- Sunburn Gel/ Aloe
- Itch Reliever
- Adhesive Bandages
- Gauze
- Waterproof Bandage Tape
- Polysporin
- Antibiotic Cream
- Thermometer
- Cough Drops/ Lozenges
- Rubber Bands

MEDICATION

- Prescriptions
- Multi-Vitamins
- Prenatal Vitamins
- Headache/ Migraine
- Muscle Pain/ Arthritis
- Indigestion/ Constipation
- Nausea/ Upset Stomach
- Heartburn/ Acid Reflux
- Cold/ Flu
- Fever
- Allergy
- Motion Sickness
- Sleeping Aid
- Asthma Inhaler
- Epinephrine Pen Auto-Injector

- Birth Control Pills/ Contraception

ELECTRONICS

The biggest thing to remember here is to not forget to bring your power cables and wall chargers. A fully charged, portable backup external battery bank is also something you might find that you need, especially if you're away from your hotel shopping around town, or on a tour or excursion, and you find that your camera or phone battery is dying.

MEDIA

- Camera
- Camera Charger
- Cell phone
- Cell Phone Charger
- Tablet/ e-Reader
- Tablet/ e-Reader Charger
- Laptop
- Laptop Charger
- Earbuds/ Headphones
- Earbuds/ Headphones Charger
- MP3 Player
- MP3 Player Charger
- Portable Speaker
- Portable Speaker Charger

- GPS Device
- GPS Device Charger
- Memory/SD Cards
- Portable USB Battery Charger
- Portable Alarm Clock
- Power Adapter/ Converter
- Batteries

MISCELLANEOUS

- Language Translation App
- Money Conversion App
- Hotel App
- Airline App
- Customs/ Immigration App
- VPN Account
- Extra USB Charging Cables
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GEAR

Whether you're flying on the plane, relaxing in your hotel room, or watching the kids play in the on the beach, here are some things that many people find convenient to have. Some, especially those traveling with children, like to bring chewing gum with them on the plane in order to help their ears pop when the air pressure in the plane cabin changes due to altitude differences.



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Also, depending on the amount of shopping you plan on doing, many people bring an empty collapsible suitcase or duffel bag with them so they can have more luggage space for their trip back home. And definitely don't forget to pack a pen on your carry-on.

TRAVEL GEAR

- Travel Pillow
- Travel Blanket
- Travel Towel
- Sleeping Eye Mask
- Ear Plugs
- Travel Games/ Deck of Cards
- Book/ Magazine
- Reading Glasses
- Travel Guide
- Destination Map
- Money Belt/ Running Belt
- Waist Pack/ Bra Stash
- Empty Water Bottle
- Snacks
- Chewing Gum
- Breath Mints

LAND GEAR

- Backpack/ Daypack
- Insect Repellant
- Biodegradable Sunscreen
- Tanning Oil

- Chapstick/ Lip Balm with SPF
- Mini Flashlight
- Handheld/ Foldable Fan
- Selfie Stick
- Lint Roller
- Insulated Travel Mug/ Tumbler
- Travel Laundry Bag
- Wet Wipes
- Note Pad
- Pen

WATER GEAR

- Waterproof Camera
- Snorkel Equipment
- SCUBA Equipment
- Swimming Goggles/ Mask
- Swimming Fins
- Swim Vest/ Life Jacket
- Arm Floaties
- Beach/ Sand Toys
- Pool/ Water Toys
- Inflatable Pool Float
- Waterproof Phone Pouch
- Resealable Plastic Storage Bags

MISCELLANEOUS

- Binoculars
- Clothes Pins

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- Luggage Locks & Keys
- Portable Travel Safe
- Empty Duffel Bag
- Compact Umbrella
- Rain Poncho
- Carabiner
- Small Power Strip/ Multi-outlet Adapter
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DOCUMENTATION

Many have found it best to have all your documents printed out on paper just in case you run into technical difficulties with your internet connection or a malfunctioning mobile device when trying to locate and open your digital versions. Also, it may be helpful to make photocopies of important information and phone numbers for the rare occurrence that you lose your passport or wallet.

PAPERWORK

- Travel Organizer with RFID Protection
- Valid, Non-Expiring Passport
- REAL ID
- Student ID
- Driver's License
- Credit Cards



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- ATM Cards
- Health Insurance Cards
- Proof of Medical Prescriptions
- Travel Documents
- Boarding Pass
- Hotel Transportation Reservations
- Travel Insurance Info
- Hotel Reservation Info
- Emergency Contact Info
- Bank Contact Info
- Notarized Parent/ Minor Travel Permission

COPIES

- Copies of Passport
- Copies of Driver's License
- Copies of Credit Cards
- Copies of ATM Cards
- Copies of Travel Documents
- Copies of Hotel Reservations
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PREPARATION

Escaping from life's pressures and demands is great, but you'll still want to let other's know that you'll be on vacation or unreachable. Some responsibilities back home still have to be taken care of, so it's good to get as

much prepared for and taken care of before you leave in order to make your vacation as stress-free and enjoyable as it can be.

LIFE & WORK

- Notify credit card companies of vacation destination
- Notify bank of vacation
- Notify postal service to hold mail delivery
- Notify children's school about upcoming absences
- Stop newspaper delivery
- Set up email autoreply
- Pre-pay bills
- Purchase international cell phone plan

AT HOME

- Arrange for care of pets and plants
- Store valuables in a safe place
- Empty refrigerator of expiring foods
- Unplug unnecessary appliances
- Turn off furnace/ air conditioner
- Turn down water heater temperature
- Lock doors and windows

MISCELLANEOUS

- Leave house key and trip itinerary with a trusted friend or relative
- Get several small dollar bills for tipping
- Confirm flight is on time
- Confirm transportation to airport
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Don't forget that many places have the items you will need to replace if you forget them or if your luggage is unfortunate to be misdirected. It is always wise to pack an extra few days of medications as well as an extra set of clothes in your carryon.

Many experts suggest if you are traveling with someone, pack one set of clothes in each others bags. That way if one suitcase is lost, the other will have a change of clothes in it for the unlucky passenger.

And the most important thing to pack is your sense of humor. It is likely there will be a snag or two when traveling---someone who is loud on a plane, or someone who has had a bad day and is rude. Just know your end goal is to enjoy your vacation and rest, relax and rejuvenate your soul.