

## **Caribbean Vacations VERY Important Tips!!**

Below are some Very Important Tips that we each should follow to limit potential headaches. Many of you have traveled extensively so these are simply suggestions.

Every room will have a safe for your cash, passports, credit cards, Jewelry; USE IT!!

Clean out your purses and wallets of all unnecessary items such as video cards, Sam club, Store Credit Cards {Home Depot, Sears, Best Buy etc...} and bring only ONE Credit Card EACH. Make sure your CC is different than your Spouses CC. If one gets lost, you're not stranded.

Bring ONE Government issued photo ID {Driver License, Military ID etc...}

### **PASSPORT!!**

Make two copies of every credit card {front and back}, photo ID and Passport. Put one copy in your suitcase and the other in your carry on. You may want to make an extra copy of everything and leave it with someone in the states.

In your carryon bag, bring a change of clothes such as shorts, t-shirt, swimsuits, flip-flops etc...We'll be able to change after checking in even if our rooms are not ready.

Bring the minimum amount of Jewelry. Leave Expensive/rare Jewelry at Home.

Those leaving underage children at home in the care of someone else; complete a Health Authorization Letter giving the caregiver the permission to act on your behalf.

Cash: No more than \$500.00 cash. The excursion can be paid with a CC. Tipping is NOT required. However, I've always tipped the daily maid service {they also restock your Frig, Wine and Booze}, Bellmen, and you may be able to sneak a tip to your favorite bartender; they may or may not take it. The other cash will go for taxi's, limo, gifts, etc...

Some of the Restaurants have dress codes for dinner; Resort Casual and Resort Evening. Resort Casual is Dress-shorts, swimwear covered and no bare feet. Resort Evening is dress pants, shirts with sleeves & collar, close toe shoes.

If you have a sensitive stomach, you may want to consider a prescription of Ciprofloxacin to aid off a bad stomach.

## **Emergency Contact Details**

If you plan to use your cell phone for emergency contact from the states, make sure you have the international plan and you know the country codes. I'll gladly supply resort contact details if you would like. Sandals/Beaches resorts provide free Wi-Fi in your rooms for face-time.

## Caribbean Packing List

### PRE TRIP TO DO LIST

- Set up out of office email notification
- Lower/raise your ac/heat
- Turn off computer
- Close the windows
- Lock the doors and windows
- Take out trash
- Run dishwasher
- Water plants
- Stop Mail
- Pets
- Emergency contact details
- Authorization Letter for kids
- Clean out refrigerator

### VACATION PACKING CHECKLIST

#### Documents

- Airline tickets/itinerary
- Sandals Resort Confirmation
- Airline drink coupons
- Credit card customer service #'s
- Copy of front and back of credit cards
- Copy of driver's license
- Passport with a copy of each in your luggage
- Insurance documentation

#### Men Clothes

- Casual clothes
  - Flip flops, loose fitting shirts, casual shorts
- Dress clothes
  - Closed toe shoes, belt, collared shirts, Tropical shirts, dress/Caribbean pants, dress/golf shorts
- Exercise clothes
  - Running shoes, socks, workout clothes and gear.
- 2 Swim Suits
- Sweatshirt/Sweater
- Underwear
- Beach/water shoes
- Wide brim hat or ball cap
- Sunglasses and cleaner
- Limited amount of Jewelry; nothing expensive.

#### Women Clothes

- Casual clothes
  - Flip flops, loose fitting shirts, casual shorts, Capri's, belts, sundress
- Dress clothes
  - Shoes, belt, blouse, slacks, knee-highs, skirt, nice dress.
- Exercise clothes
  - Running shoes, socks, workout clothes, workout bra and gear.
- Sweatshirt/Sweater
- 2 Swimsuits
- Wraps
- Lingerie
- Underwear and bra
- Beach/water shoes
- Wide brim hat
- Sunglasses and cleaner
- Limited amount of Jewelry; nothing expensive.
- Hairdryer {provided in room}
- Curling Iron

#### Toiletries

- Standard
  - Toothbrush, toothpaste, floss, {shampoo, conditioner, soap...provided}, razor, shaving cream, deodorant, comb, q-tips, hair gel/spray, tampons/pads, lotion, washcloths.
- Prescription medications (carry medications in original labeled containers) in carryon luggage
- Stomach remedies such as Pepto- Bismal, Tums, Gravel, Immodium
- First aid - polysporin, bandaids
- For the sun - Sunblock, Lipbalm with SPF, Aloe gel, body butter
- Air freshener
- Insect repellent with DEET
- Vitamins
- Birth control
- Ibuprofen
- First aid kit, Neosporin
- Allergy medicine/afrin
- Body lotion
- Makeup
- Vision
  - Glasses, **extra pair of contacts**, case, solution, eye drops

**Camera**

Camera/Water and Underwater Camera  
Go Pro  
Extra memory chip  
Camera recharger

**Currency**

Cash-\$400.00 max  
Tipping cash \$2.00 and \$5.00 bills.  
They don't openly accept tips at Sandals  
Credit cards {2 different cards}

**Beach/Pool**

Sun block  
Sun lotion  
Aloe Vera  
I-Pod docking station  
Chlorox wipes/hand sanitizer  
Beach Bag

**Miscellaneous**

Earplugs and/or headphones for airplane  
Pen/paper  
Calculator  
Ziplock bags for wet clothes  
Laptop computer and power cord (for digital pictures  
and music)  
Needles and thread  
Travel alarm clock  
Spot remover

**Packing Assistance**

Pack anything that might leak in a Ziplock bag

**To Pass the Time**

Books  
Magazines  
Cards  
CDs /music/audio books  
Cigars  
Cigar cutter  
Lighter  
Scuba/Snorkel equipment  
Dive Log  
Medical authorization release for diving, if needed  
Golf Clubs and equipment  
Golf shoes

**Reference**

Maps  
Phone #'s for lost credit cards  
Hotel address and phone #

**Snacks**

Protein bars  
Granola bars  
Crackers

**Beverages**

Large thermal mug!!!  
22oz works Great!

**International Travel**

Passport & 2 photocopies (leave 1 at home)  
Cipro for poor drinking water