

## **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