

TRAVEL CHECKLIST / 01

Your Caribbean packing list.

Tick as you pack. Skip what you do not need. Add your own essentials on page two.

TRAVELLER	DESTINATION(S)	TRAVEL DATES

01 Documents & money

- ☐ Passport / travel ID
- ☐ Entry visa, if required
- ☐ Arrival / immigration form, if required
- ☐ Boarding passes & bookings
- ☐ Accommodation & transfer details
- ☐ Insurance & emergency contacts
- ☐ Driving licence & rental documents
- ☐ Bank cards & some local cash
- ☐ Offline copies of key documents

02 Your cabin bag

- ☐ Phone & charging cable
- ☐ Power bank (cabin bag only)
- ☐ Medicines in original packaging
- ☐ Glasses / contact lens essentials
- ☐ Spare outfit & underwear
- ☐ Light layer for the flight
- ☐ Headphones / eye mask
- ☐ Empty reusable water bottle
- ☐ Snacks, tissues & wipes

03 Tech & connection

- ☐ Destination-compatible plug adapter
- ☐ Chargers for all devices
- ☐ Camera / e-reader, if wanted
- ☐ Offline maps (e.g. Maps.me)
- ☐ SIM / eSIM or roaming arranged

04 Clothes & shoes

- ☐ Underwear
- ☐ Socks
- ☐ T-shirts & light tops
- ☐ Shorts / skirts / dresses
- ☐ Light trousers / long-sleeved layer
- ☐ Smart-casual evening outfit
- ☐ Swimwear
- ☐ Beach cover-up / sarong
- ☐ Nightwear
- ☐ Light rain jacket
- ☐ Comfortable walking shoes
- ☐ Sandals / flip-flops
- ☐ Reusable laundry / wet bag

05 Sun, sea & beach

- ☐ Sunscreen (broad-spectrum SPF 30+)
- ☐ Lip balm with SPF
- ☐ Sun hat / cap
- ☐ Sunglasses with UV protection
- ☐ Rash guard / swim shirt
- ☐ Quick-dry towel (if not provided)
- ☐ Beach bag / small daypack
- ☐ Water shoes, if needed
- ☐ Dry bag / waterproof phone pouch
- ☐ Snorkel set, if not renting

Check what your stay provides before packing towels, a hairdryer or other bulky extras.

TRAVEL CHECKLIST / 02

The finishing touches.

A few practical extras, a family section and space to make this list your own.

Pack medicines in their original labelled packaging. Check entry requirements and your airline's current liquid, battery and baggage rules before you travel.

06 Toiletries

- ☐ Toothbrush, toothpaste & floss
- ☐ Deodorant
- ☐ Shampoo, conditioner & body wash
- ☐ Hairbrush / comb & hair ties
- ☐ Razor / grooming essentials
- ☐ Skincare / cosmetics
- ☐ Period products, if needed

07 Health & personal care

- ☐ Insect repellent suitable for your age
- ☐ Personal first-aid kit
- ☐ Plasters & blister dressings
- ☐ Your usual personal health supplies
- ☐ Prescription copies / medicine letter
- ☐ Spare prescription glasses
- ☐ Medical devices & supplies, if needed

08 Activity extras

OPTIONAL

- ☐ Hiking gear, if heading to the trails
- ☐ Dive card / logbook, if diving
- ☐ Sports clothes / activity equipment
- ☐ Book / journal & pen
- ☐ Reusable shopping bag

09 With children

OPTIONAL

- ☐ Child's passport & entry documents
- ☐ Consent papers, if required
- ☐ Nappies, wipes & changing mat
- ☐ Swim nappies, if needed
- ☐ Bottles / cups & feeding supplies
- ☐ Food / formula for the journey
- ☐ Spare outfits & pyjamas
- ☐ Age-appropriate sun & insect protection
- ☐ Comfort toy, books & small activities
- ☐ Stroller / carrier, if useful
- ☐ Car seat / booster or confirmed rental

10 Before you leave

- ☐ Passport validity & entry rules checked
- ☐ Baggage, liquid & battery rules checked
- ☐ Medicine & food entry rules checked
- ☐ Check-in & airport transfer arranged
- ☐ Offline bookings, maps & tickets saved
- ☐ Phones & devices charged
- ☐ Bags tagged & weighed
- ☐ Keys & home / pet care arranged
- ☐ Return journey details saved

Your own additions

PRINT & TICK, OR FILL AND SAVE IN A PDF READER.

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