

Essentials

- Passport + photocopy/digital copy
- Travel documents (flights, hotel bookings, itinerary)
- Health insurance information
- Prescription medications (original packaging + copy of prescription)
- Power adapter (110V, US-style plugs)
- Phone charger + portable power bank
- Sunscreen (reef-safe, SPF 30+)
- Insect repellent (DEET or picaridin)
- Lightweight rain jacket or poncho
- Quick-dry clothing (shirts, trousers, underwear)
- Comfortable walking shoes or hiking boots
- Sandals or flip-flops
- Reusable water bottle
- Small backpack or daypack
- Copies of important documents
- Credit/debit cards + some cash

Nice-to-Have Items

- Travel pillow
- Binoculars
- Dry bag
- Quick dry towel
- Portable charger/power bank
- Waterproof phone pouch
- Lightweight scarf or shawl
- Headlamp or small flashlight
- Reusable shopping bag (handy for groceries or beach gear)
- Snorkel gear (optional, can also rent locally)
- Packing cubes or compression bags
- Travel-size umbrella
- Motion sickness tablets
- After-bite or anti-itch cream
- Extra pair of shoes
- Travel locks for luggage
- Notebook and pen

- Small first-aid extras (band-aids, blister pads, rehydration salts)

Dry Season (Dec–April)

- Lightweight T-shirts and quick-dry shorts
- Lightweight trousers (for evenings/bugs)
- Swimwear (2 sets if possible)
- Flip-flops or sandals
- Walking shoes or sneakers
- Sunhat or cap
- Sunglasses with UV protection
- Reef-safe sunscreen + SPF lip balm
- Light sweater or jacket (highlands)
- Small backpack or daypack

Rainy Season (May–Nov)

- Quick-dry T-shirts and long sleeves
- Lightweight trousers or leggings
- Rain jacket or poncho
- Waterproof backpack cover or dry bag
- Hiking boots or waterproof trail shoes
- Extra pair of shoes
- Flip-flops or sandals
- Swimwear
- Insect repellent
- Reef-safe sunscreen
- Hat or cap
- Travel umbrella (compact)
- Quick-dry towel
- Plastic/waterproof bags for wet clothes

By Activity

Beaches

- Swimwear (2 sets)
- Rash guard or UV shirt
- Flip-flops or sandals

- Beach towel or quick-dry towel
- Cover-up or sarong
- Sunglasses, hat, reef-safe sunscreen
- Waterproof phone pouch or dry bag
- Snorkel gear (optional)
- Aloe vera or after-sun lotion
- Insect repellent (for evenings)

Rainforest & Adventure

- Hiking boots or sturdy trail shoes
- Quick-dry trousers + long-sleeve shirts
- Lightweight rain jacket or poncho
- Moisture-wicking socks
- Hat or cap
- Insect repellent
- Binoculars
- Small backpack + waterproof cover
- Reusable water bottle/hydration pack
- Quick-dry towel
- Flashlight or headlamp
- Travel-size first-aid kit
- Lightweight fleece or sweater (cool nights)

Cities & Dining Out

- Casual T-shirts/polo shirts
- Lightweight trousers, chinos, or jeans
- Comfortable walking shoes
- Light sweater or jacket
- Casual dress/skirt (women) or collared shirt (men)
- Crossbody bag or daypack
- Sunglasses
- Compact umbrella
- Credit/debit cards + small cash

Hot Springs & Wellness

- Swimsuits (2 sets)

- Quick-dry towel
- Waterproof sandals or flip-flops
- Cover-up or sarong
- Plastic/waterproof bag for wet clothes
- Reusable water bottle
- Lightweight clothes for after soaking
- Aloe vera gel or after-sun lotion
- Hair ties/headbands
- Small waterproof pouch for valuables

Packing with Kids

- Extra lightweight clothing
- Swimwear + water shoes
- Sunhat and sunglasses
- Kid-safe sunscreen + insect repellent
- Reusable water bottle/sippy cup
- Snacks
- Entertainment (books, toys, tablet)
- Lightweight stroller or carrier
- Travel crib/bed rail
- Wet wipes + hand sanitiser
- Nappies/diapers + swim diapers
- Small first-aid kit (child-friendly meds)
- Comfort item (blanket, toy)
- Waterproof bag for dirty/wet clothes

Extras (Women)

- Dresses/skirt
- Modest outfit/shawl
- Lightweight cover-up or sarong
- Sports bras/comfortable bras
- Small Crossbody Bag
- Feminine hygiene products
- Hair ties/headbands
- Minimal make-up

Extras (Men)

- Breathable long-sleeve shirt
- Swim trunks (2 sets)
- Belt
- Travel-size laundry detergent

What Not to Bring

- Heavy jeans or bulky clothing
- Thick jackets or sweaters
- Expensive jewellery
- Too many pairs of shoes
- High heels
- Large amounts of cash
- Multiple electronics (laptops, consoles)
- Hair dryers/styling tools
- Non-reef-safe sunscreen
- Single-use plastics
- Large hard-shell suitcases