

## 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