



BEFORE YOU LEAVE

The essentials to handle before the suitcase closes.

DOCUMENTS & DETAILS

- ☐ Check passport expiration dates and destination entry rules.
- ☐ Match every airline and reservation name exactly to the passport.
- ☐ Save flight, resort, transfer, protection, and emergency details offline.
- ☐ Pack a protected passport copy and keep a secure digital copy.
- ☐ Bring government ID, insurance cards, and copies of prescriptions.

CARRY-ON ESSENTIALS

- ☐ Medication, glasses or contacts, valuables, and travel documents.
- ☐ One change of clothes, swimsuit, sandals, and a light cover-up.
- ☐ Sunscreen, sunglasses, phone, charger, cables, and portable battery.
- ☐ Refillable bottle, light snack, sanitizer, and liquids in a clear bag.

MONEY & CONNECTIONS

- ☐ Bring a primary card, backup card, and small bills for tips.
- ☐ Check foreign transaction fees and notify your bank if needed.
- ☐ Confirm international phone coverage and download resort and airline apps.
- ☐ Pack a pen and keep your resort address and transfer instructions handy.

CLOTHING

- ☐ Lightweight daytime clothes and breathable dinner outfits.
- ☐ Two swimsuits, sleepwear, undergarments, and a wet bag.
- ☐ Walking shoes, sandals, and activity-appropriate closed-toe shoes.
- ☐ Light sweater or wrap for flights, restaurants, and breezy evenings.
- ☐ Review resort dress codes before packing specialty-dinner outfits.



BEACH & POOL

- ☐ Broad-spectrum reef-conscious sunscreen and SPF lip balm.
- ☐ Sun hat, polarized sunglasses, beach bag, and waterproof phone pouch.
- ☐ Towel clips or bands and a rash guard for long days on the water.
- ☐ After-sun lotion, aloe, and insect repellent.

TECH, ROOM & EXCURSIONS

- ☐ Multi-port USB charger or compact charging hub; no surge protectors on cruises.
- ☐ Download books, shows, maps, playlists, and travel confirmations.
- ☐ Pack water shoes, dry bag, backpack, or snorkel gear for planned activities.
- ☐ Confirm excursion pickup time, meeting point, and cash needs the night before.

HEALTH & PERSONAL CARE

- ☐ Prescription medication in original packaging, plus extra for delays.
- ☐ Check each destination's rules for bringing prescription and over-the-counter medication.
- ☐ Pain reliever, motion-sickness remedy, stomach relief, and bandages.
- ☐ Preferred toiletries, stain solution, and a few resealable bags.
- ☐ Any accessibility, allergy, or dietary information needed while traveling.

THE DAY BEFORE YOU RETURN

- ☐ Confirm airport transfer pickup, flight status, and airline check-in.
- ☐ Review the resort account and settle any remaining charges.
- ☐ Separate wet items and keep tomorrow's outfit and toiletries accessible.
- ☐ Check the safe, drawers, outlets, balcony, bathroom, and charging areas.
- ☐ Keep passports and travel documents together in your secure carry-on.

- Sean's quick tip: Keep a swimsuit, sunscreen, medication, and one change of clothes in your carry-on. A delayed bag should never cost you your first vacation day.