

Jamaica Packing List



Basics

- Underwear
- Socks
- Sleepwear
- Shirts - 1 per day
- Long pants or Maxi dress/skirt
- Light jumper (sweater)
- Rain jacket or poncho
- Shoes as appropriate for activities such as water shoes
- One-two swimsuits
- Wetsuit
- Hat
- Sarong or cover up
- Sunglasses

Toiletries

- Deodorant
- Toothpaste and toothbrush
- Shampoo and conditioner
- Aloe vera
- Face wash
- Moisturizer
- Hair accessories (ties and pins)
- Menstrual cup/ tampons
- Light make up and perfume

Other

- Snorkel, mask and flippers
- Laundry soap
- Medications and prescriptions

Gadgets

- International adapter, ideally with a USB socket
- Camera, charger, spare batteries, SD card, filters and tripod.
- Phone and charger

Day bag/ backpack

- Refillable water bottle
- Waterless hand wash
- Bandana/cloth napkin
- Toilet paper in a ziplock bag to keep it dry
- Headphones
- Money belt/bra pouch or other secure pocket
- First aid kit
- Dry bag
- Sunscreen
- Lip balm SPF 15+ minimum
- Insect repellent

Making memories and filling spare time

- Book
- Sketch pad and pencils/paint
- Notebook
- Tablet device
- Diary

REMEMBER:

- Tailor this list to the time of year you are travelling
- Pack light, neutral colours.
- Minimize packaging and disposables as much as possible
- Opt for natural toiletries
- Dress down