

Central America Packing List

Documents

- Passport
- Covid-19 vaccination card
- Visa if required
- Itinerary, reservations and tickets
- Travel insurance information

Basics

- Underwear and socks
- Sleepwear
- Shirts - 1 per every 2 days
- Shorts - 1 per every 2 days
- Linen pants, maxi skirt/ maxi dress or other full length option
- Light jumper (sweater)
- Shoes appropriate for activities such as sturdy walking shoes and water shoes
- Sandals and/or flip flops
- Swimsuit or boardshorts
- Rashvest
- Hat and sunglasses
- Sarong or coverup

Toiletries

- Deodorant
- Toothpaste and toothbrush
- Shampoo and conditioner
- Body and face wash or soap
- Aloe vera gel
- Moisturizer
- Hair accessories (ties and pins)
- Menstrual cup/ tampons
- Shaving cream and razor
- Light make up and perfume
- Laundry soap

Gadgets

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

Day bag

- Refillable water bottle
- Hand sanitiser and mask
- Bandana/cloth napkin/handkerchief
- Toilet paper in a ziplock bag to keep it dry
- Headphones
- Money belt/bra pouch or other secure pocket
- First aid kit
- Dry bag
- Reef-safe sunscreen
- Lip balm SPF 15+ minimum
- Insect repellent
- Flashlight or headlamp
- Lightweight, quick-dry towel
- Rain jacket or poncho (especially in wet season)
- Medications and prescriptions

Making memories and filling spare time

- Book
- Sketch pad and pencils/paint
- Notebook/diary
- Tablet or Kindle

Remember

- Tailor this list to the time of year and activities.
- Pack light, neutral colours.
- Minimize packaging and disposables as much as possible.
- Opt for reef-safe sunscreen.
- Dress casually and don't take unnecessary valuables.