

## The Joy of Travel Packing Guidelines for Beach Travel

**Critical information:** your valid passport, vaccination card (if required), travel visa (if required), home address, travel itinerary, personal contact information and emergency contact information.

Take pictures of your passport, visa and vaccination cards, email them to yourself and your emergency contact person, as well as keep them on your phone. I include my home address, travel itinerary, personal contact information and emergency contact information inside every piece of luggage I am taking on the trip.

### **Clothing:** \*most resorts have a dress code for dinner

Dress shoes, beach shoes, tennis shoes	Bathing suit and poolside cover-up
Hat or sun visor, sunglasses	Shorts, slacks (for dinner venues)
Shirts (collared for dinner venues)	Resort wear and T-shirts
Socks and underwear, pajamas	Sundresses

### **Toiletries:**

Sunscreen	Bug repellent
Cosmetics	Q-tips, emery board
Curling iron, flat iron	shampoo, conditioner, brush, comb
razor, deodorant, lotion	Toothbrush, paste, floss
First aid kit (band aids), tweezers	Spare glasses, contact lenses
Prescription Drugs, OTC remedies, (Dramamine, antacid, aspirin, Imodium, triple antibiotic ointment).	
Medical ID card with list of your medications, blood type, allergies, etc.	

### **Basics:**

Shoulder bag, beach bag or backpack, luggage tags	Credit/Debit card
Voltage adapter, Binoculars	Mobile phone and charger

**On the plane:** 311 kit (liquid carry-on items must be smaller than 3 ounces each and all fit in one, one quart Ziploc bag).

Travel pillow/blanket                      pen      snacks                      cell phone and charger

### **Before you go:**

**Fill all necessary prescription medications and pack them *in your carry on.***

Contact your mobile phone company and find out about their international calling plans.

Contact your credit card and debit card companies/banks and let them know your travel dates and destinations.

Check the expiration date of your passport and be sure it expires no earlier than 6 months after the date of your trip.

I utilize packing cubes. Also, anything that sprays or could leak inside your luggage needs to be packed inside a sealed Ziploc bag.

Include a large plastic trash bag for dirty clothes, damp clothes, sandy flip flops.