

Tropical Vacation Packing Checklist

Be well-prepared for a sunny adventure!

Important Preparations

- Medications in original packaging (with medical passport if needed)
- Arrange travel vaccinations well in advance
- Get travel insurance with medical coverage

In Your Suitcase

- Sunscreen (high SPF)
- Mosquito repellent (DEET or citronella)
- Light and breathable clothing (linen/cotton)
- Sunglasses and a hat or cap
- Reusable water bottle or mini water filter
- First aid kit: plasters, disinfectant, paracetamol
- Rain jacket or poncho for tropical showers
- Flip-flops and walking shoes
- Strong and secure suitcase with TSA lock
- Swimsuit/bikini (preferably two)
- Beach towel, sun hat, and aftersun lotion
- Mini kettle (for tea or baby bottles)
- Toys or beach gear for children

Handy Extras

- E-book reader or travel guide
- Universal power adapter
- Snacks for the journey
- Copies of passport and travel documents
- Lightweight backpack for day trips