

# Vacation Packing List

*Provided by Barbados-FYI.com*

Remember to check the [Current Airline Travel Requirements](#)  
(*what you can & can't pack in your carry on bag*)

## **In Your Carry On Bag:**

- Airline tickets or e-ticket confirmation
- Passport/visas/driver's license
- Credit cards (take *only* those you'll need)
- Hotel & transfers reservation fax confirmations
- American Express Traveler's Cheque Card or Traveler's Cheques
- Photocopies of all of the above, plus a photocopy of related medical and/or trip insurance coverage and prescriptions (leave the copies in the room safe or the hotel's main safe if there isn't one in your room)
- Phone numbers for your credit card companies (in case your cards are lost or stolen)
- Prescription medicine (in the original bottle) AND the prescription for the medication
- Contraception
- Light sweater (for the plane, which can get cold)
- If you have space, a swimsuit, change of clothes, and pajamas in case your luggage gets lost or delayed
- And....if you simply *must* take valuable jewelry, wear it or take it in your carry-on, don't put it in any luggage to be checked

## **HER things to pack**

- 1 pair lightweight slacks or khakis (for casual evenings that may be chillier than days)
- 1 lightweight jacket or shawl
- 1 nice sundress
- 1 little black dress
- 1 nice cardigan-style sweater (for chilly restaurants)
- 4 casual shirts (T-shirts, tank tops, short-sleeve button-downs, etc.)
- 2 pairs shorts (not too short - daisy dukes or hot pants are not appropriate for most places)
- 2 swimsuits (bikini for the beach, one-piece for water sports)
- 1 swimsuit cover-up (pareos work great and can double as a shawl in the evenings)
- 1 pair *comfortable* walking shoes/sandals (you may wind up walking a bit if you go sightseeing)
- 1 pair evening shoes/sandals
- 1 evening purse
- Extra socks and underwear
- Bras (don't forget a strapless one if you've packed a top or dress that needs it)
- Accessories (scarves and jewelry to "stretch" your wardrobe)

## **HIS things to pack**

- 1 pair lightweight slacks or khakis (jeans are too heavy for a tropical climate)
- 1 pair nice slacks
- 1 light jacket or pullover (take one that can be tied around the waist or stuffed in a backpack)
- 4 casual shirts (T-shirts or short-sleeve button-downs)
- 2 pairs shorts
- 2 lightweight polo or button-down short-sleeve shirts (avoid dark colors)
- 1 swimsuit
- 1 pair *comfortable* walking shoes or sandals
- 1 pair nice, but not dress, shoes - even black sneakers can look good with slacks & a sport coat
- Extra socks and underwear

## For Both of you:

- Camera (disposable cameras are much more expensive at vacation spots - consider an [Underwater Camera](#) if you love to dive or snorkel)
- Extra film or memory for digital cameras
- Sunscreen and lip balm
- Sunglasses
- Sun hat or baseball cap
- Paperback books (you can leave them in the hotel library once you've read them)
- A canvas beach bag or lightweight daypack (you'll want something big enough to hold a bottle of water, your camera & sunscreen, etc.)
- A [money belt](#), [neck pouch](#) or [fanny pack](#) to hold cash, credit cards, etc. - be sure to wear it in the *front*
- Guidebook (but you may not need the whole book - you can just tear out pages for only what you're interested in)
- Electrical converter/adaptor (only if going outside of the US and taking items like a computer, hairdryer, curling iron, battery charger for a camcorder, etc.)

## Basic Toiletries

*(Remember - use travel-sized containers whenever possible)*

- Toothpaste
- Toothbrushes
- Deodorant
- Cosmetics
- Make-up remover
- Cotton balls and swabs
- Comb/brush
- Hair gel/spray
- Nail file/clippers/emory file
- Shaving cream
- Razors
- Contact lens and re-wetting solution, storage case
- Hair accessories - clips, headbands, etc.
- Buy or pack a *small* first-aid kit that contains:
  - \* Insect repellent (and anti-itch cream for the bugs that break through)
  - \* Band-Aids
  - \* Aspirin
  - \* Antacid
  - \* Antihistamine
  - \* Diarrhea medicine
  - \* Motion sickness medicine
  - \* Aloe vera
  - \* Tampons/pads (besides the expense, they can be hard to find outside the US)*(check out the [Travel Rescue Kit](#) from Magellan's - it's what I use)*

## **Optional Items:**

*(Many hotels provide these, but check to be sure)*

- Shampoo and conditioner
- Body lotion
- Hair dryer
- Shower cap
- Alarm clock

## **Convenient Extras**

- Extra pair of glasses/contacts, asthma inhaler, and the like
- Ziploc bags (all sizes; use for packing wet swimsuits or protecting camera and film when it rains)
- Earplugs
- Sewing kit
- Shout Wipes (instant stain-treater towelettes)
- Anti-bacterial liquid or lotion
- Visine
- 1 pair old sneakers or Keds that can get wet or ruined (if you're traveling to the tropics)
- 1 pair workout sneakers and 2-3 workout outfits if you plan on visiting the resort's gym or jogging on the beach
- [Compact Umbrella](#) or rain ponchos

## **Very Important - Leave these items with family or close friends before you go:**

- Your itinerary and hotel phone numbers
- Photocopies of your passport, credit cards, and traveler's check receipts
- A sealed copy of your wills, life insurance-policy numbers, and pertinent financial info