

Jamaica Travel Checklist

Travel documents

- ☐ Valid ID
- ☐ Passport
- ☐ Driver's license
- ☐ Medical prescriptions
- ☐ Credit and/or debit cards
- ☐ Jamaican and US dollars
- ☐ Travel insurance
- ☐ Medical insurance card

Electronics

- ☐ Universal power adapter if necessary
(Jamaica uses type A and B plugs, same as the USA)
- ☐ Portable battery pack
- ☐ Waterproof camera
- ☐ eSIM card
- ☐ Flashlight
- ☐ E-reader

Meds and first-aid

- ☐ Anti-itch cream (for insect bites)
- ☐ Prescription medication
- ☐ Personalized first aid kit
- ☐ Motion sickness tablets
- ☐ Pain relief medication
- ☐ Allergy medication
- ☐ Cold and flu pills
- ☐ Antacids



Jamaica Travel Checklist

Clothing

- ☐ Cardigan, light sweater or light jacket
- ☐ Lightweight and breathable clothing
- ☐ Casual and comfortable clothing
- ☐ Undergarments and socks
- ☐ Casual shorts and skirts
- ☐ Bathing suit cover-ups
- ☐ Multiple bathing suits
- ☐ Lightweight raincoat
- ☐ Long-sleeve shirts
- ☐ Workout clothes
- ☐ Collared shirts
- ☐ Sun dresses
- ☐ Dress pants
- ☐ Long pants
- ☐ Tank tops
- ☐ Pajamas
- ☐ Blouses
- ☐ T-shirts
- ☐ Accessories
(belts, handbags, jewelry)

Footwear

- ☐ Comfortable walking shoes
- ☐ Dinner shoes
- ☐ Water shoes
- ☐ Hiking boots
- ☐ Flip-flops



Jamaica Travel Checklist

Toiletries

- ☐ Makeup and makeup remover
- ☐ Cotton swabs and cotton balls
- ☐ Feminine hygiene products
- ☐ Moisturizer (face and body)
- ☐ Toothbrush and toothpaste
- ☐ Shampoo and conditioner
- ☐ After-sun lotion/ aloe vera
- ☐ Razor and shaving cream
- ☐ Floss and mouthwash
- ☐ Nail clippers and file
- ☐ Perfume or cologne
- ☐ Body wash or soap
- ☐ Lip balm with SPF
- ☐ Hairbrush or comb
- ☐ Hair ties or clips
- ☐ Insect repellent
- ☐ Hand sanitizer
- ☐ Sunscreen
- ☐ Deodorant
- ☐ Wet wipes
- ☐ Face wash
- ☐ Tweezers



Jamaica Travel Checklist

Beach and adventure essentials

- ☐ Notebook or drawing pad
- ☐ Waterproof phone case
- ☐ Quick-dry beach towel
- ☐ Reusable water bottle
- ☐ Anti-UV clothing
- ☐ Waterproof bag
- ☐ Beach blanket
- ☐ Swim goggles
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Beach bag
- ☐ Daypack
- ☐ Tote bag
- ☐ Sunhat
- ☐ Games
- ☐ Books
- ☐ Visor

Footwear

- ☐ Tablets or portable gaming devices
- ☐ Baby sunscreen and swim diapers
- ☐ Snacks
- ☐ Toys and games
- ☐ Portable crib or travel bed
- ☐ Baby food and snacks
- ☐ Bottles and formula
- ☐ Diapers and wipes

