

Island Packing Checklist

- ☐ Pads, tampons, and other feminine hygiene products
- ☐ Facial cleanser, eye make-up remover, toner, astringent
- ☐ Night cream and daytime moisturizer
- ☐ Facial sunscreen, body sunscreen, and after sun gel
- ☐ Q-tips and cotton pads
- ☐ Toothbrush, toothpaste, dental floss
- ☐ Deodorant
- ☐ Eyeglasses, prescription sunglasses, or contact lenses
- ☐ Lens case, contact lens solution, and eye drops
- ☐ Lipstick and lip gloss
- ☐ Eye-shadow and waterproof eyeliner
- ☐ Foundation powder, concealer, blemish cover cream
- ☐ Brow pencil or powder
- ☐ Waterproof mascara
- ☐ Nail polish remover pads and nail polish
- ☐ Travel-size perfume
- ☐ Tweezers – a lifesaving tool
- ☐ Manicure kit with nail file and nail clippers
- ☐ Comb, hairbrush, conditioner, shampoo, hair gel, and anti-frizz cream
- ☐ Light coat or rain jacket
- ☐ Pashmina
- ☐ Sunhat and sunglasses
- ☐ At least one swimsuit
- ☐ Sarong, swimsuit cover-up, swimming goggles
- ☐ Sundress
- ☐ Little black dress
- ☐ Tank tops and -shirts
- ☐ Dressy blouse
- ☐ Shorts, skirt, khaki pants or jeans for adventure treks
- ☐ Bras and panties
- ☐ Socks and a pair of pantyhose
- ☐ Purse that goes from day to night, small back pack for day trips, tote bag or beach bag
- ☐ Walking shoes or sneakers, flip-flops, and pretty beach footwear
- ☐ Passport, travel documents/itinerary, notebook, pen
- ☐ Personal business cards
- ☐ Camera, cell phone, iPod
- ☐ Prescription medications
- ☐ Vitamins and antihistamines, Tums, Beano or Gas-Ex, Pepcid AC, Imodium, Gravol
- ☐ Mosquito repellent

