

# JAMAICA CHECK LIST ✓

**N**urture your laid-back side. Prepare for life with out timetables or agendas. Don't just stop and smell the roses, take a long, big whiff. One Love. Respect.

Make photocopies of your passport and put one in each piece of luggage, including your carry-on. Tag your luggage clearly & securely. If we are on the same page at check-in, we throw some lime green duct tape on our bags to make them stand out from the rest of the baggage coming down the ramp

## **Leave contact information with family/friends.**

### **White Sands**

**305.503.9074 (U.S.)**

**Direct Dial:**

**Tel:(876) 957-4291**

**Fax:(876) 957-4674**

- Pack sunglasses, big-ass thermal cup, insect repellent, sun screen, ball cap, toiletries, (2) beach towels, Ziplocks and/or plastic storage tubs for jerk shack leftovers, snorkling/diving gear, hair dryer if necessary (same voltage as U.S.).
- (2) swimsuits, (2) pair of shorts, (5) t-shirts, flip flops, sneakers, appropriate travel outfit (might be cold in SA), Take clothes that you can leave in Jamaica if possible to open up room in your bag for the return trip.
- Misc snacks (trail mix, nuts, etc.) Packaged condiments (mayo, mustard, ketchup etc.) for building sandwiches in your room.
- If checking a guitar or other stringed instrument, be sure to loosen the strings before checking in. If you are shooting for a carry-on guitar, use a gig bag or they will try to do a "gate check-in" if you have a hard shell case. Although airline instrument nightmare stories abound, I have never had a problem with any damage to an instrument while traveling. You may have to write a YouTube viral song should damage occur.
- If you are bringing electronic devices (notebooks, tablets, MP3 players, etc.), try to get them in your carry-on bag to assure they don't get knocked around. Be sure to have your charger and/or plenty of batteries to last you the week. Charge all your devices before packing and pack the chargers & batteries in your check-in bag.
- Laying around the beach can be hard work. Perhaps bring a book or two, or load your tablet up with a few good beach reads. I keep a selection of about 20 books and a dozen movies on my tablet. It is common for an afternoon rain storm to drop by so this will give you something to do in your down time.
- Leave anything of real value at home. Don't take jewelry, fancy necklaces, watches, handbags or designer anything. Nothing says, "rip me off" more loudly than a Rolex Mariner or Gucci bag. Any hand bags you bring should have a strap long enough to cross your chest - not just your shoulder.
- **OPTIONAL:** A small back pack or tote to use as a day bag. Big enough for your beach gear with a bit of room left over should you discover some treasure.
- When leaving Atlanta airport to Montego Bay, turn off your U.S. cellphone and leave it off until you land again in Atlanta on the return. Bring the charger with you to charge it up for the return.