

Packing List

Clothing/Accessories

- Shoes: walking, hiking, supportive sandals, water
- 1-2 pairs of swimwear
- Light tops & bottoms (long & short) & hiking clothes
- Outer wear: rain & wind gear, fleece sweater, heavier jacket
- Light breathable socks
- Light day-pack or fanny-pack
- Sunglasses (strap is handy, polarized recommended)
- Hats: wide brim, cap
- Scarf or buff to protect neck
- Rash guard (optional)
- Expandable walking poles (optional)

Money & Security

- Passport (as well as a photo copy/ email to yourself)
- US Cash
- Credit Card
- Money belt

Health & Toiletries

- Sunscreen (SPF30+ preferable reef safe & eco-friendly)
- Lip balm or ointment
- Aloe vera gel (for any sunburns)
- Insect repellent
- Personal medication and prescriptions
- Personal toiletries
- Ear plugs
- Head lamp
- Hand sanitizer

Camera & Gear

- Camera /recording devices: memory cards/ batteries/ chargers/ cables
- Dry bag for gear
- Binoculars

