Jamaica Travel Checklist (Printable)

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Tick each box as you pack. Keep a copy in your carry-on with your passport.

Documents & money

- ■ Passport valid for your stay + return/onward ticket
- ■ Travel insurance policy number (print + phone)
- ■ Credit/debit card + a backup card in a separate place
- ■ Small USD notes (US$1 and US$5) for tips
- ■ Hotel/villa address and confirmation
- ■ Digital + paper copies of passport ID page

Clothing

- ■ 2–3 swimsuits and a cover-up
- ■ Light cotton or linen day outfits
- ■ One smart-casual outfit for nicer dinners
- ■ Light rain jacket (esp. May–Nov)
- ■ Sandals + grippy water shoes for waterfalls
- ■ Walking shoes / trainers
- ■ Sun hat

Health & sun

- ■ Reef-safe sunscreen SPF 30+
- ■ After-sun / aloe
- ■ Mosquito repellent (DEET or picaridin)
- ■ Prescription medicines in original packaging
- ■ Basic first-aid kit + motion-sickness tablets
- ■ Hand sanitiser

Tech

- ■ Phone + charger + power bank
- ■ Waterproof phone pouch / dry bag
- ■ US-style Type A/B adapter if needed (Jamaica is ~110V)
- ■ eSIM or roaming plan sorted before arrival

Beach & excursions

- ■ Sunglasses

- Reusable water bottle
- Quick-dry towel (optional)
- Ziplock bags for wet clothes

Save these numbers in your phone

- Police: 119
- Fire & ambulance: 110
- Your embassy / high commission in Kingston
- Hotel front desk / villa manager

Emergency tip: dial 119 for police and 110 for fire or ambulance. More contacts: https://jamaicatouristboard.com/tools/emergency-contacts/
Tipping guide: https://jamaicatouristboard.com/blog/tipping-in-jamaica/ · Packing article: https://jamaicatouristboard.com/blog/what-to-pack-for-jamaica-vacation/
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