

# Vacation Packing Tips

*Provided by Martinique-FYI.com*

Remember to check the [Current Airline Travel Requirements](#)  
(*what you can & can't pack in your carry on bag*)

✔ Don't pack anything valuable - *don't even take it* if you don't really need it - since many checked bags are searched these days, and locks *will* be cut off of bags if they are locked unless you use a TSA Approved lock like the [Indicator™ Combination Lock](#). If you *must* take something of value, be sure it's in your carry-on bag.

✔ Look through your carry-on bags and what you have on before you leave home - anything that might slow you down going through security checkpoints? Anything that is on your person that will set off a metal detector will slow you down, and anything on you or in your carry-on bag that is on the airlines' list of banned items will *really* slow you down. Be sure to check the [Current Airline Travel Requirements](#) for carry-on items before you pack.

✔ If you must wear jewelry while flying, consider carrying a small ziploc-style baggie in which to put your jewelry (then slip it into your purse) as you go through security so that you don't set off the metal detectors and don't risk chasing a dropped earring around on the floor.

✔ Many airports require you to remove your shoes to go through security - so make sure your shoes are not only comfortable but that you can get in and out of them easily and quickly (shoes that are easy to slip on and off are best for flying anyway, since feet tend to swell up in-flight).

✔ If you plan on doing any walking (not just for sightseeing, but even getting from gate-to-gate in some airports is quite a hike!) be sure that your shoes have been broken in and are comfortable - few things can make a trip more miserable than blisters on your feet. My very favorite pair are these [Women's Leather Walking Sandals](#) from Magellan's (they have them for men too) - I have worn them so much I've gone through two pairs!

✔ Keep yourself hydrated - it's common to get dehydrated while flying, so take a bottle of water with you. Pay attention to the first side-effects of dehydration - headache followed by mild nausea - and be sure to drink plenty of water, both on your flight and at your destination. **NEW** - you can only take beverages purchased *past the security checkpoint* onto flights;

✔ If you're on a flight that will be showing a movie, pack a small, lightweight set of earphones (like you'd use with a CD player) as they will work on almost all planes - no need to "rent" a set. I use the [Comply NR1 Earphones](#) from Magellan's - they' sound great, they're small, and very comfortable. Some planes (primarily Delta's) have a dual-

jack, with one sound channel coming out of each jack, that are designed for the headsets that they "rent" on the plane - they will still work with your own headsets if you have a dual-jack adapter, otherwise you'll only hear the sound in one ear. This set of [Earphones with Airline Adapter included](#) from Amazon gives decent sound, and as it says, already includes the adapter. If you fly only twice (one flight both ways) it beats paying the headphone rent!

✔ A [Sarong or pareau](#) is incredibly versatile and can double as long, elegant skirts, be halved for short, cute beach cover-ups or even triple as a shawl for cooler evenings - pack a couple in different colors.

✔ Pack several bathing suits not only for variety, but for practicality as well. Other items such as a light jacket, poncho and umbrella will come in handy for surprise rain showers which often occur in tropical climates.

✔ Bring a disposable, waterproof camera for diving, snorkeling, kayaking or any water-related trips or activities.

✔ Pack a good hat that protects your face and neck. The one I use is a great bug-repelling sun hat from Magellan's, the [Women's Buzz Off Sun Hat](#) . For the extra sun-sensitive, there is specially-designed clothing that can block out the sun and keep you cool. Some of this sun-block clothing can be worn in the water while swimming. Lycra rash guard clothing is made from shirts to full body suits which allow swimming with complete sun protection.

✔ Pack versatile shoes: dressy sandals for a special romantic dinner, good walking shoes (with socks that wick away the moisture) for sightseeing or shopping, and a pair of "water shoes" for diving, snorkeling, kayaking or other water sports (Texas, reef booties, etc).

✔ While problems or accidents may be rare, don't underestimate how valuable a small travel-sized first aid kit can be - worth its weight in gold if you need it. Be sure it contains some basics: aspirin, bug repellent, anti-itch cream, and band-aids. If traveling to a remote area, consider all-purpose antibiotics and other medications as well. A really great one that is inexpensive is the [Healthy Traveler First Aid Kit](#) from Magellan's - it has all those items and much more in a small travel-sized pouch. It's the one I use - I never travel without it!

✔ Buy a travel-size water mister for your face and body or buy a plastic mister bottle and fill it with ice water before you set out for sightseeing. Use this mister while taking in the sites or lying on the beach. It's amazing how refreshing and cool a mist of water on your face and body feels in that blazing tropical sun and it's very healthy for your skin, too.