

Packing List for Puerto Rico

Traveling light but intelligently is the always best way to travel in Puerto Rico. You may have to carry your luggage up stairs or over cobblestone streets to your lodging. Xperitas recommends packing everything in small to medium sized suitcase. **Pack a small backback, purse, or messenger bag** in your suitcase or use it as your carry on.

CARRY IN A MONEY BELT OR NECK POUCH

- Small amount of cash (\$50-\$100), Credit or debit card
- Travel itinerary with addresses of your hotels
- Copy of your insurance card
- Government-Issued ID OR a Photo ID that matches your legal name.
If you are under 18, you do not need to present your ID at the airport. You can bring a passport as a form of ID, but you do not need a passport to enter Puerto Rico.

ROOMATES CAN BRING ONE OF THE FOLLOWING TO SHARE

- Small first aid kit with band-aids, Pepto-Bismol, antacids, tissue, Ibuprofen, EmergenC etc.
- Hair dryer/curler/straighteners

BEST LEFT AT HOME

- Jewelry
- High-heeled or uncomfortable shoes
- Laptop, or other expensive technology

OTHER

- Binoculars (if desired)
- Gift for your host family
- Photos of your friends and family on your phone or in a scrapbook
- Photocopy of your passport
- Non-perishable snacks to stave off hunger while sightseeing (granola bars, dried fruit, nuts, crackers)

FOR YOUR CARRY-ON

- Camera or smart phone and charger
- Travel size hand sanitizer that contains at least 60% alcohol
- Travel pack tissue/Kleenex
- Spanish language dictionary/other things to study on the plane
- Essential medicines (prescriptions in original bottles and carry generic names of all prescriptions)
 - Epi-Pen for severe allergies
 - Allergy medicine (if applicable)
- Toothbrush and toothpaste
- Deodorant
- Change of clothes
- Menstrual Products (as needed)
- Anything you would not want to do without in the rare event that your suitcase is delayed.
- Reusable water bottle
- Face/cloth masks (recommended, not required)

What Goes In Your Suitcase

Check with your airline for specific luggage guidelines and applicable fees. Most airlines allow one checked bag for international travel (no larger than 62" linear – sum of height, width and length) and weight ranges from 44-50 pounds. Fees vary by airline. In your carry-on, TSA currently only allows liquids or gels in 1 clear, quart-sized bag, with only 3oz bottles or smaller. Make sure you bring enough layers of clothing for different temperatures Roll clothes instead of folding – it saves space and helps with wrinkles. Pack electronics in your carry-on. Checked luggage gets tossed around, so don't pack anything fragile in there.

CLOTHING & ACCESSORIES

- 3-4 changes of clothes that can be mixed and matched. Dress in layers to be prepared for extremes in weather. *Opt for breathable, moisture-wicking fabrics- Puerto Rico is hotter and more humid than most places in the U.S.*
- Rain jacket or poncho with a hood. Hikes and outdoor activities will continue even if it rains
- 1 lightweight sweater/cardigan for the airplane and/or AC
- Nice jeans with no holes or frays
- Bring at least 1 skirt, dress or shorts with a nice, shirt-sleeved top
- Underwear and socks
- Pajamas
- Swimsuit and a quick-dry towel
- Sunglasses and hat (it's important to keep your head protected)
- 1-2 pairs of comfortable shoes to hike in (old tennis shoes are great)
- Pair of sandals with covered toes, such as Keens or Tevas (important for El Yunque visit, snorkeling and kayaking)
- Plastic bag for dirty clothes/shoes
- Small day pack/backpack for hikes or other activities (bring along a hat, sunglasses, sunscreen and water on excursions, the sun is very strong.)

TOILETRIES & PERSONAL CARE

- Shampoo & conditioner (in small containers)
- Contact solution, contact case & extra contacts (and your glasses)
- Razor & shaving cream
- Hair products, brush
- Lotion, soap
- Cosmetics
- Bug repellent and after-bite lotion
- High factor sunscreen and lip protector
- Motion sickness pills (if this affects you)
- Anti-chafe stick (if this affects you, to prevent chafing in the heat)
- Oral Rehydration Salts (can help prevent dehydration from the heat/humidity-great after a beach day!)