

## **LADIES PACKING LIST**

**... it all fits in one carry-on!**

2 or 3 pants/capri pants and 2 dresses or skirts  
Pajamas  
5+ pairs undergarments  
5 top shirts  
1 or 2 pairs shoes - wear one pair  
1 crocs or flip-flops  
4 pairs socks  
1 ball cap/hat – be cautious about wearing visors, the sun is very strong  
Bathing suit and water shoes - if you want to enjoy the ocean  
Sunscreen and bug spray  
Wet wipes and hand sanitizer  
A roll of toilet paper - just in case  
Extra eye glasses or contacts  
Toiletries, first aid items, medicines  
Washcloths/hand towels for hotel and for us as “sweat rags”  
Bandanas  
Passport and government issued ID  
Bible and notebook  
Medicines: Prescription and OTC medicine (NSAIDS, eye solution, etc)  
CPAP machine - or other medical devices  
Extension cord – if necessary  
Flashlight  
Camera  
Extra batteries or battery charger for electronics  
Cell phone

The Transportation Security Administration ([www.tsa.gov](http://www.tsa.gov)) allows you to carry up to three-ounce size containers of liquids, creams or gels that fit comfortably in ONE quart-size, clear plastic, zip-top bag through security checkpoints. You can take items that you buy in the secure, boarding area on-board the aircraft.