What To Bring List - Bahamas
This is a standard list to help you organize for your trip.

**Identification**
Passport (required, PLEASE CHECK EXPIRATION to make sure it doesn’t expire within 6 months after your trip)
Driver’s License

**Insurance Information**
Health insurance card  Travel insurance

**Bedding and Linens**
Air Mattress (TWIN SIZE ONLY)  Linens for air mattress  Pillow
Blanket  Towels  Washcloth

**Clothing**
Jeans/Work Pants  Shirts  Socks
Underwear  Bandannas or handkerchiefs  Rain Gear or Poncho
Hat or Cap  Sleepwear  Work Shoes or Boots
Sneakers

**Health, Safety, & Hygiene**
**Prescription Medication**
Non-Prescription Drugs  Sun block (15+)
Allergy Kits  Liquid Antibacterial Soap  Bar Soap
Deodorant  Feminine Needs  Antibiotic Ointment
First Aid Kit  Foot Powder  Anti-fungal Ointment
Mouthwash  Toothbrush  Toothpaste
Dental Floss  Shampoo and Conditioner  Comb or Brush
Hair Spray  Lip Balm  Shaving Cream
Razor  Diarrhea Medicine  Antacids
Laxatives  Insect Repellent  Skin Lotion
Blister Kit

**Other**
Flashlight  Bible  Pen/Pencil
Notebook  Safety Goggles  Work Gloves
Ear Plugs  Ear/Hearing Protection

**Food**
Personal Snacks

US $ works best if you need anything while in Freeport. You may get Bahamian $‘s back as change. Credit Cards may work but don’t count on that as your only way for expense money.