

## 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

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

### 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.