

The Lovers' Packing List

by Paris Permenter and John Bigley

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Packing For Pleasure

Congratulations on your upcoming trip! Whether it's your first trip together, your dream honeymoon, a once-in-a-lifetime vacation, or a much anticipated weekend getaway, packing is the foundation that can make your romantic getaway a success.

We speak from personal experience. A husband-wife team, we've hauled our suitcases from Morocco to Malaysia, from Jamaica to Jordan. We've made crazy packing mistakes. (Paris once opened the suitcase in St. Kitts and discovered two right shoes...and no left.) We've carried a few items we never needed. But we've also been overjoyed to find a Band-aid in our first aid kit at the first sign of that blister on a South Dakota horseback trip or a fold-up extra bag to bring home those must-have items from India.

When it comes to packing, there's no doubt that less is more. (Hey, they don't call it *lug*gage for nothing!) A common rule of thumb is to lay out everything you plan to pack then put half of it back.

But this guide is for romantic travelers. You're probably carrying more than a backpack of clothes and you don't plan to wash each day's clothes in the hostel sink that night. You're headed for a romantic getaway, probably in a resort, bed and breakfast, or hotel. You want to look your best and feel your best.

So we've listed here items that you will need but also items that you will want. You might want to carry some candles to bring romance to your hotel room. Or a CD of your favorite romantic songs to play in the car or in your hotel room. No, they're not necessities but little touches can bring a romantic atmosphere to any setting.

Throughout this guide, you'll find boxes like this alongside every item, making it easy for you to check off an item as you pack it. When you see , you'll know that this is a his 'n hers kind of item, whether passports or toothbrushes.

We've also provided a list of items *not* to carry on your romantic getaway. Many of these are prohibited for airline travelers; others just don't travel well like glass containers.

On the subject of air travel, we've also indicated items that air passengers need to put in their checked, rather than their carry-on, bags. A little pre-trip planning makes your airport check-in much easier and gets your romantic getaway off on the right start.

Whether you're planning an international or a domestic getaway, whether you're headed out by planes, trains, or automobiles, remember our number one packing tip:

Don't forget to pack a sense of romance.

Please feel free to forward this guide to any friends who might be planning a trip!

For All Trips

- your itinerary with travel plans, hotel phone numbers
- airline and all other tickets
- all confirmation numbers
- hotel vouchers, if applicable
- transportation vouchers, if applicable
- credit cards
- photocopies of all credit cards, stored in a separate bag
- emergency medical information that rescue workers could easily find in your wallet
- health insurance card
- phone card or telephone credit card
- cash
- traveler's cheques
- guidebooks
- maps
- suitcase locks for every suitcase
- plastic address labels for every suitcase (If you do not have a post office box, make sure your physical address is covered on the label. You don't want to tip off any thieves at your home airport that your home is unattended.)
- water bottle
- backpack or other bag for carrying everything you'll need for the day
- mini-address book for writing postcards

- postcard stamps for domestic trips
- all prescriptions (in prescription bottles)
- contact lenses and applicable formulas
- extra eyeglasses or contact lenses, if needed
- 2 pairs of sunglasses
- paperback book or two
- Swiss Army knife (in your checked bag, air travelers)
- list of numbers for people back home, in case of emergency
- zippered plastic bags (our number one travel item. You'll use them for everything from storing bottles that might leak to wet swimsuits.)
- camera
- film (and don't be skimpy with the film! Film can be difficult to find and costly in some countries.)
- digital storage media for digital cameras
- extra camera batteries
- battery recharger for digital cameras
- small flashlight
- small notebook (Whether you want to jot down a quick reminder to yourself about something to do when you get home or you want to keep a trip diary, a notebook is indispensable.)
- internet access information and passwords if you will be checking your email
- portable travel alarm
- a compact, empty bag to pack in the bottom of your suitcase. Useful if you'll be doing much shopping.

Car Travelers

- driver's license
- proof of insurance
- maps
- highlighter for maps
- owner's manual for automobile
- phone number for emergency auto service
- water bottle
- motor oil
- emergency flares
- small bag for trash
- small room deodorizer (especially nice for rented cars)
- squeegee
- minimal tool kit
- jumper cables
- tire gauge
- aerosol tire inflator
- cell phone
- car charger for cell phone
- ice scraper, if applicable

His

- blue jeans (avoid heavy denim for tropical trips)
- casual slacks
- T-shirts
- polo or short sleeve shirts
- pair casual slacks
- sweatsuit, if applicable
- swimming trunks (more than one is handy for beach destinations)
- walking shoes
- tennis shoes
- dress shoes
- sandals
- underwear
- socks
- dinner jacket, if necessary
- tie, if necessary
- overcoat, sweater if applicable
- light jacket, if applicable
- rain gear, if applicable
- belt (money belt, preferable)
- pajamas, sweatpants

He's

- blue jeans (avoid heavy denim for tropical trips)
- nice slacks or khaki pants
- casual skirt
- T-shirt
- short sleeve/sleeveless blouse
- shorts
- underwear, bras
- swimsuit (more than one for beach destinations)
- walking sandals
- tennis shoes
- evening sandals
- dressy shoes
- swimsuit cover-up (sarongs are perfect and elegant)
- evening/disco dress
- evening purse
- purse with a zipper or good closure
- sweatshirt, if applicable
- overcoat and cold weather gear, if applicable
- light sweater (especially useful for chilly planes and theaters)
- rain gear, if applicable
- scarves (useful not only for bad hair days but also to dress up an outfit without jewelry)
- inexpensive jewelry (leave your best at home!)
- jewelry roll for carrying jewelry

- sanitary products (tampons can be very difficult to find in some countries)
- bathrobe, especially for inns and B&Bs with shared baths
- nightgown or negligee

For International Trips

- passport (don't let it out of your sight except in your hotel room safe. If your room has no safe, take your passport with you.)
- photocopies of your passports. Carry these in a different bag than your passports.
- official birth certificates if traveling to a destination that doesn't require passports
- photocopy of your official birth certificate, carried in a different bag than the original
- visas, if required
- ballpoint pen in blue or black (we've seen couples unable to complete immigration forms because they didn't have a pen!)
- electrical adapters if you'll be carrying electrical implements
- currency converter from 110 to 220 volts, if needed
- mini-address book for postcard writing
- snacks for your day pack. You'll be a lot less likely to grab a snack off a street cart and risk stomach upset if you have some food in your bags.
- health certificate. Not required for most international trips, you'll need a health certificate primarily if you've been visiting a region that's plagued by yellow fever or if you'll be staying for an extended time. Check on this before your trip.
- hostel card if you'll be staying in hostels
- international driver's license if required at your destination

- international student identification card. If you qualify, this inexpensive card can obtain excellent discounts for your in Europe.
- currency conversion chart with latest rates
- small calculator for figuring exchange rates
- foreign language dictionary or phrase book
- international telephone calling card
- local access number for your long distance company for overseas calls
- a small amount of local currency to get you started

First Aid

- aspirin or favorite pain reliever
- bandages
- birth control method
- lip balm
- prescription drugs in prescription bottles. Carry enough for the entire trip as well as for additional days in case of delay returning home. Do not pack these in your checked luggage if flying; carry medicine with you.
- ear plugs (great for plane trips as well as noisy hotels)
- eye shades (great for trying to sleep on airplanes and trains)
- razors (packed in your checked luggage, if flying)
- tweezers
- over the counter diarrhea medication. If you'll be traveling far afield, obtain a prescription version from your doctor as well.
- thermometer (not a mercury thermometer for flying travelers)
- moleskin (very handy for blister-prone feet and especially useful for hikers.
- nasal spray
- decongestant
- cold and flu medicine (day and night versions)
- cough drops
- sleeping pills or medication (especially helpful for overnight flights)

- miniature mending kit with needle and thread
- safety pins in various sizes
- seasickness medication if you suffer from motion sickness

Beauty and Grooming Items

- hairbrush or comb (don't laugh--we once forgot to pack one and spent three days in Borneo trying to find a replacement!)
- hair dryer (many hotels now have hair dryers and they're much more convenient. You'll need an adapter and possibly a currency converter if traveling internationally.)
- hair spray
- hair conditioner
- shampoo
- hair bands, barrettes, clips
- nail clippers
- small scissors
- nail file
- nail polish
- nail polish remover (Handy polish remover cloths are better for traveling so you don't have to worry about leaking bottles.)
- deodorant
- foundation make-up
- concealer stick
- blush
- eye liner
- eye shadows for day and night
- mascara (waterproof for beach destinations)
- lipsticks for day and night
- perfume

- after shave, cologne
- eye makeup remover
- moisturizers
- makeup remover cloths
- rollers, curling iron (Remember, air travelers: you cannot fly with butane powered curling irons.)
- shoe polish
- shower cap (unless you are staying in 5-star hotels/resorts where it will be provided)
- soap (if you are not staying in a top hotel/resort)
- miniature bottle of Woolite (especially helpful for washing out clothes on a long stay)
- toothbrush
- toothbrush cover (unless you're packing a collapsible travel toothbrush)
- toothpaste
- dental floss
- toilet paper or tissues (In many toilets in Morocco and India, we have been glad to have packed this item.)
- pre-moistened hand towelettes (especially helpful for cleaning up when you can't visit the restroom)
- hand sanitizer
- mouthwash
- antacid
- facial tissues
- washcloth (especially helpful if traveling in Europe and staying several days in the same hotel)

Beach Destinations

- sunscreen
- snorkel gear
- a “C” card for certified scuba divers
- aqua shoes
- insect repellent
- aloe vera lotion for sunburn
- beach towels (not necessary at most resorts but they can be a nice replacement for the smaller towels distributed by many properties)
- cap or hat
- seasickness medicine if you'll be taking any boat rides and suffer from motion sickness
- mesh bag for wet towels, snorkel gear
- a few clothespins for hanging wet items in your room
- swimmer's earplugs, if needed
- waterproof watch, especially for divers
- disposable underwater camera
- inflatable floats (dive shops at resorts can inflate these for you. Many couples bring inexpensive floats and leave them at the end of their trip.)

Airline Travelers

- passports for international trips
- proof of identity for domestic trips (always keep this in your carry on bags!)
- passport/ticket wallet (very handy for keeping track of your paperwork)
- airline tickets
- official itinerary or receipt for airline e-tickets
- driver's license for rental car
- proof of insurance for rental car
- eye shades
- ear plugs
- snacks (don't assume that you'll be fed!)
- all medications in your carry-on bag (never put medicines in your checked bag!)
- waterless hand wash or wipes
- tissues
- moisturizing lotion
- water bottle
- thick socks so you can take off your shoes on long flights
- deck of cards
- books, magazines
- inflatable neck pillows for long flights
- frequent flier account number (sign up for an account if you don't have one already. It's a great way to start preparations for your next trip!)



chewing gum (hand for clearing your ears on take off and landing)

Packing for Pure Romance

- massage oil
- a CD of your favorite romantic songs
- sexy lingerie
- sexy boxers
- candles to transform even a budget motel room into a romantic retreat
- bubblebath
- a book of love poems to read to each other
- a new outfit your partner has never seen

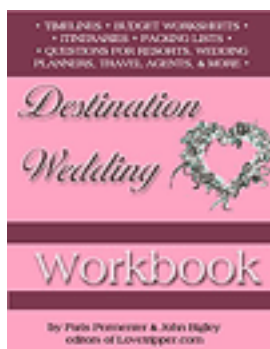
Packing for Your Destination Wedding

- official birth certificates
- any document translations
- divorce decree, if divorced
- death certificate, if widowed
- name change certificate, if applicable
- copies of all the above, stored in a different bag
- phone number of wedding coordinator
- copies of all previously faxed or shipped paperwork and correspondence
- special hosiery or undergarments
- wedding shoes (remember that high temperatures and humidity, coupled with a long flight, can make feet puffy)
- guest book, if you will have guests
- wedding rings (unless you'll be buying them at your destination)
- groom's tux, suit
- shoes
- address book
- thank you cards if you'd like to write them on the way home
- special decorations
- CD if you'd like it played at your ceremony

*What *Not* To Carry*

- glass items
- aerosol cans (not only are they a problem to carry, they're prohibited for air travelers)
- butane powered items: lighters, hot rollers, curling irons (all prohibited for air travelers, even in checked bags)
- matches or flammable liquids (air travelers, this includes fingernail polish remover; carry remover cloths if flying)
- any poisons
- weapons (remember, air travelers, you will need to check even the smallest pocket knife)
- tear gas or pepper spray (prohibited for all air travelers)
- if traveling internationally, pornographic items or items that may be considered pornographic (laws vary from country to country)
- any item you really don't need! Once you start putting the "lug" in luggage, you'll find that you're often far happier for the items you didn't pack than those you did!

Also available from Lovetripper:



The Destination Wedding Workbook
by Paris Permenter & John Bigley
editors of Lovetripper.com

Would you like to get married on your honeymoon? Destination weddings are becoming more and more popular. Around the world, you'll find hotels and resorts that offer on-site help to plan your wedding, from details like the wedding license to extras such as music and photos.

To help couples, we've written **The Destination Wedding Workbook**, a 134-page guide that covers everything you need to consider when planning a destination wedding. Whether the special day involves just the two of you or whether you'll be inviting friends and relatives to join in the occasion, this workbook includes timelines, worksheets, questions you **MUST** ask, and more!

We have compiled this book following hundreds of interviews with wedding planners, hotel managers, food and beverage managers, travel agents, and brides just like you. This guide includes:

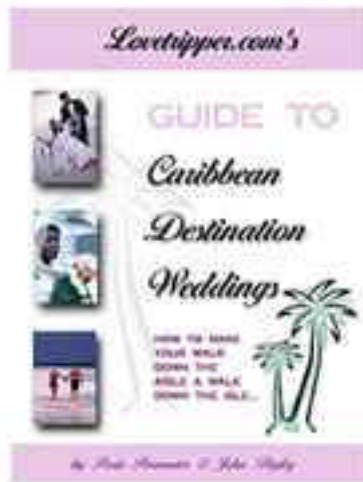
- Budgeting for your destination wedding

- Budgeting for your honeymoon
- Questions for each other about the wedding
- Questions for other brides
- Questions for resort wedding coordinators
- Questions for local wedding planners
- Questions on traveling to international destinations
- Your Travel Itinerary
- Cruise Passenger Itinerary
- Emergency numbers worksheet
- Confirmation number worksheet
- Wedding coordinator worksheet
- Newspaper announcements
- Timeline
- Save the date card
- Guest list
- Guest newsletter
- Site inspections
- Group airline arrangements
- Booking a room block for guests
- Reception worksheet

This ebook is a PDF file, readable by all platforms, both PC and Mac. It is read with Adobe Acrobat Reader, a free program that you probably have on your computer.

The cost of this ebook is US\$9.95.

To order a downloadable copy of this ebook via our secure server with a credit card or check, [click here](#).



**Lovetripper.com's Guide to
Caribbean Destination Weddings**
by Paris Permenter & John Bigley
editors of Lovetripper.com

Before You Say "I Do"

With the price of the average American wedding running over \$19,000, more and more couples are turning to the Caribbean for unique weddings that combine a wedding and honeymoon into one package. Lovetripper.com's Guide to Caribbean Destination Weddings offers a "no problem" way to say "I Do" throughout the Caribbean, Bermuda, and Bahamas.

Special sections including working with resort wedding coordinators, packing for your island wedding, how to get married in the islands for free, taking a wedding party, and more!

Following chapters on the details of arranging a Caribbean destination wedding, separate chapters are devoted to each of the Caribbean islands known for their destination weddings. Each chapter includes:

- Island Marriage Regulations
- Romantic Resorts
- Honeymoon Hotspots
- Currency
- Tourist Board contacts

Helpful pages at the end of the guide can be faxed to resort hotels and island wedding coordinators to help arrange all the details, from licenses to limos, from officiants to orchid bouquets. For a free sample chapter, [click here](#).

The cost of this ebook is US \$9.95.

This ebook is a PDF file, readable by all platforms, both PC and Mac. It is read with Adobe Acrobat Reader, a free program that you probably have on your computer.

(If you would rather have a paper copy of this guidebook for \$14.95, [click here](#) and follow the PayPal to place your order.)

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About the Authors

Readers of *Lovetripper.com Romantic Travel Magazine* will be familiar with the publication's editors, John Bigley and Paris Permenter. In the travel world, these writers are known as Caribbean experts, having authored over a dozen guidebooks to the region.



The husband-wife team are also experts on romance. The couple seeks out the world's most romantic destinations for Lovetripper.com and for many other magazines, newspapers, and guidebooks.

In the past 15 years, Paris and John have written over 1500 travel articles for a variety of consumer and trade magazines. The pair have also authored *Lovetripper.com's Guide to Caribbean Destination Weddings*, *Adventure Guide to Jamaica*, *Adventure Guide to the Cayman Islands*, *Adventure Guide to the Leeward Islands*, *Cayman Islands Alive!*, and many other guides. Paris and John are also frequent television and radio talk show guests on the subject of travel. Both are members of the prestigious Society of American Travel Writers (SATW).

Readers can follow the couple's travels on Lovetripper.com Romantic Travel Magazine (www.lovetripper.com).