

What to Pack for Your St Lucia Adventure – Checklist

Year-Round Essentials

- Lightweight long-sleeved shirts
- Comfortable walking shoes
- Reusable water bottle
- Insect repellent and anti-itch cream
- Swimming gear
- Compact rain jacket or poncho
- Flashlight or headlamp
- Plug adaptor (Type M)
- Binoculars

Summer (Nov–Feb)

- Breathable clothing (linen, cotton)
- Wide-brimmed hat or cap
- Sandals and closed shoes
- Sunglasses and high-SPF sunscreen
- Hand fan or cooling cloth
- Waterproof daypack or dry bag

Winter (Jun–Aug)

- Layers: fleece or light jacket
- T-shirts and long sleeves
- Long pants and shorts
- Warm sleepwear
- Reusable coffee mug or flask

Rainy Season & Shoulder Months

- Foldable poncho or lightweight rain jacket
- Dry bags or zip-lock pouches
- Quick-dry clothing
- Extra pair of shoes
- Small towel or sarong

For Birders

- Binoculars
- Birding app or field guide
- Notebook or birding log
- Neutral-coloured clothing

For Families

- Beach toys or buckets
- Snack containers and refillable bottles
- Basic first-aid kit
- Waterproof bag for wet gear
- Books, puzzles, or games

For Pet Owners

- Pet towel
- Travel water bowl
- Food container
- Toys or chews
- Dog waste bags



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