

CLIMATE

Tropical and Humid Climate Packing Checklist

For Caribbean islands, tropical coasts, rainforests, Southeast Asia, the South Pacific, and other warm humid destinations.

Lightweight clothing

- ☐ Breathable quick-drying tops and bottoms
- ☐ Loose long sleeves and lightweight trousers for sun and insects
- ☐ Swimwear plus a cover-up suitable beyond the pool
- ☐ Light sweater or wrap for strong air-conditioning
- ☐ Comfortable sandals and ventilated walking shoes
- ☐ Hat with useful sun coverage
- ☐ Modest clothing for religious or cultural sites

Sun, rain, and insects

- ☐ Broad-spectrum, reef-safe sunscreen
- ☐ Sunglasses with UV protection
- ☐ Insect repellent suitable for the destination
- ☐ Compact rain shell or poncho
- ☐ Dry bag or waterproof pouch
- ☐ Anti-chafe product
- ☐ After-sun or soothing skin care
- ☐ Reusable water bottle

Humidity helpers

- ☐ Quick-dry travel towel
- ☐ Resealable bags for wet clothing
- ☐ Moisture-resistant pouch for electronics
- ☐ Small packets of laundry detergent
- ☐ Hair and skin products that work in humidity
- ☐ Electrolyte packets if appropriate for you
- ☐ Backup footwear for sudden rain

Packing note

Tropical does not always mean dry. Check rainfall, elevation, indoor dress expectations, and excursion requirements for your exact destination and month.