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# TRUE MEMORIES TRAVEL

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*creating memories to last a lifetime*

## **Jamaica Travel Tips Checklist**

Your quick guide to staying safe, prepared, and stress-free while visiting Jamaica!

- ✓ Stay in well-populated, tourist-friendly areas (Montego Bay, Negril, Ocho Rios, Falmouth)
- ✓ Avoid isolated areas after dark and stay aware of your surroundings
- ✓ Arrange transportation in advance or consider recommended excursions for exploring the island
- ✓ Tap water is safe to drink – bring a reusable water bottle to stay hydrated
- ✓ English is spoken, but don't be surprised by the local Patwa dialect
- ✓ Politely decline timeshare presentations if you're not interested
- ✓ Pack sunscreen, bug spray, swimwear, and light breathable clothing
- ✓ Don't forget travel insurance – protect your trip and peace of mind
- ✓ Bring a credit card and some local currency (Jamaican dollars) for small purchases
- ✓ Double-check passport validity and any travel requirements