

From Scrubs to Sun

Your Club CoreMed Packing Guide.

You've earned every ray of sunshine, every taste of indulgence, and every moment of relaxation—now, let's make sure you enjoy it to the fullest by packing all the must-haves (and some nice-to-haves) for a comfortable week in paradise.

If you're bringing a guest, please share this travel checklist with them.

Travel To-Do List

- ▽ **Call your credit card company and/or bank** to notify them of your international travel plans.
- ▽ **Call your mobile carrier** to update cellular service for international travel.
- ▽ **Call your pharmacy** for any prescriptions you may need.
- ▽ **Arrange for transportation** to and from your local airport.

Travel Comfort

- ▽ **Travel Pillow and Eye Mask:** Arrive refreshed after your flight.
- ▽ **Earplugs:** Tune out the noise for a peaceful flight or midday nap.

Toiletries and Personal Care

- ▽ **Sunscreen:** Healthcare pros like you know the importance of skin protection.
- ▽ **After-Sun Lotion or Aloe Vera Gel:** To soothe sunburned skin.
- ▽ **Face Wash and Moisturizer:** Refresh and hydrate your skin to maintain that Riviera glow.
- ▽ **Personal Hygiene Items:** Such as shampoo, conditioner, toothbrush, toothpaste, deodorant, and menstrual products.
- ▽ **Hair Products:** Pack hair ties, hairbrush or comb, and styling products if you desire.
- ▽ **Makeup and Makeup Remover:** If you like to wear makeup.

Beach and Adventure Gear

- ▽ **Beach Bag:** For your book, sunscreen, water bottle, or any other items you choose to enhance your beach day.
- ▽ **Waterproof Pouch:** Safe keeping for your phone, money, cards, and ID.
- ▽ **Reusable Water Bottle:** To stay hydrated while reducing plastic waste.
- ▽ **Dry Bag:** If you plan on water-based excursions.

Bon Voyage!

We can't wait to celebrate your hard work with this well-deserved getaway. If you have any other questions about what to pack, [visit our website](#) or contact us directly at 800-995-2673 x1325. See you in paradise!

Documents and Essentials

- ▽ **Up-to-Date Passport:** Ensure it's valid for at least six months after our return date.
- ▽ **Personal Medical Prescriptions:** Bring them in their original packaging, just in case.
- ▽ **Printed Travel Itinerary:** Keep flight details, hotel bookings, and activity reservations in one, neat place.

Wardrobe Essentials

- ▽ **Appropriate Resort Wear:** Think versatile day-to-night outfits.
- ▽ **Swimwear:** For both poolside lounging and ocean dips.
- ▽ **Footwear:** Consider packing sandals for the beach, comfortable walking shoes, and a pair for evening events.
- ▽ **Cover-Ups:** Sarongs, t-shirts or light tunics for post-swimming or walking to and from the pool.
- ▽ **Sunglasses and Hat:** Protect yourself from the intense tropical sun.
- ▽ **Evening Attire:** For Club CoreMed nights out on the town!
- ▽ **Underwear and Socks:** For the duration of your stay (and a few extras, for safe measure).
- ▽ **Light Jacket or Wrap:** For comfort on cooler evenings.

Electronics and Entertainment

- ▽ **Phone and Charger:** To stay connected to friends and family.
- ▽ **Camera:** With extra memory cards and batteries.
- ▽ **Headphones or Earbuds:** Tune into your favorite album, playlist, podcast, or audiobook on the go.
- ▽ **Portable Power Bank:** To charge devices on the go.
- ▽ **A Good Book or Two:** For those serene beach lounging moments.
- ▽ **Journal and Pen:** To jot down memories or reflections.