

Safety Guidelines for Caribbean Travel: 2025

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Anguilla

Welcome & Mindset:

Anguilla is known for tranquility and stunning beaches. With a few local insights, you'll enjoy every moment safely and confidently.

Local Know-How:

- Greet with a smile; locals are warm and welcoming.
- US dollars widely accepted.
- *Moments Insider Tip: Ask about hidden beach spots—locals love to share!*

Staying Healthy & Happy:

- Sun is strong—use reef safe sunscreen and hydrate.
- No special vaccines; clinics in The Valley.
- Bottled water recommended.

Weather & Nature:

- Hurricane season: June–November.
- Swim at lifeguarded beaches only.

Getting Around:

- Taxis are reliable; rental cars available (drive on the left).
- Roads are well-maintained.

Respecting Local Laws & Culture:

- Modest dress in towns.
- LGBTQ+ travelers: Attitudes are conservative.
- Respect quiet hours and local customs.

Quick Reference:

- Emergency: 911
- Hospital: Princess Alexandra Hospital
- Currency: Eastern Caribbean Dollar (XCD), USD accepted

Closing Encouragement:

Let Anguilla's calm spirit inspire your travels—enjoy, explore, and stay smart!

Antigua & Barbuda

Welcome & Mindset:

Antigua & Barbuda welcomes you with turquoise waters and a laid-back island vibe. Knowing a few local tips will help you get the most out of your journey—relax, connect, and explore with confidence!

Local Know-How:

- Greet with a smile—locals value friendliness and respect.
- Carry small bills for taxis and markets.
- Tap water is generally safe, but bottled water is widely available.
- *Moments Insider Tip: Ask about the best local beaches—there are 365!*

Staying Healthy & Happy:

- Sun is strong—use reef-safe sunscreen and hydrate often.
- No special vaccines needed; travel insurance is recommended.
- Clinics and a main hospital in St. John's.

Weather & Nature:

- Hurricane season: June–November. Stay aware of forecasts.
- Great snorkeling—watch for coral and marine life.

Getting Around:

- Official taxis have yellow license plates.
- Driving is on the left; roads can be narrow.
- Ferries connect Antigua and Barbuda.

Respecting Local Laws & Culture:

- Modest dress in towns and churches.
- LGBTQ+ travelers: Attitudes are conservative; discretion advised.
- Festivals: Carnival is joyful and family-friendly.

Quick Reference:

- Emergency: 911
- Hospital: Mount St. John's Medical Centre
- Currency: Eastern Caribbean Dollar (XCD)

Closing Encouragement:

Travel smart, smile often, and let Antigua & Barbuda's warmth inspire you!

Aruba

Welcome & Mindset:

Aruba's "One Happy Island" vibe makes it easy to relax. A little know-how helps you make the most of your stay.

Local Know-How:

- English, Dutch, Spanish, and Papiamentu spoken.
- US dollars accepted everywhere.
- *Moments Insider Tip: Ask about the best sunset spots—locals know them all!*

Staying Healthy & Happy:

- Sun is strong; use reef-safe sunscreen and drink water.
- No special vaccines; clinics in Oranjestad.
- Tap water is safe.

Weather & Nature:

- Hurricane season: minimal impact, but check forecasts.
- Swim at lifeguarded beaches.

Getting Around:

- Buses are reliable; taxis are metered.
- Driving is on the right.

Respecting Local Laws & Culture:

- Dress is casual but respectful.
- Aruba is LGBTQ+ friendly.
- Carnival is safe and festive for all.

Quick Reference:

- Emergency: 911
- Hospital: Dr. Horacio Oduber Hospital
- Currency: Aruban Florin (AWG), USD accepted

Closing Encouragement:

Enjoy Aruba's sunshine and smiles—travel smart, travel happy!

Bonaire

Welcome & Mindset:

Bonaire is a diver's paradise with a welcoming local vibe. Smart planning lets you enjoy every adventure.

Local Know-How:

- US dollars are the official currency.
- English widely spoken.
- *Moments Insider Tip: Ask about the best shore diving spots!*

Staying Healthy & Happy:

- Sun and wind—protect your skin and eyes.
- No special vaccines; clinics in Kralendijk.
- Tap water is safe.

Weather & Nature:

- Hurricane risk is low, but check forecasts.
- Swim and snorkel with care—respect coral reefs.

Getting Around:

- Rental cars and scooters are common.
- Roads are well-marked.

Respecting Local Laws & Culture:

- Casual dress is fine; cover up in towns.
- LGBTQ+ travelers: Bonaire is welcoming.
- Local festivals are safe and fun.

Quick Reference:

- Emergency: 911
- Hospital: Fund

Bahamas

Welcome & Mindset:

The Bahamas offers endless blue and a vibrant culture. Plan ahead, stay sun-smart, and you'll create unforgettable moments.

Local Know-How:

- Bahamians love a good chat—say “Good day!”
- US dollars accepted everywhere.
- *Moments Insider Tip: Try conch salad from a local vendor!*

Staying Healthy & Happy:

- Sun and heat are strong—hydrate, wear hats, and use sunscreen.
- No special vaccines; clinics and hospitals in Nassau and Freeport.
- Mosquito repellent is helpful, especially in summer.

Weather & Nature:

- Hurricane season: June–November.
- Swim at lifeguarded beaches; be aware of currents.

Getting Around:

- Taxis are reliable; agree on fare before starting.
- Ferries and water taxis connect islands.
- Driving is on the left.

Respecting Local Laws & Culture:

- Modest dress in towns.
- LGBTQ+ travelers: Attitudes are conservative but improving.
- Junkanoo festival is a can't-miss!

Quick Reference:

- Emergency: 919
- Hospitals: Princess Margaret (Nassau), Rand Memorial (Freeport)
- Currency: Bahamian Dollar (BSD), 1:1 with USD

Closing Encouragement:

Let the Bahamian spirit lift you—travel kind, travel wise!

Barbados

Welcome & Mindset:

Barbados is all about friendly faces and lively culture. A little preparation goes a long way to a safe, happy trip.

Local Know-How:

- Bajans are chatty—say “Good morning!”
- Tap water is safe to drink.
- *Moments Insider Tip: Local buses are colorful and fun—ask a driver for tips!*

Staying Healthy & Happy:

- Sun protection is key.
- No special vaccines; solid medical care in Bridgetown.
- Mosquito repellent recommended.

Weather & Nature:

- Hurricane season: June–November.
- Surf and swim at lifeguarded beaches.

Getting Around:

- Buses, minibuses, and route taxis are easy to use.
- Driving is on the left.

Respecting Local Laws & Culture:

- Dress casually but modestly in towns.
- LGBTQ+ travelers: Attitudes are conservative; most resorts are welcoming.
- Crop Over festival is lively and safe for all ages.

Quick Reference:

- Emergency: 211
- Hospital: Queen Elizabeth Hospital
- Currency: Barbadian Dollar (BBD)

Closing Encouragement:

Enjoy Barbados’s warmth and rhythm—knowledge is your best travel companion!

Belize

Welcome & Mindset:

Belize is a melting pot of cultures and adventure. Being prepared means more time for exploring!

Local Know-How:

- English is the official language.
- Cash is best for small purchases.
- *Moments Insider Tip: Ask locals about hidden waterfalls and caves!*

Staying Healthy & Happy:

- Sun and bug protection are musts.
- No special vaccines; medical clinics in main towns.
- Drink bottled water in rural areas.

Weather & Nature:

- Hurricane season: June–November.
- Explore reefs with guides—watch for currents.

Getting Around:

- Buses connect main towns; water taxis for islands.
- Roads can be bumpy—drive carefully.

Respecting Local Laws & Culture:

- Dress modestly in villages and towns.
- LGBTQ+ travelers: Attitudes are improving, especially in tourist areas.
- Respect Maya and Garifuna cultural sites.

Quick Reference:

- Emergency: 911
- Hospitals: Karl Heusner Memorial (Belize City)
- Currency: Belize Dollar (BZD)

Closing Encouragement:

Let Belize surprise you—stay open, stay safe, and savor every moment!

Bermuda

Welcome & Mindset:

Bermuda blends British tradition with island ease. Smart planning lets you relax and enjoy the pink sand!

Local Know-How:

- Locals dress smartly; “Bermuda shorts” are formal wear!
- Public transport is excellent.
- *Moments Insider Tip: Try a fish sandwich on raisin bread!*

Staying Healthy & Happy:

- Sun and humidity are strong—hydrate and protect your skin.
- No special vaccines; excellent healthcare.
- Tap water is usually rainwater—bottled is available.

Weather & Nature:

- Hurricane season: June–November.
- Swim at lifeguarded beaches; watch for jellyfish.

Getting Around:

- Buses and ferries are reliable.
- Scooter and bike rentals popular—wear a helmet.

Respecting Local Laws & Culture:

- Modest dress in towns.
- LGBTQ+ travelers: Bermuda is welcoming.
- Local festivals are family-friendly.

Quick Reference:

- Emergency: 911
- Hospital: King Edward VII Memorial
- Currency: Bermudian Dollar (BMD), 1:1 with USD

Closing Encouragement:

Embrace Bermuda’s charm—travel smart, travel bright!

British Virgin Islands

Welcome & Mindset:

The BVIs are tranquil and beautiful. A little prep means a lot of fun!

Local Know-How:

- English is spoken everywhere.
- US dollars are widely accepted.
- *Moments Insider Tip: Charter a boat for the best island views!*

Staying Healthy & Happy:

- Sun and heat—hydrate and use sunscreen.
- No special vaccines; clinics in Road Town and Tortola.
- Mosquito repellent is helpful.

Weather & Nature:

- Hurricane season: June–November.
- Swim and snorkel with guides.

Getting Around:

- Taxis and car rentals are common.
- Driving is on the left.

Respecting Local Laws & Culture:

- Modest dress in towns.
- LGBTQ+ travelers: Attitudes are conservative.
- Emancipation Festival is lively and safe.

Quick Reference:

- Emergency: 999
- Hospital: Peebles Hospital
- Currency: US Dollar (USD)

Closing Encouragement:

Let the BVIs' calm and beauty refresh you—travel smart, travel serene!

Bonaire

Welcome & Mindset:

Bonaire invites you to slow down, dive in, and connect with nature. A little local know-how keeps your trip smooth and supports the island's world-leading conservation efforts.

Local Know-How

- Languages: Dutch and Papiamentu are official; English is widely spoken.
- Currency: US Dollar (USD).
- Payments: Cards are common; keep small cash for food trucks, shore dive sites, and tips.
- Park Tags: You'll need a STINAPA nature fee (Marine Park/Terras) for water and land activities. Moments Insider Tip: Ask dive shops for their favorite easy-entry shore sites for your first day—perfect for a relaxed warm-up.

Staying Healthy & Happy

- Sun & Heat: UV is high—use reef-safe sunscreen, hats, and hydrate often.
- Food & Water: Tap water is desalinated and generally safe; choose busy eateries and food trucks for fresh, delicious meals.
- Health Care: Clinics and pharmacies in Kralendijk; travel insurance recommended, especially for divers.
- Mosquitoes: Use repellent at dawn/dusk; consider long sleeves for evening outdoor dining.
- Diving Wellness: Leave 18–24 hours between your last dive and flying; avoid overexertion on hot days. Moments Insider Tip: Pack a small first-aid/dive kit (electrolytes, reef-safe sunscreen, band-aids, vinegar for minor stings).

Weather & Nature

- Hurricane Risk: Very low; occasional heavy showers, especially Oct–Dec.
- Marine Life: Don't touch corals or wildlife; always maintain buoyancy and fin awareness.
- Shore Entries: Wear sturdy water shoes; some entries are rocky with surf.
- Snorkeling: Stay aware of currents and boat traffic; use a surface marker buoy if drifting.
- On Land: Watch for donkeys, goats, and flamingo areas—respect signage and distances. Moments Insider Tip: Early-morning snorkels have calmer water and the best visibility for spotting turtles.

Getting Around

- Driving: Right-hand traffic; roads are straightforward but watch for speed bumps and wildlife.
- Rentals: Pickup trucks are ideal for shore diving; secure gear out of sight when parked.
- Parking: Park off the road at designated pull-offs for dive sites; avoid blocking entries.
- Boats & Water Taxis: Use licensed operators for Klein Bonaire and guided trips.
Travel Like a Local: Plan a loop—two or three shore dives with lunch at a food truck like Stoked or Kite City.

Respecting Local Laws & Culture

- Conservation First: STINAPA tags are required; briefings at dive shops cover local best practices.
- Dress: Beachwear is for the beach; cover up in town and restaurants.
- Alcohol & Behavior: Keep it relaxed and respectful; designated drivers are a must after sundowners.
- LGBTQ+ Travelers: Generally welcoming, especially in tourism areas; low-key and friendly is the norm.
- Cultural Notes: Greet with a smile and “Bon dia/Bon tardi/Bon nochi.” Support local makers and farms. Moments Insider Tip: Try a farm-to-table dinner or a local cactus soup for a gentle taste of Bonaire’s heritage.

Quick Reference

- Emergency: 911
- Hospital/Clinic: Fundashon Mariadal (Hospital), pharmacies in Kralendijk
- Marine Park Info: STINAPA Bonaire website/visitor centers
- Decompression Chamber: Ask your dive shop for current chamber location and emergency protocol
- Currency: US Dollar (USD)

Closing Encouragement

Bonaire rewards thoughtful travelers—move at island pace, respect the reef, and you’ll collect moments you’ll treasure. Travel smart, dive kind, and let nature lead the way.

Cayman Islands

Welcome & Mindset:

The Caymans are famous for clear waters and friendly faces. A little prep ensures a carefree trip.

Local Know-How:

- US dollars widely accepted.
- Tipping is standard (15%).
- *Moments Insider Tip: Ask about the best local snorkeling spots!*

Staying Healthy & Happy:

- Sun is intense—cover up and hydrate.
- No special vaccines; modern medical care.
- Mosquito repellent is useful.

Weather & Nature:

- Hurricane season: June–November.
- Swim at lifeguarded beaches; respect marine life.

Getting Around:

- Buses are affordable; taxis are metered.
- Driving is on the left.

Respecting Local Laws & Culture:

- Modest dress in towns.
- LGBTQ+ travelers: Attitudes are conservative but improving.
- Pirates Week festival is fun and safe.

Quick Reference:

- Emergency: 911
- Hospital: Cayman Islands Hospital (George Town)
- Currency: Cayman Islands Dollar (KYD)

Closing Encouragement:

Enjoy the Caymans with confidence—knowledge is your best travel buddy!

Curaçao

Welcome & Mindset:

Curaçao is colorful, creative, and welcoming. A little knowledge makes exploring easy and fun!

Local Know-How:

- Dutch and Papiamentu are main languages; English is widely spoken.
- US dollars accepted in many places.
- *Moments Insider Tip: Explore the floating market in Willemstad!*

Staying Healthy & Happy:

- Sun and heat—hydrate and use sunscreen.
- No special vaccines; clinics in Willemstad.
- Mosquito repellent is helpful.

Weather & Nature:

- Hurricane risk is low, but rainy season is October–December.
- Swim and snorkel with guides.

Getting Around:

- Buses and car rentals are common.
- Driving is on the right.

Respecting Local Laws & Culture:

- Dress smart-casual in towns.
- LGBTQ+ travelers: Curaçao is inclusive and welcoming.
- Carnival is vibrant and fun.

Quick Reference:

- Emergency: 911
- Hospital: Curaçao Medical Center
- Currency: Netherlands Antillean Guilder (ANG), USD widely accepted

Closing Encouragement:

Enjoy Curaçao's colors—travel smart, travel creative!

Dominica

Welcome & Mindset:

Dominica is the “Nature Island”—adventure awaits! Knowing local tips keeps you safe and stress-free.

Local Know-How:

- English is spoken everywhere.
- Cash is handy for markets.
- *Moments Insider Tip: Ask about the best hot springs!*

Staying Healthy & Happy:

- Sun and rain—pack accordingly.
- No special vaccines; clinics in Roseau.
- Drink bottled water in rural areas.

Weather & Nature:

- Hurricane season: June–November.
- Trails can be muddy—wear good shoes.

Getting Around:

- Minibuses connect towns.
- Roads are winding—drive carefully.

Respecting Local Laws & Culture:

- Dress modestly in villages.
- LGBTQ+ travelers: Attitudes are conservative.
- World Creole Music Festival is lively and welcoming.

Quick Reference:

- Emergency: 999
- Hospital: Princess Margaret Hospital
- Currency: Eastern Caribbean Dollar (XCD)

Closing Encouragement:

Let Dominica’s wild beauty inspire you—travel smart, travel kind!

Dominican Republic

Welcome & Mindset:

The DR is vibrant and diverse. With a few local tips, you'll enjoy every moment safely.

Local Know-How:

- Spanish is the main language.
- Cash is useful outside resorts.
- *Moments Insider Tip: Try a local "colmado" (corner store) for snacks and chats!*

Staying Healthy & Happy:

- Sun and heat—hydrate, use sunscreen.
- No special vaccines; clinics in all major towns.
- Bottled water is best.

Weather & Nature:

- Hurricane season: June–November.
- Swim at lifeguarded beaches.

Getting Around:

- Taxis are common—use official ones.
- Buses and "guaguas" for local travel.

Respecting Local Laws & Culture:

- Modest dress in towns.
- LGBTQ+ travelers: Attitudes are mixed; resorts are inclusive.
- Carnival is safe and festive—watch your belongings.

Quick Reference:

- Emergency: 911
- Hospital: Plaza de la Salud (Santo Domingo)
- Currency: Dominican Peso (DOP)

Closing Encouragement:

Discover the DR's spirit—be curious, be prepared, and enjoy every moment!

Grenada

Welcome & Mindset:

Grenada, the “Spice Isle,” is known for its warmth and vibrant culture. A little local know-how will help you savor every moment!

Local Know-How:

- Greetings are big—say “Good morning!”
- Cash is handy for markets and taxis.
- *Moments Insider Tip: Visit a spice market for a sensory adventure!*

Staying Healthy & Happy:

- Sun and heat—hydrate and use sunscreen.
- No special vaccines; clinics in St. George’s.
- Mosquito repellent is helpful.

Weather & Nature:

- Hurricane season: June–November.
- Swim at lifeguarded beaches; explore waterfalls with a guide.

Getting Around:

- Minibuses are affordable and fun.
- Driving is on the left.

Respecting Local Laws & Culture:

- Modest dress in towns.
- LGBTQ+ travelers: Attitudes are conservative.
- Spicemas Carnival is lively and welcoming.

Quick Reference:

- Emergency: 911
- Hospital: General Hospital (St. George’s)
- Currency: Eastern Caribbean Dollar (XCD)

Closing Encouragement:

Let Grenada’s warmth and color inspire you—travel smart, travel joyful!

Guyana

Welcome & Mindset:

Guyana is a land of rivers and rainforests. With a few tips, your adventure will be safe and unforgettable.

Local Know-How:

- English is spoken everywhere.
- Cash is king in rural areas.
- *Moments Insider Tip: Ask about local wildlife tours!*

Staying Healthy & Happy:

- Sun and rain—pack accordingly.
- Vaccines for yellow fever and malaria prevention may be recommended.
- Bottled water is best.

Weather & Nature:

- Rainy seasons: May–August, November–January.
- Guided tours are safest for jungle trips.

Getting Around:

- Taxis are common in Georgetown.
- River travel is popular for remote areas.

Respecting Local Laws & Culture:

- Modest dress in towns and villages.
- LGBTQ+ travelers: Attitudes are conservative.
- Mashramani festival is vibrant and safe.

Quick Reference:

- Emergency: 911
- Hospital: Georgetown Public Hospital
- Currency: Guyanese Dollar (GYD)

Closing Encouragement:

Let Guyana's wild spirit move you—be prepared, be curious!

Guadeloupe

Welcome & Mindset:

Guadeloupe blends French flair with Caribbean charm. A little prep means a lot of fun!

Local Know-How:

- French is the main language.
- Euros are the currency.
- *Moments Insider Tip: Try the local “bokit” sandwich!*

Staying Healthy & Happy:

- Sun and heat—hydrate and use sunscreen.
- No special vaccines; healthcare is excellent.
- Mosquito repellent is helpful.

Weather & Nature:

- Hurricane season: June–November.
- Great hiking—wear sturdy shoes.

Getting Around:

- Buses connect towns; car rentals are popular.
- Driving is on the right.

Respecting Local Laws & Culture:

- Dress smart-casual in towns.
- LGBTQ+ travelers: Guadeloupe is inclusive.
- Festivals are colorful and family-friendly.

Quick Reference:

- Emergency: 112
- Hospital: CHU de Guadeloupe
- Currency: Euro (EUR)

Closing Encouragement:

Enjoy Guadeloupe’s zest for life—travel smart, travel bright!

Jamaica

Welcome & Mindset

Jamaica is all about vibrant rhythms, warm welcomes, and unforgettable experiences. At My Caribbean Moments, we believe knowledge is the key to worry-free travel—so here's your friendly, practical guide to enjoying Jamaica with confidence and care.

Local Know-How

- Jamaicans are famously friendly—greet people with a smile and a “Good morning!”
- Cash is king in many local spots; small bills are handy for taxis and markets.
- “No problem” is more than a phrase—it's a way of life!
- *Moments Insider Tip: At festivals or markets, ask locals about their favorite foods or music. You'll get the best recommendations!*

Staying Healthy & Happy

- Sun & Water: The sun is strong—wear reef-safe sunscreen and stay hydrated.
- Food: Enjoy street food but choose busy stalls with lots of locals.
- Health: No special vaccines required for most travelers, but travel insurance is always a smart idea.
- Medical Care: Public hospitals are available in major towns; private clinics offer faster service (bring your insurance info).

Weather & Nature

- Hurricane Season: June–November. Most trips are smooth, but check forecasts and register with your embassy if traveling during this time.
- Nature: Jamaica's rivers, waterfalls, and beaches are stunning. Wear sturdy shoes for hikes, and respect posted signs at natural sites.
- *Moments Insider Tip: Ask guides about local wildlife—you might spot a Doctor Bird, Jamaica's national hummingbird!*

Getting Around

- Taxis: Use licensed taxis with red license plates. Negotiate fare before the ride.
- Driving: Left side of the road! Roads can be winding—take your time and enjoy the scenery.
- Buses & Shuttles: Reliable for main routes; ask your hotel for the best options.
- *Travel Like a Local: Route taxis are affordable and a fun way to meet people.*

Respecting Local Laws & Culture

- Dress: Beachwear is for the beach. Cover up in towns and religious sites.
- Behavior: Cannabis is decriminalized for small amounts, but public use is discouraged.
- LGBTQ+ Travelers: Attitudes are mixed. Larger resorts are inclusive, but discretion is advised in rural areas.
- Festivals: Jamaica is famous for Carnival and Reggae Sumfest—enjoy the music, stay with the crowd, and keep valuables secure.

Quick Reference

- Emergency: 119 (police), 110 (fire/ambulance)
- Hospitals: Kingston Public Hospital, Cornwall Regional Hospital (Montego Bay)
- Embassy: U.S. Embassy Kingston, 876-702-6000
- Currency: Jamaican Dollar (JMD)

Closing Encouragement

Knowledge is your passport to incredible moments! Travel smart, be kind, and get to know the real Jamaica—one smile, song, and story at a time.

Martinique

Welcome & Mindset:

Martinique is a blend of French elegance and island rhythms. Knowing a few local customs will make your trip even richer.

Local Know-How:

- French is the main language.
- Euros are used everywhere.
- *Moments Insider Tip: Sample “accras” (cod fritters) at a local market!*

Staying Healthy & Happy:

- Sun and heat—hydrate and use sunscreen.
- No special vaccines, healthcare is excellent.
- Mosquito repellent is helpful.

Weather & Nature:

- Hurricane season: June–November.
- Hike with guides for volcano or rainforest trails.

Getting Around:

- Buses and ferries connect towns.
- Driving is on the right.

Respecting Local Laws & Culture:

- Dress well in towns.
- LGBTQ+ travelers: Martinique is welcoming.
- Carnival is safe and festive.

Quick Reference:

- Emergency: 112
- Hospital: CHU de Martinique
- Currency: Euro (EUR)

Closing Encouragement:

Let Martinique’s style and spirit inspire you—travel smart, travel chic!

Mexico: Riviera Maya & Cancun

Welcome & Mindset

The Riviera Maya and Cancun are famous for stunning beaches, ancient heritage, and lively towns. With a little local knowledge, you'll enjoy every adventure with confidence—whether you're relaxing by turquoise waters or exploring Mayan ruins.

Local Know-How

- Spanish is the main language, but English is widely spoken in tourist areas.
- Carry some pesos for taxis, small shops, and local markets.
- Tipping is customary (10–15% in restaurants, a few pesos for bag handlers).
- *Moments Insider Tip: Ask locals about their favorite cenotes or taco stands for an authentic taste of the region!*

Staying Healthy & Happy

- Sun & Heat: The sun is strong—wear reef-safe sunscreen, hats, and drink plenty of water.
- Food & Water: Enjoy local cuisine but stick to bottled or filtered water. Eat at busy spots for the freshest food.
- Health: No special vaccines required for most travelers, but travel insurance is recommended. Pharmacies are plentiful and clinics/hospitals are modern in main towns.
- Mosquitoes: Use repellent, especially near jungle or cenotes.

Weather & Nature

- Hurricane Season: June–November. Most trips are smooth but keep an eye on forecasts during this period.
- Nature: Swim only at lifeguarded beaches and watch for flags indicating surf conditions. Explore cenotes and ruins with official guides for safety.
- *Moments Insider Tip: Early morning visits to ruins or parks are cooler and less crowded.*

Getting Around

- Taxis: Use official taxis; agree on fare before starting your ride.
- Buses & Shuttles: ADO buses are reliable and air-conditioned for travel between towns. Colectivos (shared vans) are affordable for short trips.
- Driving: Roads are generally good but watch for speed bumps (“topes”) and always drive defensively.

- Travel Like a Local: Rent a bike in Tulum or Playa del Carmen for easy, eco-friendly exploring.

Respecting Local Laws & Culture

- Dress: Beachwear is for the beach—cover up in towns, shops, and restaurants.
- Behavior: Alcohol is legal but public drunkenness is frowned upon. Recreational drugs are illegal.
- LGBTQ+ Travelers: The region is welcoming and inclusive, especially in tourist zones.
- Cultural Sites: Respect posted rules at ruins and sacred sites—don't climb structures unless allowed.
- Festivals: Local events (Carnaval, Day of the Dead) are family-friendly and safe; join the fun and ask about traditions.

Quick Reference

- Emergency: 911 (works for police, medical, fire)
- Hospitals: Hospiten Cancun, PlayaMed (Playa del Carmen), CostaMed (Tulum)
- US Consulate: Cancun: +52 998 883 0272
- Currency: Mexican Peso (MXN), USD accepted in tourist areas, but pesos preferred
- Tourist Assistance: "Guest Assist" app by Quintana Roo government for emergencies and support

Closing Encouragement

The Riviera Maya and Cancun are more than just resorts—they're gateways to ancient culture, natural wonders, and warm community. Travel smart, stay curious, and let every moment become a story worth sharing!

Montserrat

Welcome & Mindset:

Montserrat is a quiet gem with a friendly spirit. Local insights make for a relaxed, safe visit.

Local Know-How:

- English is spoken everywhere.
- Cash is useful for small shops.
- *Moments Insider Tip: Ask about the best volcano viewpoints!*

Staying Healthy & Happy:

- Sun and rain—pack accordingly.
- No special vaccines; clinics in Brades.
- Bottled water recommended.

Weather & Nature:

- Hurricane season: June–November.
- Volcano area is off-limits—follow official advice.

Getting Around:

- Taxis and car rentals are common.
- Roads are winding—drive carefully.

Respecting Local Laws & Culture:

- Modest dress in towns.
- LGBTQ+ travelers: Attitudes are conservative.
- St. Patrick's Festival is welcoming.

Quick Reference:

- Emergency: 999
- Hospital: Glendon Hospital
- Currency: Eastern Caribbean Dollar (XCD)

Closing Encouragement:

Enjoy Montserrat's peace and beauty—travel smart, travel gentle!

Saint Kitts & Nevis

Welcome & Mindset:

Saint Kitts & Nevis are twin islands with double the charm. A little local know-how goes a long way!

Local Know-How:

- English is spoken everywhere.
- Cash is handy for taxis and markets.
- *Moments Insider Tip: Ride the scenic railway for amazing views!*

Staying Healthy & Happy:

- Sun and heat—hydrate and use sunscreen.
- No special vaccines; clinics in Basseterre and Charlestown.
- Mosquito repellent is useful.

Weather & Nature:

- Hurricane season: June–November.
- Hike with guides for volcano trails.

Getting Around:

- Taxis are reliable; buses run main routes.
- Driving is on the left.

Respecting Local Laws & Culture:

- Modest dress in towns.
- LGBTQ+ travelers: Attitudes are conservative.
- National Carnival is lively and safe.

Quick Reference:

- Emergency: 911
- Hospital: Joseph N. France General Hospital
- Currency: Eastern Caribbean Dollar (XCD)

Closing Encouragement:

Savor the twin islands' magic—travel smart, travel joyful!

Saint Lucia

Welcome & Mindset:

Saint Lucia is lush, friendly, and full of adventure. A little prep means a lot of fun!

Local Know-How:

- English is spoken everywhere.
- Cash is handy for markets and taxis.
- *Moments Insider Tip: Try a cocoa tea at a local café!*

Staying Healthy & Happy:

- Sun and heat—hydrate and use sunscreen.
- No special vaccines; clinics in Castries and Vieux Fort.
- Mosquito repellent is helpful.

Weather & Nature:

- Hurricane season: June–November.
- Hike with guides for the Pitons.

Getting Around:

- Minibuses and taxis are common.
- Driving is on the left.

Respecting Local Laws & Culture:

- Modest dress in towns.
- LGBTQ+ travelers: Attitudes are conservative but improving.
- Saint Lucia Jazz Festival is fun and safe.

Quick Reference:

- Emergency: 911
- Hospital: Victoria Hospital
- Currency: Eastern Caribbean Dollar (XCD)

Closing Encouragement:

Let Saint Lucia's beauty and warmth inspire your journey—travel smart, travel kind!

Saint Vincent & the Grenadines

Welcome & Mindset:

SVG is a string of islands with a laid-back vibe. A little knowledge goes a long way to a great trip.

Local Know-How:

- English is spoken everywhere.
- Cash is useful for ferries and markets.
- *Moments Insider Tip: Ask about the best island-hopping routes!*

Staying Healthy & Happy:

- Sun and heat—hydrate and use sunscreen.
- No special vaccines; clinics in Kingstown.
- Mosquito repellent is useful.

Weather & Nature:

- Hurricane season: June–November.
- Snorkel and hike with guides.

Getting Around:

- Ferries connect islands; taxis and buses on land.
- Driving is on the left.

Respecting Local Laws & Culture:

- Modest dress in towns.
- LGBTQ+ travelers: Attitudes are conservative.
- Vincy Mas Carnival is festive and safe.

Quick Reference:

- Emergency: 911
- Hospital: Milton Cato Memorial Hospital
- Currency: Eastern Caribbean Dollar (XCD)

Closing Encouragement:

Island-hop with confidence—SVG is yours to explore!

Sint Maarten / Saint Martin

Welcome & Mindset:

This dual-nation island offers double the culture and fun. A few tips will make your trip smooth and memorable.

Local Know-How:

- Dutch and French are official languages; English widely spoken.
- Euros (French side), US dollars (Dutch side).
- *Moments Insider Tip: Try both sides' cuisine for a true taste of the island!*

Staying Healthy & Happy:

- Sun and heat—hydrate and use sunscreen.
- No special vaccines; clinics in Philipsburg and Marigot.
- Mosquito repellent is helpful.

Weather & Nature:

- Hurricane season: June–November.
- Swim at lifeguarded beaches.

Getting Around:

- Taxis and car rentals are common.
- Driving is on the right.

Respecting Local Laws & Culture:

- Dress well in towns.
- LGBTQ+ travelers: Both sides are welcoming.
- Carnival is festive and inclusive.

Quick Reference:

- Emergency: 911 (Dutch), 17 (French)
- Hospitals: Sint Maarten Medical Center, Centre Hospitalier Louis-Constant Fleming
- Currency: Euro (EUR, French), Netherlands Antillean Guilder/USD (Dutch)

Closing Encouragement:

Enjoy the best of both worlds—travel smart, travel open!

Trinidad & Tobago

Welcome & Mindset:

T&T is lively, musical, and full of energy. A little planning makes for a safe, unforgettable trip.

Local Know-How:

- English is spoken everywhere.
- Cash is useful for taxis and markets.
- *Moments Insider Tip: Try doubles from a street vendor!*

Staying Healthy & Happy:

- Sun and heat—hydrate and use sunscreen.
- No special vaccines; clinics in Port of Spain and Scarborough.
- Mosquito repellent is helpful.

Weather & Nature:

- Hurricane season: June–November (less impact than other islands).
- Carnival is world-famous—stay with the crowd, watch your belongings.

Getting Around:

- Taxis and maxi-taxis are common.
- Driving is on the left.

Respecting Local Laws & Culture:

- Modest dress in towns.
- LGBTQ+ travelers: Attitudes are conservative.
- Carnival is safe, vibrant, and inclusive.

Quick Reference:

- Emergency: 999
- Hospitals: Port of Spain General, Scarborough General
- Currency: Trinidad & Tobago Dollar (TTD)

Closing Encouragement:

Let the music move you—enjoy T&T's spirit with confidence!

Turks & Caicos Islands

Welcome & Mindset:

Turks & Caicos is all about turquoise waters and relaxation. Smart travel means more time for fun!

Local Know-How:

- English is spoken everywhere.
- US dollars are widely accepted.
- *Moments Insider Tip: Ask about the best snorkeling reefs!*

Staying Healthy & Happy:

- Sun and heat—hydrate and use sunscreen.
- No special vaccines; clinics in Providenciales and Grand Turk.
- Mosquito repellent is helpful.

Weather & Nature:

- Hurricane season: June–November.
- Swim at lifeguarded beaches.

Getting Around:

- Taxis are common; car rentals popular.
- Driving is on the left.

Respecting Local Laws & Culture:

- Modest dress in towns.
- LGBTQ+ travelers: Attitudes are conservative but improving.
- Island Fish Fry is fun and family-friendly.

Quick Reference:

- Emergency: 911
- Hospital: Cheshire Hall Medical Centre
- Currency: US Dollar (USD)

Closing Encouragement:

Enjoy island time—travel smart, travel relaxed!

US Virgin Islands

Welcome & Mindset:

The USVIs are easy-going and welcoming. A few tips make your trip even smoother!

Local Know-How:

- English is spoken everywhere.
- US dollars are used everywhere.
- *Moments Insider Tip: Ferries are a fun way to island-hop!*

Staying Healthy & Happy:

- Sun and heat—hydrate and use sunscreen.
- No special vaccines; clinics in St. Thomas, St. Croix, and St. John.
- Mosquito repellent is helpful.

Weather & Nature:

- Hurricane season: June–November.
- Swim at lifeguarded beaches.

Getting Around:

- Taxis are common; driving is on the left.
- Ferries connect islands.

Respecting Local Laws & Culture:

- Modest dress in towns.
- LGBTQ+ travelers: USVI is inclusive.
- Carnival is festive and safe.

Quick Reference:

- Emergency: 911
- Hospitals: Schneider Regional (St. Thomas), Juan F. Luis (St. Croix)
- Currency: US Dollar (USD)

Closing Encouragement:

Island-hop with peace of mind—travel smart, travel free!

