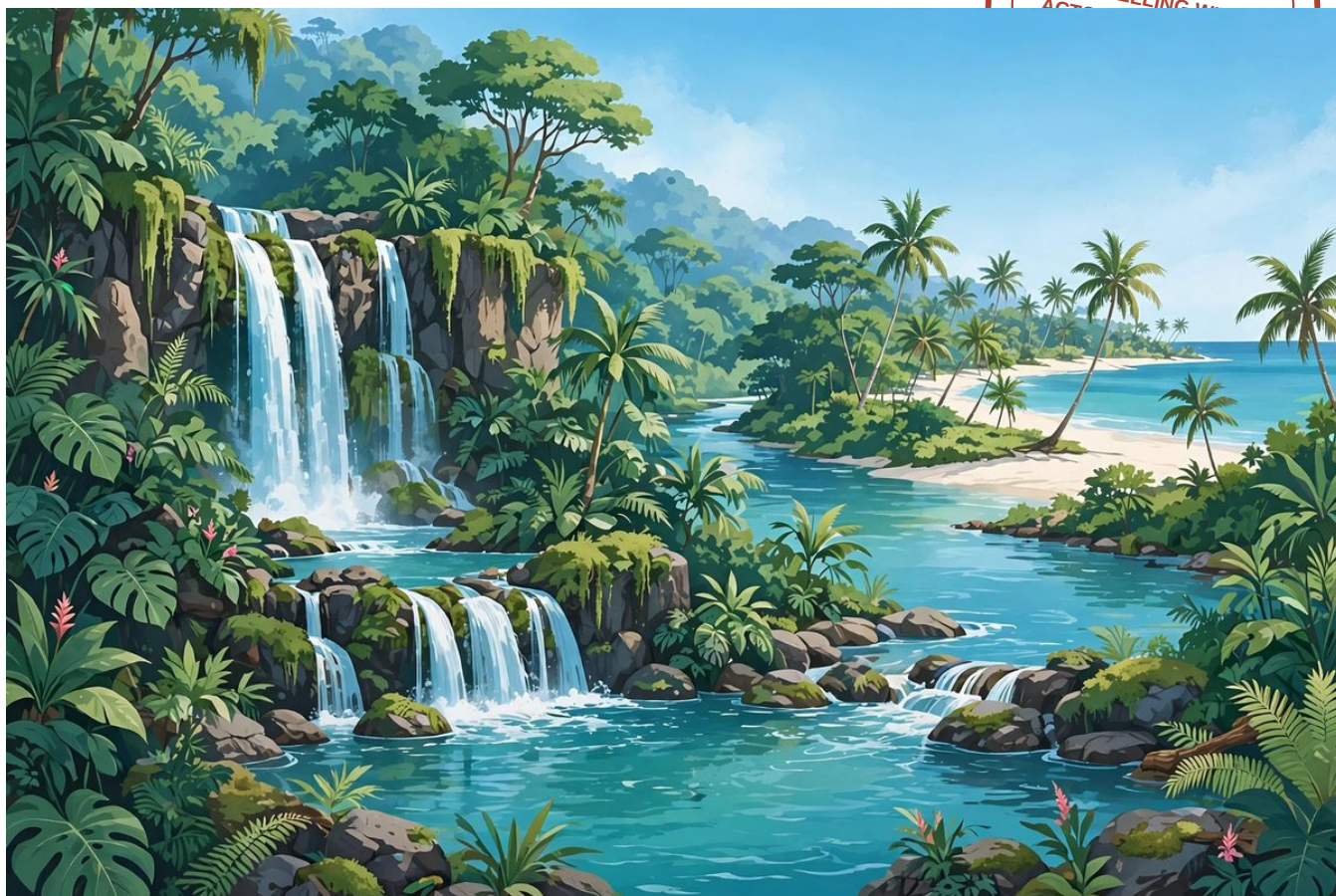


FREE DESTINATION GUIDE

JAMAICA

Jamaica



Waterfalls, jerk smoke, and reggae sunsets: the island beyond the resort gate.

SAFETY: US State Dept: Level 2

Travelling with ActorTonyB & Nala The Shih Tzu

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Top Sights

- **Dunn's River Falls, Ocho Rios.** Climb a terraced waterfall hand in hand to the sea; go early or on a no cruise ship day.
- **Seven Mile Beach, Negril.** The Caribbean's classic sunset beach, with jerk stands and beach bars along the sand.
- **Rick's Cafe, Negril.** Cliff divers and reggae at golden hour; watch the jumpers or take the plunge yourself.
- **Blue Mountains.** Cool highlands, coffee estates, and misty ridge views an hour above Kingston.
- **Bob Marley Museum, Kingston.** The legend's home and studio on Hope Road; pair it with a guided city day.
- **Doctor's Cave Beach, Montego Bay.** Calm, clear water on the Hip Strip, the classic MoBay beach day.
- **YS Falls.** Seven gentle cascades and a river pool on the south coast, far calmer than Dunn's River.
- **Rose Hall Great House, Montego Bay.** A restored plantation great house with a famous ghost story; the night tour is the fun one.

Local Tips

- Use licensed JUTA taxis, hotel arranged drivers, or the Knutsford Express bus between towns; agree every fare before you ride.
- US dollars are accepted in resort areas, but small bills in Jamaican dollars get better prices at local spots.
- Book excursions with your hotel or a well reviewed operator, especially for falls and river trips.
- Kingston rewards a guided day: go with a local guide, see the museum and Devon House, and head back before dark.
- Hurricane season runs June to November; flexible plans and travel insurance are smart then.
- Island time is real: tours start roughly on time, everything else breathes. Build slack into your days.
- Beat the airport gauntlet: at Montego Bay, vacation club and timeshare pitches can start inside the terminal. Your hotel transfer is already the plan; decline the breakfast and tour invitations and head to your prebooked ride.
- Book your airport transfer with your hotel or a licensed operator before you land, and keep the confirmation offline; arrival day is not the day to negotiate transport.

Customs & Etiquette

Do

- Greet people properly: a warm good morning or wah gwaan earns instant goodwill in Jamaica.
- Ask before taking photos of people; a quick chat first usually turns into the best photo anyway.
- Try the food from the source: jerk chicken from a drum pan, patties from a bakery, fruit from a roadside stall.
- Dress a step up for Kingston restaurants and churches; beachwear stays at the beach.

Please Don't

- Do not accept rides from unlicensed taxis at the airport or cruise port.
- Do not wander unfamiliar neighborhoods alone at night; ask your hotel where they would walk.
- Do not flash cash or expensive jewelry in busy town centers.
- Do not haggle aggressively in craft markets; friendly bargaining is fine, pressure is not.

Things to Know Before You Go

Currency. Jamaican dollar (JMD). US dollars are widely accepted in resorts and tours; you will often get change in JMD.

Language. English is the official language, so Jamaica is easy to navigate. Jamaican Patois is the island's everyday music; a few phrases delight locals.

Best time to visit. Mid December to April is dry and golden. November to mid December brings lower prices before the holiday rush.

Getting around. Knutsford Express links Kingston, MoBay, Ocho Rios, and Negril comfortably. Within towns, licensed taxis and hotel drivers are the move.

Five phrases that open doors

Wah gwaan	Hello, what's going on
Tank yuh	Thank you
Mi deh yah	I am here, all good
Nuh problem	No problem
Irie	All good, feeling great

What to Bring

- Reef safe sunscreen and a rash guard; the Jamaican sun is strong even through cloud.
- Water shoes for waterfall climbs at Dunn's River and YS Falls; the rocks are slick.
- Small US bills and some Jamaican dollars for tips, taxis, and roadside stops.
- Insect repellent for evenings, especially near rivers and gardens.
- A light cover up or shirt for leaving the beach and entering shops and churches.
- Copies of your documents on your phone; the passport itself stays in the room safe.

What to Expect

Weather: trade wind warmth year round, low 80s F. The rainy stretches come May to June and September to November, and hurricane season runs June to November.

Pace: soon come is a philosophy. Tours run on time; everything else is unhurried by design.

Costs in practice: resorts bundle the big costs. Off resort, route taxis and local cook shops are bargains while imported goods run high.

How tourists are received: Jamaica is proud, friendly, and direct. Expect lively conversation, expect offers of tours and crafts, and give a friendly no thanks when you mean it.

What NOT to Bring

- Camouflage clothing: in Jamaica, camouflage is legally restricted to the military, and visitors have had items confiscated.
- Cannabis expectations: despite the island's image, possession rules are specific and public smoking is restricted; do not bring any in, and do not assume it is legal everywhere.
- Anything valuable for a beach walk; take the day, leave the jewelry in the safe.
- Unlicensed taxi offers at the airport; use the official desks and licensed JUTA cars.

Safety Rating

US State Dept advisory level: Level 2: Exercise Increased Caution

Jamaica improved to Level 2 on the US State Department scale in June 2026, down from Level 3, reflecting better conditions along the resort corridors. Honest fine print: the advisory still flags higher risk in specific neighborhoods of Kingston, Spanish Town, and parts of Montego Bay, and violent crime remains a concern outside tourist areas. Resort zones in Montego Bay, Negril, and Ocho Rios are well patrolled and most visitors have a trouble free trip, especially with arranged transport.

Three practical safety moves

- Stay in established resort and tourist areas, and use hotel arranged transport after dark.
- In Kingston or Montego Bay, explore with a local guide and skip neighborhoods your hotel advises against.
- Enroll in the free STEP program at step.state.gov and keep valuables in the room safe.

Advisory levels change. Check the current rating for your destination at travel.state.gov before you book and again before you fly. Summary reflects the advisory in effect in October 2026.

Budget Snapshot

Rough per person daily ranges in US dollars, including lodging, food, local transport, and activities. Airfare not included. Treat these as planning estimates, not quotes.

Tier	Per day (USD)	What it looks like
Budget traveler	\$80 to \$120 per day	Guesthouses in Negril or Ochi, route shared sights, jerk stands and cook shops.
Mid range	\$170 to \$260 per day	Beachfront hotel or small resort, guided falls trip, beach bars at sunset.
Comfort	\$330 plus per day	All inclusive resort, private driver, catamaran day, and a Blue Mountain tour.

Ready to Go?

You have the sights, the tips, the customs, and the budget. Now put dates on it. Compare flights, stays, cars, and activities for Jamaica in one place, with live prices and traveler reviews.

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