

CARIBBEAN PLANNING GUIDE

A flight attendant's guide to cuisine, hotels, airports, health, security, and country requirements in the Caribbean.

Your creativity and knowledge make the trip.

Comprised of over 700 islands organized into 30 sovereign states and territories, the Caribbean is a popular destination for many business aircraft operators, especially during the winter holidays. Islands such as Trinidad and Tobago, Aruba, St. Martin, and the Bahamas all experience an influx of traffic at this time. Because of its popularity as a travel destination, if you haven't operated to the Caribbean, there is a good chance that at some point you will.

We recognize the critical role you play as a vital member of the crew. To help you avoid the unexpected and manage expectations when traveling to the Caribbean, while delighting your passengers along the way, we have developed this planning guide.

Enclosed you'll find tips to help you plan for visas, airports, hotels, health, and security from Universal Weather and Aviation, Inc., as well as a guide to Caribbean cuisine from Air Culinaire Worldwide, a Universal® company.

We hope this information is useful in helping you navigate the Caribbean's local culture and unique operational requirements.

And, as always, know that you're not alone, and we are here for you whenever you need us.

"Life needs the Caribbean."

– official slogan of the Caribbean Tourism Organization



A Universal Weather and Aviation, Inc. company

You navigate a complex world. Avoid the unexpected. Manage expectations.

Below is a list of important operational considerations when planning a trip into, within, or out of the Caribbean.

COUNTRY

Be aware of the following recommendations and requirements before operating to the Caribbean:

- Visa requirements for crew and passengers, and if visas can be obtained on arrival
- Crew documentation needs upon arrival (licenses, IDs, passports, visas, etc.)
- Customs and immigration regulations and clearance process for crew and passengers
- Pet entry regulations and documentation requirements
- Country regulations for de-catering and disposing of trash
- Country health briefing (should be obtained in advance)

HOTELS

Confirm the following with your hotel prior to booking:

- Meets western standard for 4- and 5-star accommodations
- Location
- Grocery stores or markets nearby
- Restaurant options at or near hotel
- Advance booking requirements (critical if stay coincides with major local events)
- Minimum number of stays needed for booking
- Down payment or pre-payment requirements
- Lead time to arrange direct bill for rooms through 3rd party
- Cancellation policy
- Availability of courtesy transportation
- Rate cap limitations on rooms
- Lead time required by hotel restaurant to order catering
- Room refrigerator requirements
- Rewards program information on file with hotel for elite status qualification and points

SECURITY

Research the following information prior to your trip:

- Security considerations for city, including tourist destinations, restaurants, and markets
- Areas in city that should be avoided
- Public transportation (not recommended)
- Things to avoid doing while at destination (e.g., walking alone, cultural differences, etc.)
- Security intelligence reports you should acquire to understand potential risks (e.g., city, hotel, country)

AIRPORT

Confirm the following information prior to your trip:

- Airport operating hours
- Ground handler operating hours, meeting point, and phone numbers
- Customs, Immigration, and Quarantine (CIQ) clearance procedures
- Regulations for crew bringing aboard catering for departure
- Fluid limitations if bringing own catering (e.g., from a restaurant) for departure
- Restricted food items (e.g., agricultural restrictions)
- Ability to store food items on aircraft, with ground handler, or with caterer
- In-flight catering delivery time (particularly, how far in advance catering is recommended to be delivered)
- Ramp access availability (when needed during your stay and on day of departure)

This information was provided by Universal Weather and Aviation, Inc. If you have questions or need trip support assistance with any of the above, contact us at: **N. America** +1 (800) 231-5600, ext. 3300 or **Worldwide** +1 (713) 944-1622, ext. 3300.

Caribbean Cuisine

Food in the Caribbean draws its influences from African, Spanish, Caribbean Chinese, East Indian, Caribbean Native American, and a variety of other traditions. Spices, peppers, and many different types of seasonings are heavily used to prepare most meals. Popular dishes include jerk chicken (Jamaica), fried flying fish (Barbados), various types of seafood (which are prepared in different ways), and stewed beans and peas, like pigeon peas. Here, our executive chefs have identified some of the most popular local dishes in the Caribbean and their culinary influences. We recommend that you consult with your caterer about local specialties, as well as what's available and in-season.

Local Dishes

- **Conch** – the national dish of the Bahamas, served with rice and peas
- **Fungie and Pepperpot** – the national dish of Antigua and Barbuda consists of cornmeal, salt fish or lobster, and rice in a vegetable stew
- **La Bandera** – meaning “the flag,” this dish from the Dominican Republic consists of rice, red beans, and stewed meat
- **Oil Down** – the national dish of Grenada is breadfruit, coconut milk, dumplings, and cod, pork, or another meat cooked with numerous spices
- **Stewed Salt Fish** – the national dish of St. Kitts is salted cod stewed with plantains, dumplings, coconut, and breadfruit
- **Green Fig and Salt Fish** – the national dish of St. Lucia is green bananas with salt fish, boiled and usually served for breakfast
- **Pelau** – the national dish of Trinidad and Tobago, it consists of rice and is generally spicy, but little else is consistent as it can be fried, curried, or served with Spanish spices
- **Ackee and Salt Fish** – unofficially the national dish of Jamaica, it is salted cod, ackee (a fruit), onions, tomatoes, and spices



THE ISLANDS

Comprised of over 700 islands organized into 30 sovereign states and territories, the Caribbean Islands include Anguilla, Antigua and Barbuda, Aruba, Bahamas, Barbados, British Virgin Islands, Cayman Islands, Cuba, Dominica, Grenada, Guadeloupe, Hispaniola, Jamaica, Martinique, Montserrat, Netherland Antilles, Puerto Rico, St. Barthelemy, St. Kitts and Nevis, St. Lucia, St. Martin, St. Vincent and Grenadines, Trinidad and Tobago, Turks and Caicos, and the U.S. Virgin Islands.

CULINARY INFLUENCES

African, British, Caribbean Native American, Chinese, East Indian, French, Spanish



This information was provided by Air Culinaire Worldwide. If you have questions or need catering assistance, contact us at: **N. America** +1 (800) 247-2433 or **Worldwide** +1 (813) 449-6000.