

This packing list is a guide only and not intended as a complete packing list. Extra items are at your own discretion, keeping in mind the luggage allowances set by various airlines and operators. Some items on this list may not be necessary for your particular trip. What you bring will vary according to the trip style, the countries you are visiting and when you travel. Please see your Trip Notes for any specific requirements for your trip.

Travel Documents

- Passport
- Visas required for this trip
- Travel insurance including insurer details, 24 hr emergency contact telephone number and policy number (even if you are travelling with credit card insurance)
- Flight tickets, e-ticket
- Latest flight itinerary (times and flight details may differ from those on your ticket)
- Tour & hotel vouchers
- Photocopies of important documents - to be kept separately (we recommend you keep a copy at home as well and email a copy to yourself)
- Latest trip notes & other country information
- Spare passport photos
- Youth/student/Senior card
- International driving license if you plan to hire a car
- Dive license

Travel Accessories

- Travel socks
- Scissors/army knife
- Local language phrase book
- Smart phone (check your data plan)
- Portable games/playing cards
- Reading material / E-reader
- Water bottle
- Pen/paper
- Travel pillow
- Journal/diary
- Flashlight
- Water purification method
- Personal photos to show local people
- Electrical adapter & converter plugs ([check this website](#))

Personal items

- Toiletries
- Travel hair dryer
- Shaving equipment
- Bath towel
- Rubber flip-flops for showers
- Small mirror
- Small sewing kit & safety pins

Luggage

- On many of our trips you need to carry your own luggage, although you will not be required to walk long distances with it. Soft bags with shoulder straps are preferred.
- Soft suit case, backpack or soft bag with wheels and straps
- Daypack
- Padlocks (and keys)

Sightseeing

- Binoculars
- Camera equipment
- Film or memory cards
- Spare batteries / charger
- Dust proof camera bag

Money Matters

- Local cash
- Credit cards
- ATM card
- Money belt or pouch

Clothing

Bring clothing that is easy to wash and fast drying. Women should bring a skirt that covers their knees and a scarf for visiting places of worship. Military- style clothing is not recommended. If out in nature wear beige, light green or light brown clothing (not white). Bring smart clothes for nights out.

- Pullover/sweater/fleece
- Long-sleeved top (for evenings)
- Long trousers (zip-off pants are versatile)
- Jeans/pants/skirts/sarongs
- Shorts
- T-Shirts
- Dress shirts
- Socks
- underwear
- Washing line
- Bio-degradable washing detergent

Camping

- Travel pillow
- Thermarest/sleeping mat
- Ground sheet (or polythene sheet) if you think you'll be sleeping under the stars.
- Warm sleeping bag (3 or 4 seasons)
- Flash light

Sleeping

- Eye mask
- Alarm clock
- Ear plugs
- Night clothes/sleepwear

Walking or Hiking

- Comfortable walking shoes with good grip
- Sandals
- Trekking socks
- Hiking poles
- Maps / GPS

Swimming

- Swimming costume
- Swimming towel
- Snorkel, fins & mask

Personal Health

- First aid kit
- Personal medication/prescriptions
- Prescription glasses
- Contact lenses and solution
- High protection sunscreen (25+)
- Lip balm/lip salve
- Hat/wide brim hat
- Sunglasses
- Insect repellent
- Antihistamine/insect bite cream
- Antibacterial gel/wipes
- Toilet Paper
- Travel sickness tablets
- Travel vaccination certificates
- After-sun moisturizer
- Anti-malaria pills
- Pain killers
- Rehydration powder (salts & glucose)
- Anti-diarrhea pills (consult your doctor)
- Contraceptives
- Personal medication
- Feminine Hygiene products

Wet Weather

- Raincoat
- Small Umbrella
- Waterproof bags for rain protection while walking
- Waterproof & windproof jacket
- Waterproof trousers

Cold Weather

- Thermal underwear or base
- Hand warmers (small packages that create a chemical reaction that generates heat)
- Toque / beanie / balaclava
- Gloves