



Packing list

In addition to all the basics that you will pack, here is a list of suggested items that may make your time on tour with us even more enjoyable:

Clothing

- ☐ A mix of long-sleeve and short-sleeve shirts (temperatures can vary throughout the day, so you may want to dress in layers)
- ☐ A windbreaker or light rain jacket (some nature sites can be windy)
- ☐ Jeans or shorts that convert into pants (perfect for windy locations, rainy days, or evenings with a bit of a chill)
- ☐ A shawl or sweater (easy way to cover up if you get a bit of a chill)
- ☐ A skirt that covers your knees (for female travellers, some monasteries don't allow women to enter with pants)
- ☐ Comfortable walking shoes
- ☐ A sun hat or cap
- ☐ Bathing suit

Documents

- ☐ Plane tickets
- ☐ Passport
- ☐ Driver's licence
- ☐ Photocopies of your passport and driver's licence
- ☐ Travel insurance confirmation of coverage
- ☐ List of any medications and allergies you may have
- ☐ Emergency phone numbers
- ☐ Original prescriptions (for refills and for border security)
- ☐ Your fancy Tour Journal!

Essentials

(that we sometimes forget)

- ☐ Sunglasses
- ☐ Wallet + credit cards + cash (no traveller's cheques – few places accept them now!)
- ☐ Camera + memory cards
- ☐ International power adapter
- ☐ Cell phone/tablet
- ☐ Headphones/earbuds
- ☐ Sunscreen
- ☐ Ear plugs
- ☐ Chargers for electronic devices (camera, cell phone, tablet)
- ☐ Medications in their original prescription bottles
- ☐ Basic First Aid items (Gravol, Band-Aids, alcohol wipes, acetaminophen or ibuprofen, antacids, tweezers, After Bite, antihistamines, loperamide, lip balm)
- ☐ Your favourite book or magazine
- ☐ Hand sanitizer
- ☐ A collapsible / compact umbrella (easy to slip into your check-in luggage)

Other

- ☐ _____
- ☐ _____



Recommended
carry-on items