



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 will vary throughout the day and by region, so you will want to dress in layers).
- Jeans and quick-dry pants or shorts that convert into pants (perfect for windy locations, rainy day, or evenings with a bit of a chill)
- A sun hat or cap
- Shall or sweater (easy way to cover up if you get a bit of a chill)
- A windbreaker or light rain jacket (some nature sites can be windy)
- Bathing suit (for hot springs visit)
- Comfortable walking shoes

Documents

- Plane tickets
- Passport
- Proof of Covid vaccination status
- Driver's License
- Photocopies of your Passport and Driver's License
- Travel insurance confirmation of coverage
- List of any medications and allergies you may have
- Emergency phone numbers
- Original prescriptions (for refills or for border security)
- Your fancy Tour Journal!

Essentials

(that we sometimes forget)

- Sunglasses
- Wallet + credit cards + cash (no travellers cheques – few places accepted them now!)
- Camera + memory cards
- International power adapter
- Cell phone/Tablet
- Sunscreen
- Ear plugs
- Chargers for electronic devices (camera, cell phone, tablet)
- Prescription medication
- Basic First Aid items (anti-altitude sickness aids, gravol, a variety of band-aids, alcohol wipes, acetaminophen or ibuprofen, antacids, tweezers, afterbite, antihistamines, loperamide, lip balm)
- Box of Covid-19 antigen rapid tests
- Your favorite book or magazine
- Hand sanitizer
- A collapsible / compact umbrella (easy to slip into your check-in luggage)
- Your Approach Tours Welcome kit items

Other

- _____
- _____



Recommended
carry-on items