



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 day, or evenings with a bit of a chill)
- ☐ Shawl or sweater (easy way to cover up if you get a bit of a chill)
- ☐ Comfortable walking shoes
- ☐ Towel & flip flops (this is required when we visit the Thermal baths)

Documents

- ☐ Plane tickets
- ☐ Passport
- ☐ 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 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)
- ☐ Prescription medication
- ☐ Basic First Aid items (gravel, a variety of band-aids, alcohol wipes, acetaminophen or ibuprofen, antacids, tweezers, afterbite, antihistamines, loperamide, lip balm)
- ☐ Your favourite book or magazine
- ☐ Hand sanitizer
- ☐ A collapsible / compact umbrella (easy to slip into your check-in luggage)



**Recommended
carry-on items**