

GENERAL SUGGESTED PACKING LIST & TREKKING SUGGESTED PACKING LIST

Please consider taking along the following items on your trip. This is not a fixed list, but more of a guideline, so feel free to add and remove items as you see fit. Use your best judgment, and pack as lightly as possible. You will appreciate light luggage towards the end of your trip. You may wish to include a small duffel for purchases bought along the way.

*TRAVEL PRO PACKING TIP: No matter what type of trip you are on, the key to dressing is **layering**. This will allow you to stay warm day or night despite wide temperature fluctuations. Also remember cotton and jeans do not dry easily. Include a few items made of capilene or polypro which wick moisture away from your body.)*

GENERAL TRAVEL

- Your Final Itinerary
- Your Travel Insurance Confirmation & Information Packet
- Waterproof shell jacket – ALWAYS!
- Waterproof pants
- Daypack with internal frame so it won't pull on your shoulders (consider a pack-cover in case of rain) and line the inside of the pack with plastic to keep all dry
- Waterproof duffel bag lined inside with plastic (just in case)
- Small bag or suitcase to possibly leave back in the city
- TSA approved luggage locks or just use plastic zip ties to "lock" luggage
- Luggage Tags
- Long-sleeved shirts (2 to 3) – consider ones with mosquito repellent built in
- Short-sleeved shirts (3 to 4) – consider ones with mosquito repellent built in
- Long underwear (tops and bottoms)
- Pants (2 to 3) (Comfortable, loose fitting and quick drying, ones that zip into shorts are excellent)
- Shorts (1 to 2 pair) primarily for men (Acceptable most places except cities, churches and other places of worship)
- Travel skirt for women for temples, monasteries and nice for treks (below the knee)
- Quick-drying undergarments (4 to 5 changes)
- Fleece, jacket or sweater and possibly pants
- Ski jacket – light weight
- Walking shoes or hiking boots with good support and traction
- Optional: super gaiters to put outside boots and keep them dry or consider Dexshells Hypertherm Pro waterproof socks to wear inside your boots if it rains or snows while on a trek.
- Socks (3 to 4 pairs)
- Gloves and wool hat for high altitude trekking
- Optional: Swimsuit
- First Aid Kit
- Your prescription medicine (bring enough for 2 – 3 days extra – keep with your carry-on!)
- Travel medicine: cold/cough medicine, aspirin, motion sickness medication, anti-diarrheals, etc.
- An antibiotic for indigestion (this must be prescribed by your doctor)

- Tampons for women
- Toiletries including toothbrush/paste, soap, shampoo, moisturizing lotion, razor, wet wipes, etc.
- Sunscreen
- Insect repellent
- Money belt/passport holder
- Watch/alarm clock
- Sunglasses, eyeglasses and eyeglass straps
- Photo gear
- Lightweight binoculars
- Pocket knife – Must go in your checked bag
- Hat and Bandana
- Sewing Kit
- Language Phrase Book
- Reading material
- Pen and note pad/journal
- Plastic bags for wrapping liquid bottles or dirty shoes
- Pictures of your family and home town
- Reusable Water Bottle (like a Nalgene)
- Snack foods
- Head Lamp
- Sleeping sheet if staying in rural places

Additional items to consider for a trek:

- Touring backpack or duffel
- Sleeping bag and pad (provided for Asia treks, but you can bring your own if you wish)
- Trekking poles
- Warm, heavy (waterproof) jacket
- Rain pants
- Games (like cards or dice)
- Good reading material
- Refillable water bottle or camelback
- Heavy socks - Wool and lightweight polypro socks
- Hat with a brim to protect you from the sun
- Heavy waterproof gloves or mittens
- Warm neck scarf
- Thick polypro, capilene or wool long underwear top and bottom
- Quick drying camp towel, wash cloth and Biodegradable soap
- Toilet paper (one roll per 5 days on trek is overly sufficient)
- Lighter (for burning toilet paper)
- Head lamp or flashlight with extra batteries
- Biodegradable cold-water laundry soap
- Good, sturdy, broken in hiking boots (terrain can be rocky and uneven)

TRAVEL PRO PACKING TIP: If you are returning to the same hotel at the end of your trek/trip, usually you can leave your large suitcase and take only your trekking duffel.