



ADVENTURE ASSOCIATES

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GENERAL PACKING LIST CLOTHING AND EQUIPMENT

Baggage Restrictions: Find out the number of bags your airlines allow you to carry and check through. Make a note of luggage weight restrictions and stick to them in order to avoid delayed bags or paying fees for extra baggage.

Weather: Know the climate you will be experiencing during your trip - the average high and low temperatures and the amount of rain/snow fall in the region will help you pack accordingly.

Provided Gear: Find out what gear is provided during your trip (camping equipment, activity equipment, site-specific gear like rain boots, etc.)

Official Papers & Documents

- Valid passport
- Copy of first page of passport
- Airline tickets (copy of itinerary with Ticket Number if E-ticketed)
- Visa, if applicable
- 2 extra passport photos
- Travel Insurance Policy Number & Contact Info
- Emergency Contact Information
- Money: Cash (crisp new bills), Credit/ATM Card, Emergency Credit Card (and photocopy)
- Copies of personal medication prescriptions
- Leave copies of important travel documents with a trusted friend or relative, or, in a safe place in your home where one person has access to them

Luggage

- Large duffel bag or soft-sided rolling suitcase (non-rolling for treks and safaris)
- Daypack to carry camera, water bottles, extra clothing, personal medications
- Luggage tags and locks (Note: TSA-approved padlocks are great for stateside travel, but international security officials may break locks to access your luggage. We recommend packing locks, as it is nice to leave a locked compartment behind in your hotel during the day.)



Camping Gear

- The "Ten Essentials":
 1. Navigation (map and compass)
 2. Sun protection
 3. Insulation (extra clothing)
 4. Illumination (flashlight/headlamp)
 5. First-aid supplies
 6. Fire (Waterproof matches)
 7. Repair kit and tools
 8. Nutrition (extra food)
 9. Hydration (extra water) - Aquatabs will treat most water and take up very little space
 10. Emergency shelter
- Sleeping bag & stuff sack
- Sleep sheet
- Sleeping Pad - Thermarest or other
- Tent with adequate rain fly and ground cloth/"footprint"

Outerwear

- Gore-tex rain/wind pants and jacket with hood, roomy and water-repellent (rain gear can double as wind protection). A poncho is usually not adequate.
- Insulated parka/ski jacket, down or synthetic, able to fit over layers (if applicable)

Recommended Clothing

- A few lightweight, versatile, easily washable items (comfortable casual clothes are great, and you may want to bring one smart casual outfit in case you are invited to a local home for a social function.)
- Light or Mid-weight fleece or wool sweater
- Light or Mid-weight fleece vest
- Light or Mid-weight thermal underwear tops and bottom: synthetic, silk or wool
- Lightweight, quick-dry pants - zip offs work well
- Lightweight cotton pants for city wear
- Sturdy hiking shorts - baggy, knee length
- Swimsuit & bathing sarong
- Long-sleeve shirts
- T-shirts, synthetic and quick drying
- Underwear
- Socks, wool or synthetic
- Liner socks for comfort
- Activity-specific clothing (cycling shorts and gloves, paddling jacket, etc.)

Note: Culturally sensitive dress: When entering some religious sites such as temples, shoulders and legs should be covered.

Accessories

- Sun hat
- Wool or fleece hat
- Bandana
- Wool or fleece gloves

Footwear

- Hiking boots, sturdy, ankle-support, water-resistant, broken-in
- Camp shoes, trail shoes or sneakers (closed-toed, ok to get wet)
- Sandals

Travel Accessories

- Two 1-quart water bottles or hydration system
- Flashlight or headlamp (and fresh batteries)
- Small quantity of favorite energy snacks
- Sunglasses
- Toiletry kit (small, travel-size items)
- Small, quick-dry towel
- Personal first-aid kit (see CDC website: Staying Healthy during your travel)
- Several Ziploc plastic bags
- Spare contact lenses and backup glasses
- Two large plastic bags to line duffel in case of rain
- Toilet paper, 1 roll
- Extra Batteries (camera, flashlight, etc.)
- Ear plugs (barking dogs, snoring roommate, roosters)
- Camera, film and spare batteries
- Hiking staff or trekking poles
- Knee supports
- Reading and writing materials
- Passport security pouch or money belt
- Binoculars
- Swiss army knife - carry in checked luggage
- Electricity Converter -and- plug adaptor
- Rubber Sink Stopper
- Plastic locking wire ties (useful during international flights when you cannot use luggage locks; these small, packable ties deter theft but can be cut by airline authorities if necessary - they are also great for securing recreational gear to the outside of your pack)

Guide Tips:

- Remember to always pack essential items such as your passport, money, eyewear, a change of clothing, good walking shoes and personal medications with prescription labels in your carry-on baggage, in case your luggage is delayed.

- Cotton is wonderful in warm weather. However, once it becomes wet, it will drain your body heat. Bring wicking synthetics such as Capilene®, MTS® and Thermax® for both warm and cool climates.
- Make sure hiking boots are broken-in. Bring moleskin, Compeed, or Second Skin for foot treatment. Thin liner socks worn under regular hiking socks may minimize the risk of blisters. The liner sock should be synthetic, not cotton. Test your sock combination before you go on the trip.
- Travel clothes, extra gear and purchases can be left in a storage room in our local office or hotel. Bring an extra, small-size duffel bag for this purpose. (Rolling duffels can be left at hotel)
- Stuff sacks are great for sorting gear. Use different sizes/colors to differentiate contents.
- Rubber Sink Stoppers help for doing laundry in hotel sinks; Small Carabineers and a bit of string can set up an impromptu laundry line
- A cotton pillowcase: for camping - fold some clothes inside for a makeshift pillow; for travelling - use it to separate dirty laundry or to make any hotel pillow feel like home.
- Notes about Layering: Always test your layers before a trip. Your outer layer should fit easily over the inside ones without binding and bunching up.
- We find that it's easier to pack prescription medications in ziplock plastic bags - when you pick up prescriptions from the pharmacy, ask for a second set of labels to identify your medications for authorities and yourself.



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