

*Our packing list should be used as a **guide only**. Any other items that you wish to pack are at your own discretion; however, you should attempt to follow our suggested luggage weight limit listed under the luggage section below. Some items on this list may not be necessary for your particular trip. What you bring will vary according to the trip, the countries you're visiting and when you're travelling.*

Travel Documents

- Passport
- Spare passport photos
- Flight tickets, e-ticket
- Visas (if required for this trip)
- Travel insurance details
- Photocopies of important documents - to be kept separately (we recommend you keep a copy at home as well and email a copy to yourself)

Luggage

- **Hand luggage must not weigh more than 5 kg**
- **Checked luggage must not weigh more than 20 kilos**
- Label your suitcase with your name and address
- Use a combination lock or security tags for your luggage

Personal Health and Items

- Personal medication/prescriptions
- Prescription glasses
- Contact lenses and solution
- High protection sunscreen (25+)
- Lip balm
- Hat/Sunglasses
- Travel vaccination certificates
- Toothbrush & Toothpaste
- Shampoo/conditioner/hair products
- Soap/body wash
- Moisturiser
- Deodorant
- Shaving equipment
- Sanitary Items
- Tissues
- Antibacterial wipes
- Rubber flip flops for shower
- Bath towel
- Travel hair dryer

Other Items

- Watch
- Electrical adapter for the country you are travelling to
- Charges for phones/cameras
- A few zip lock/plastic bags (wet clothes, food products)
- Comfortable day pack
- Water bottle
- Journal/diary
- Photos of your family/friends
- Local language phrase book

Clothing

For longer trips we recommend you choose clothing that is easy to wash and fast drying. **Expect all types of weather.** Take clothes that can be layered. It is advisable to bring clothing that covers shoulders, knees and midriff for visiting temples, churches and mosques. It is also a good idea to bring some smarter clothes for the evening.

- Socks/underwear
- T- Shirts/cotton tops
- Jumpers/fleece tops
- Jeans/trousers/shorts
- Waterproof/Spray jacket/Warm lined jacket
- 2 pairs of comfortable walking shoes
- Washing line
- Bio-degradable washing detergent

Sleeping

- Sleepwear
- Eye mask
- Alarm clock
- Ear plugs

Swimming

- Swimming costume

Money

- Money – if you have an ATM/Visa Debit card, check with your bank that it can be used in the country you are travelling to.
- Prepaid currency card (cash passport)
- Local currency for your transit.
- Money belt or pouch
- Pocket calculator (for currency exchanges)