

## WHAT TO PACK

### Clothing

- 2 long-sleeved shirts
- 4 or five short sleeve shirts or T-shirts
- 2 pairs of shorts
- 2 pairs of long pants or pants that zip off into shorts. Blue jeans are not recommended: too heavy and take forever to dry
- 2 pair of socks
- 1 pair of compression socks rated 30 or higher. Measure your calf width before ordering!
- Good quality polarized sunglasses
- Sun hat with a brim
- Good walking shoes (running/tennis shoes are fine) Hiking boots not necessary and too heavy to pack!
- Sandals or rubber flip/flops
- Swimsuit with light cover-up garment
- Lightweight jacket or full zippered fleece for cooler mornings
- Light raincoat
- A set of smart casual evening wear; skirt, scarves or necklace for the ladies
- 5 pairs of underwear

### Toiletries

- Personal toiletries (shampoo and conditioner supplied by many establishments)
- Moisturizing cream & suntan lotion
- Lip balm
- Insect repellent e.g. Deet, OFF, etc.
- Basic medical kit (aspirins, Band-aids, anti-diarrheal medication, antiseptic cream, and anti-histamine cream, etc.)
- Toothbrush and toothpaste
- Packaged wet tissues ("Wash & Dry" "Wet Ones")
- If you wear contact lenses, a pair of glasses in case you get eye irritation
- Reading glasses
- Spare pair or older pair of glasses or contact lenses.
- Small sewing kit
- Small travel packets of Tide or other clothes detergent for washing out underwear and socks.

### Other Things To Pack

- Visas, tickets, passports, money, etc.
- Two Photocopies of your passport
- Photo of your suitcases
- Backpack to use during the day as you tour
- A small flashlight with new batteries or Flashlight APP on your Smart Phone
- Adapter plugs
- Electric converter for electrical appliances if they DON'T say 100v-240v on the appliance
- Smart Phone or tablet
- Binoculars
- Reading material (or upload to tablet)
- Journal with pen
- Travel neck pillow for flights
- Small roll of gorilla tape or duct tape

### Camera Equipment

- Camera, memory cards and chargers
- Lenses, cleaning fluid, lens tissue
- Waterproof/dustproof bags/cover or large ZipLock bag for your camera

### Things handy to upload onto your Smartphone or tablet

- Reading material
- Pdf of camera manual downloaded from the camera manufacturer's website
- Photo of your passport ID page
- Photo of your airline's ETickets
- Photos of your suitcases (to describe if lost by airline)
- APPS: free messaging with Viber or WhatsApp, Currency Converter APP, your airline's APP, Flashlight APP