

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.

(NOTE: 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

- Waterproof shell jacket – ALWAYS!
- Daypack (consider a pack-cover in case of rain)
- Waterproof duffel bag or suitcase
- TSA approved luggage locks or just use plastic zip ties to “lock” luggage
- Luggage Tags
- Long-sleeved shirts (2 to 3)
- Short-sleeved shirts (3 to 4)
- Pants - 2 to 3 (Comfortable, loose fitting and quick drying)
- Shorts - 1 to 2 pair (Acceptable most places except cities, churches, and other places of worship)
- Travel skirt for women (Lightweight and below the knee)
- Quick-drying undergarments – 4 to 5 changes
- Fleece, jacket or sweater
- Walking shoes with good support and traction
- Socks - 3 to 4 pairs
- Swimsuit
- Hat
- First Aid Kit
- Your prescription medicine (bring enough for 2 – 3 days extra – keep with your carry-on!)
- Aspirin
- Cold and cough medicine
- Motion sickness medication
- Anti-diarrheals
- An antibiotic for indigestion (this must be prescribed by your doctor)
- Tampons for women
- Toiletries including toothbrush/paste, soap, shampoo, moisturizing lotion, razor, etc.
- Sunglasses
- Sunscreen
- Insect repellent
- Money belt/passport holder
- Watch/alarm clock
- Extra eyeglasses and eyeglass straps
- Photo gear
- Lightweight binoculars
- Pocket knife – Must go in your checked bag
- 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 Kleen Kanteen or Nalgene)
- Snack foods
- Head Lamp
- Sleeping sheet if staying in rural places

Trekking Trips

- Touring backpack or duffel (no suitcases – NOTE: if you are returning to the same hotel at the end of your trip, usually you can leave a suitcase and take only your trekking duffel)
- Sleeping bag and pad (provided in Nepal and Tibet, but you can bring your own if you wish)
- Trekking poles
- Warm, heavy (waterproof) jacket
- Rainpants
- Waterproof pack cover or garbage bag
- Games (like cards or dice)
- Good reading material
- Refillable water bottle or camelback
- Heavy socks - Wool and lightweight polypro socks
- Warm hat or balaclava
- 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)

Galapagos

Galapagos life is very informal. Although generally days and nights are warm, a windbreaker and long-sleeved shirt are advisable. Outside of sun protection, there are no real MUST items. To reiterate some must from the general packing list, passengers will want to bring:

- Sunscreen!!!
- Sunglasses
- Day pack
- Sneakers
- Flip flops or strap on sandals like Tevas or Chacos
- Bathing suits
- Wide-brimmed hats with chin straps
- Light rain gear
- Shorts
- Short-sleeved shirts
- A long-sleeved shirt
- Your own snorkeling equipment and short wetsuit
- Insect repellent
- Underwater Camera

Motorcycling Vietnam

Bring all the normal biking gear in addition to the suggestions from the General Packing list. The following items are recommended as well.

- Helmet
- Small back pack to strap on the back of your bike
- Rain gear