

PACKING LIST

This list is designed to help you from forgetting anything important.

HAPPY AND SAFE TRAVELS!



TRAVEL DOCUMENTS

PACKS/ LUGGAGE

SUGGESTED EQUIPMENT

CLOTHING AND FOOTWEAR



TRAVEL DOCUMENTS

DON'T FORGET TO CARRY YOUR MOST IMPORTANT DOCUMENTS:

- PASSPORT
- ENTRY VISA (OR REQUIRED PAPERWORK)
- CURRENCY VALID AT DESTINATION
- INTERNATIONAL HEALTH CARD
- LIST OF KEY PHONE NUMBERS



LUGGAGE

We recommend that you bring along a frameless backpack or a sports type shoulder bag as these are less bulky and easier to handle than rigid suitcases or framed backpacks. It is very important that you are able to carry all of your belongings, so your rucksack must fit comfortably on your shoulders.

In addition to your main bag, you will need a small daypack for your everyday excursions. This daypack should have enough room to carry some clothes and snacks, and be big enough for an overnight excursions.

CLOTHING AND FOOTWEAR

All clothes should be lightweight, durable and easily washable

- Quick-drying pants/shorts
- Short-sleeve shirt(s)
- Long-sleeve shirt (for sun, bugs)
- Sun-shielding cap or hat
- Fleece or wool hat
- Bandana or Buff
- Swimwear
- Rainwear (jacket)
- Clothing for casual or evening use
- 1 pair of running shoes or lightweight hiking boots
- Yoga and SUPYoga clothing



SUGGESTED EQUIPMENT

- Any medications you will need to take during the trip (allergy medications, inhaler, etc.)
- Insect repellent. No aerosols please—it's bad for the environment.
- One-liter reusable water bottles
- 1 small flashlight or LED headlamp
- Sunscreen
- Sleeping bag - Summer
- Quick-dry travel towel
- Lip balm, sun block with high UV factor
- Dry bag (for wet clothes)
- Towel and/or Pareo
- rash guard
- a Hat, preferably one you don't mind that gets wet!

Smile and positive energy :-)