

## PACKING LIST . . .

For each person, here is a checklist of suggested items for packing. Remember it is best to travel light. You will be expected to carry your luggage with you during all transfers thus packing light will make things a lot easier for you. For tours where internal flights are applicable, you are able to check only one (1) bag in addition to a carry-on, which could be a small daypack, shoulder bag, attaché or knapsack.

### *Clothing:*

- 2 or 3 pairs of pants
- 5 or 6 tops (*short or long sleeve knit shirts, polos, nice t-shirts*)
- 1 or 2 warm tops (*lightweight sweater or fleece*)
- 2 pairs of walking shoes
- Waterproof windbreaker jacket
- Underwear and socks
- Sleepwear

### *Essential items:*

- Passport
- Flight itinerary
- Debit card(s)
- Credit card(s)
- Cash - approximately \$300 to \$400
- Photocopies of your passport identification page, debit card and credit cards (*both front and back sides*). Also if you wear prescription glasses, please bring a spare pair (as well as a photocopy of glasses prescription). In addition, you should take pictures (using macro setting on your camera) or scan those items, and then attach them to an email to yourself to be saved in a webmail folder (*e.g. Gmail, Yahoo, etc*).
- Daypack or shoulder bag (*as a carry-on or bringing your stuff for the day - such as water bottle, camera, umbrella, etc*). Fanny packs are not recommended unless you wear them in the front.
- Toiletries
- Personal first-aid kit
- Medicine
- Sunglasses
- Portable traveling type umbrella
- Alarm clock

### *Optional items:*

- Digital camera / camcorder
- Wireless mobile device / tablet
- Travel hairdryer that works with 110-220 volts
- Electrical plug adapter(s)

- Wet wipes (*as toilet paper with minimal bulk, as some toilets do not have toilet paper*)
- Ziploc bags (*to keep your things - such as your cameras / mobile devices - dry in your daypack or backpack when it rains, as well as to keep your liquid toiletries from spilling over in your baggage*).
- Notepads/pens
- Small LED flashlight
- Reading materials
- Light gloves / knit cap

## PACKING SUGGESTIONS / TIPS • • •

- The suggestions below are only suggestions based on our experience and knowledge. It does not mean you'd need to do a shopping spree. It does not mean you'd need to follow all of those suggestions.
- The majority of the tour will be casual. No need to dress to impress. For a couple of visits, we'd need to wear "smart casual" which means no t-shirts or sneakers.
- On the plane wear your heaviest or bulkiest items. Wear jeans and heaviest or bulkiest pair of shoes, and carry your sweater and/or jacket (as it could be raining when you arrive at your destination). By doing this, you will have more checked in baggage space.
- Wear plain or solid color clothes so that you could wear them for 2 or 3 days without much notice (unlike patterned or striped clothes that people would remember). You could even wear them on alternate days. Also, plain or solid color clothes would make you blend in more with the local people. Avoid bold colors (such as bright orange or lime green) as your objective is to make yourself stand out less. Avoid light colored clothing, such as white, as they get dirty easily.
- When flying, please keep your valuable items including medicine in your carry-on. Do not put them in your checked baggage.
- Dressing in LAYERS is a must. We could have a few days of warm weather and a few days of cooler and rainy weather, so be prepared for both. You would be able to "peel" them off as it gets warmer and putting them back on when it gets colder.
- Need laundry? We may or may not be able to do laundry at some locations. Full-service laundry and pressing is more common than self-service laundry (as with in the USA). Thus you could expect that few hotels would have irons and ironing boards in the room, and sometimes they do not even have any to be loaned out.