

RECOMMENDED ATTIRE

Touring

While touring, active attire and athletic shoes or hiking boots are recommended. We also suggest wearing layers, as the temperature will fluctuate while we are touring.

Meals

For all meals, casual dress is always recommended. Generally, breakfast and dinner are served at the hotel, and lunch will be either at the hotel, a local restaurant or served while touring. Select dinners as indicated in the itinerary will be served elsewhere.

General Packing Tips

- Do not overpack: To guarantee space for shopping and souvenirs, pack so that all of your items fit into your large suitcase, then divide those items between your large and small suitcase.
- Pack items that mix and match.
- Plan to use hotel laundry services along the way. These are available at every stop.

PACKING LIST

Please use this list as a general guideline to help you prepare for your expedition.

Carry-on:

- Wallet or purse with credit cards and cash
- Antibacterial gel and spray
- Bug spray
- Lip balm
- Sunscreen
- Prescription medication, properly labeled
- Cellphone and camera
- Chargers and extra batteries

Clothing:

- Two pairs of long, lightweight pants for touring
- Two pairs of shorts and/or a long skirt
- Lightweight jacket or fleece, hat, scarf and gloves
- Sweater or sweatshirt and a rain jacket
- Two short-sleeve button down shirts

- One long sleeve button down shirt
- Three casual tees or polos
- Swim attire & cover up
- For festive dinners: One pair of slacks/khakis and a jacket, or one smart casual dress or dress-pants and a blazer or cardigan
- Nightclothes
- Undergarments
- Socks of varying thickness

Accessories:

- Spare eyeglasses and/or contact lenses and case
- Sunglasses
- Belt
- Scarves or costume jewelry
- Small bag or purse with a strap
- Hat (for sun protection)
- Masks (multiple)

Shoes:

- Two pairs of hiking boots and/or athletic shoes with good tread
- One pair of dressier shoes and/or sandals (please avoid high heels)
- Sports sandals or flip-flops

Toiletries:

- Toothpaste and toothbrush
- Personal grooming/hygiene products

Medications:

- A supply of any personal prescriptions
- Over-the-counter cold and flu medicines
- Diarrhea treatment kit

Other:

- Reusable water-proof bags of various sizes (to prevent moisture on electronics, books and notebooks)
- Binoculars
- Collapsible umbrella
- Collapsible, rubber-tipped walking stick, if needed
- Photocopies of your personal identification