

PACKING LIST - BHUTAN

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Bhutan. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Dress for the Weather

Be prepared for a range of weather, and dress in layers. Temperatures will fluctuate depending on elevation and time of day. You should be prepared for a low of 30°F and a high of 60°F. Please note the potential for either warmer or cooler days - weather in the mountains is always unpredictable!

- Dec: low 30°F / high 70°F

PACKING CHECKLIST

Clothing & Gear

- Duffel bag
- Daypack and rain cover
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- 4-5 pairs wool hiking socks
- 5-7 pairs underwear
- 1-2 lightweight long underwear tops
- 1-2 lightweight long underwear bottoms
- 2-3 short sleeve shirts (quick dry recommended) -
- 1-2 long sleeve shirts (quick dry recommended)
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sets of casual clothes for evenings
- 1 bathing suit
- 1 medium weight fleece sweater/jacket for cool evenings
- 1 heavy jacket (down or synthetic)
- 1 pair gaiters
- Waterproof jacket (Gore-Tex recommended)
- Waterproof pants (Gore-Tex)
- Warm hat, gloves
- Hat for sun protection
- Comfortable shoes and/or sandals
- Sleepwear

- Collapsible trekking poles (optional)
- Large refillable water bottle
- Masks/face coverings

AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, travel insurance policy number) and money
- 2 spare passport photos (in case of lost passport)
- Optional locks for your luggage
- Optional travel alarm clock with spare batteries
- Headlamp with spare batteries
- Optional camera, memory cards, battery charger
- Plug adapter(s)
- Power bank (optional)
- Optional spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Hand wipes/hand sanitizer
- Toiletries: soap, shampoo, and conditioner; toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Earplugs - we recommend silicone earplugs

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- Optional assorted stuff sacks and bags – consider bringing nylon or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens

Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Personal epi pen – if you need one, don't forget to pack it!
- Seasick/airsick medication (if prone to sea sickness)
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets – helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.