

PACKING LIST – OMAN

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure to Oman. 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

Oman generally has a warm climate. In March, you can expect daytime low temperatures to be 70, and highs to be in the low 90s. The temperature can dip into the high 50s and low 60s overnight. In the mountains, daytime temperatures can be in the 50s and 60s - it gets chilly, so bring layers!

Oman is a Muslim country, and it is important that as guests of the country, you respect local customs. Please plan to cover your knees and shoulders when dressing. You can wear a bathing suit at the pool in your hotels, but you should plan on dressing modestly when visiting local sites. When visiting mosques or old town areas, you must wear modest, loose-fitting clothing with long sleeves and long pants. Do not plan to wear leggings on their own in mosques; they work well if you wear them with a dress! Don't forget to bring a scarf to cover your head!

PACKING CHECKLIST

Clothing & Gear

- Duffel bag or small suitcase
- Daypack
- 2-3 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1 pair of shorts (must cover knees) or capris
- 1-2 sets of nicer clothes for dinner (skirts should be knee-length or longer)
- 1 bathing suit
- Waterproof jacket
- Hat for sun protection
- Underwear
- Socks
- Comfortable walking shoes
- Sandals
- Scarf that can double as a head scarf
- Sleepwear

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries or phone
- Headlamp or small flashlight with spare batteries
- Binoculars (optional; 8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses,

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- cleaner, saline, etc.
- Money belt or neck pouch
- Water bottle
- Sunscreen and lip balm with SPF
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs
- Assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics)
- 1-2 bandanas/Buf
- 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!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- 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.