

Bhutan General Packing List

PACKING ADVICE

This packing list is just a recommended guideline for your reference.

- ✓ Leave all unnecessary valuables and jewelry at home.
- ✓ Place copies of your travel documents (tickets, reservations, passport, etc.) inside your checked baggage while you are traveling.
- ✓ If possible, bring clothes that you can leave behind in Bhutan. That way you can make more space in your luggage for souvenirs. Bhutan Homestay can collect such second-hand clothes in good condition and distribute them to people in need.

DOCUMENTS

- ✓ Passport (make sure it is valid 6 months after your trip)
- ✓ Visas for all countries, as necessary
- ✓ Airline tickets, e-tickets (make sure name on ticket matches name on passport)
- ✓ Medical insurance card
- ✓ Copies of passport, visas, airline tickets/schedule, travel itinerary, credit cards (front and back), travel insurance, and emergency contact information. Leave a copy with someone at home, put a copy in a travel companion's luggage and email them to yourself (or store in the Cloud). Put copies of your travel itinerary in each checked bag.
- ✓ Carry the address and contact information of your country's nearest embassy.

CLOTHING

- ✓ Your clothing should be lightweight, breathable, hand-washable, quick-drying, and preferably moisture-wicking and non-cotton.
- ✓ Long pants (zip-off pants are very useful)
- ✓ Shorts, knee-length
- ✓ Short-sleeved shirts

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Creative travel



- ✓ Long-sleeved shirts
- ✓ Undergarments
- ✓ Sweater, jacket, windbreaker, down jackets in winter
- ✓ Rain jacket and/ or rain poncho
- ✓ Gloves, hat and shawl
- ✓ Sun hat with brim and chin strap
- ✓ Bandana (for dust, washing, etc.)
- ✓ Swim suit
- ✓ In case of festivals, audiences or meetings, bring one set of formal, clean clothes

FOOTWEAR

- ✓ Your daily activities may get your shoes dirty or muddy. Streets can be uneven. Light sandals are not good for daily tours and hikes, but they are nice for relaxing at your hotel or homestay
- ✓ Waterproof sandals and/or flip flops for homestay bathrooms (floors might be wet)
- ✓ Depending on type of trip & season, comfortable walking shoes, trekking shoes or ankle-high hiking boots, preferably waterproof
- ✓ Comfortable, breathable socks
- ✓ Temple socks (socks to walk around temples in, as shoes are not permitted)

BAGGAGE

- ✓ Suitcase or duffel bag depending on type of tour (check weight restrictions for flights). No hard cases for trekking tours
- ✓ Small daypack for daily activities
- ✓ Waterproof plastic bags for organizing gear and dirty clothing (ziplocs and garbage bags work)
- ✓ Packing cube, compression bag, stuff sacks, clear toiletry bag for airplane
- ✓ Money belt, security pouch, document organizer

ELECTRONICS

- ✓ Store electronics in sealed water-proof bags (double bagged if possible).
- ✓ Remember to set the date and time on your cameras.

- ✓ Headlamp or flashlight, extra batteries
- ✓ Camera, lenses, memory disks, batteries, charger/power cord
- ✓ Video camera, memory disks, batteries, charger/power cord
- ✓ Tripod (travel size)
- ✓ GoPro, memory disks, batteries, charger/power cord
- ✓ Lens cleaning cloth
- ✓ Cell phone, power cord, battery backup, headphones
- ✓ Watch/Alarm clock
- ✓ Calculator (for currency conversion)
- ✓ Electricity converter/adaptor

TOILETRIES

- ✓ Soap, shower gel
- ✓ Shampoo, conditioner, hair gel or hair oil
- ✓ Hairbrush, comb, mirror, hair ties
- ✓ Toothbrush, toothpaste, floss
- ✓ Deodorant
- ✓ Moist/disinfectant towelettes (handi-wipes)
- ✓ Hand sanitizer
- ✓ Lotion
- ✓ Sunscreen
- ✓ Lip balm with sunscreen
- ✓ Small towel and washcloth
- ✓ Toilet paper
- ✓ Facial tissue
- ✓ Shaving supplies
- ✓ Nail clippers, nail file, nail brush
- ✓ Insect repellent
- ✓ Cotton buds
- ✓ Sewing kit
- ✓ Feminine products
- ✓ Cosmetics
- ✓ Travel hair dryer

FIRST AID

You only need one first aid kit for your group, so coordinate with your travel companions.

- ✓ Prescription drugs
- ✓ Pain killers: Ibuprofen, Acetaminophen, Aspirin, Paracetamol
- ✓ Diamox for altitude (talk to doctor)
- ✓ Band-aids/plasters
- ✓ Disinfectant, antiseptic cream, antibiotic ointment
- ✓ Antibiotics (talk to doctor)
- ✓ Broad spectrum antibiotics (talk to doctor)
- ✓ Antibiotic eye-drops or eye-ointment
- ✓ Regular eye drops
- ✓ Contraceptives
- ✓ Throat lozenges
- ✓ Vitamins
- ✓ Antihistamines
- ✓ Sleep aid if needed
- ✓ Gauze bandages and tape
- ✓ Diarrhea medicine (Immodium AD or similar)
- ✓ Charcoal tablets
- ✓ Ace bandage
- ✓ Meds for yeast infections
- ✓ Thermometer
- ✓ Motion sickness medicine
- ✓ Ointment for insect bites and flea bites
- ✓ Blister band aid
- ✓ Malaria pills (if necessary)

OTHER

- ✓ Sunglasses, straps
- ✓ Eyeglasses, contacts/case/solution
- ✓ Binoculars
- ✓ Hiking poles/walking sticks
- ✓ Pocket knife

Let's Wander...

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- ✓ Notebook, pens
- ✓ Laptop or tablet
- ✓ Energy bars, hard candy, snacks, and comfort foods
- ✓ Coffee powder, herbal tea bags
- ✓ Duct tape (can be wrapped around water bottle)
- ✓ Matches or lighter
- ✓ Guide books, maps, language books
- ✓ Small umbrella, particularly useful in the rainy season or to use as a parasol
- ✓ Gifts for guides and hosts (see travel information p. 9)
- ✓ Cash, credit cards (bills should not be damaged, including some small bills, U.S. dollars must be newer than 2006 with no tears)
- ✓ Steripen, water filter, or purification tablets
- ✓ Snap hooks (Karabiner)
- ✓ Padlock
- ✓ Earplugs (lots of dogs in Thimphu)
- ✓ Games for long waiting times at airport

PACKING FOR THE FLIGHT

- ✓ Passport, flight e-tickets, Drukair ticket and visa (print out)
- ✓ Passport copies if you enter Bhutan overland (needed at Indian immigration for exit stamp)
- ✓ Cell phone, headphones
- ✓ Toiletries
- ✓ Snacks
- ✓ U-shaped neck pillow or Bhutan Network pillow (ask your contact at Bhutan Homestay)
- ✓ Eye shades, ear plugs
- ✓ Kleenex, wet wipes
- ✓ Melatonin or other sleep aid
- ✓ Contact lenses container and cleaner