

# PACKING LIST - COLOMBIA

## PACK YOUR BAGS!

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

Please check the weather before you go to be sure you are prepared for the temperatures! Temperatures will vary for your trip to Colombia. You will be visiting places that are at higher elevations (Bogotá and Villa de Leyva) and at sea level (Santa Marta and Cartagena). Temperatures will range from 50° - 75°F at higher elevations and from 75° - 95°F at sea level. You should plan on dressing casually and comfortably in layers for this trip. You will want a warmer layer for evenings in Bogotá.

### Luggage Restrictions

On this trip, due to the internal flights, you can have one checked bag which can weigh no more than 44 pounds, and one carry on of no more than 15 pounds.

## PACKING CHECKLIST

### Clothing & Gear

- 1 small suitcase or duffel bag
- 1 daypack
- Medium-weight hiking boots or shoes (make sure they are broken in!)
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- 1-2 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sets of nicer clothes for dinner
- 1-2 bathing suits
- Waterproof jacket
- Hat for sun protection
- 5-7 pairs underwear
- 5-7 pairs of socks
- 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
- Optional headlamp or small flashlight with spare batteries
- Optional Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Optional Digital camera, memory cards, battery charger
- Waterproof camera/phone case
- Optional Dry bag for kayaking
- Sunglasses, case, and strap

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- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Reusable water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Reading material/journal and pens
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Optional Personal toiletries (soap, shampoo, conditioner, etc - toiletries will be provided in the hotels)
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend silicone earplugs
- Assortment of stuff sacks and bags to organize your gear
- Bandana/Buff (biking on local roads can get dusty)
- Masks/face coverings

## Personal First Aid Kit

- Prescription medicine you usually take
- 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
- Motion/Sea Sickness medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins
- At Home COVID tests

*Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.*