

# PACKING LIST – THE BALTICS

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in the Baltics. 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.

## Packing Considerations

We recommend that you limit your total baggage to one checked bag and one carry-on bag. The weather in May should be pleasant, but could also be a bit unpredictable, so please check the weather before you leave. You should bring a sweater or fleece and have a raincoat in your daypack. You'll also want to bring a comfortable walking shoes.

## PACKING CHECKLIST

### Clothing & Gear

- Duffel bag or small suitcase
- Daypack
- Comfortable pair of walking shoes
- 1 pair of sandals
- 2-3 pairs of socks
- Underwear & bras
- 3-4 Short sleeve shirts
- 2-3 Long sleeve shirts
- 1 sweater/fleece jacket for cool evenings
- 1-2 pairs of pants
- 1-2 pairs of shorts
- Nicer but comfortable clothes for evenings
- 1 waterproof windbreaker
- 1 hat
- 1 bathing suit
- Sleep wear (personal preference)
- Optional travel alarm clock with spare batteries or phone
- Headlamp or small flashlight with spare batteries
- Optional Binoculars (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, cleaner, saline, etc.
- Money belt or neck pouch
- Water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner (can be found in hotels as well)
- 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)
- Reading material/journal and pens

### AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, money, vaccination card)
- 2-3 spare passport photos (in case of lost passport)
- Write down or print out your travel insurance number
- Optional locks for your luggage

# PACKING LIST – THE BALTICS

## Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Person 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 – helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

*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.*