

# PACKING LIST – EGYPT & JORDAN

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Egypt and Jordan. 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

Egypt and Jordan have a uniformly dry climate year-round. Egypt and Jordan are conservative countries. Egypt can typically be hot, however there are times when it has been quite cool. Jordan can be quite dusty, and evenings are cool, and you could experience temperatures from the high 40°s to mid-80°s with some wind. Please check the weather before you depart so you can dress accordingly. You'll want to bring sturdy walking shoes! You may want to bring one or two nicer outfits for dinners.

## PACKING CHECKLIST

### Clothing & Gear

- Duffel bag or small suitcase
- Daypack
- 3-4 short sleeve shirts (quick-dry recommended)
- 1-2 long sleeve shirts (quick-dry recommended)
- 1 medium-weight fleece sweater/jacket for evenings
- 2-3 pairs of pants
- 2-3 pairs of shorts or capris (at least 1 pair must cover knees)
- 1-2 sets of nicer clothes for dinner (skirts should be knee-length or longer)
- 1 bathing suit
- Waterproof/windproof jacket
- Fleece/Sweater for cool days/evenings
- Hat for sun protection
- Underwear & bras
- Socks
- Comfortable walking shoes
- Sandals

### AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down or print out your travel insurance number
- Locks for your luggage
- Travel alarm clock with spare batteries, or phone
- Headlamp or small flashlight with spare batteries
- Digital camera, memory cards, battery charger (*please note: many sites charge a photography fee, but the fee does not apply to cell phone cameras*)
- Power adapter (Type C/F)
- Power bank (optional)
- 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

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- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs
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- Assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics)
- 1-2 bandanas/Buff
- Reading material/journal and pens

**\*\*Note: please do not bring binoculars on this trip.\*\***

## 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 – 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.*