

# PACKING LIST - ENGLAND

## PACK YOUR BAGS!

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

Temperatures range from 40s - 60s°. It can be warm enough to wear a light shirt, or cold enough to need a fleece. Occasional light rain and drizzle can be common. Light wools, polypropylene fabrics, and wind- and rain-proof clothing are essential. Dressing in layers works best in the UK's changeable weather. Casual clothes are ideal for all parts of this trip.

## PACKING CHECKLIST

### Clothing & Gear

- Duffel bag or small suitcase
- Daypack (25-35L) and rain cover or interior dry bags
- 1 pair waterproof hiking boots with ankle support
- Optional gaiters (keeps mud off pants and out of boots)
- 3-5 pairs non-cotton hiking socks (lightweight wool or synthetic)
- 3-4 pairs of wicking liner socks (synthetic or silk)
- 1 set of moisture-wicking, synthetic or wool base layer (top and bottom)
- 1-2 long-sleeve shirts (some quick dry)
- 3-4 short-sleeve shirts (some quick dry)
- 2 pairs lightweight, quick-dry pants (convertible pants are nice in case there's a warm day)
- 1 lightweight sweater, vest, or fleece
- 1-2 sets of comfortable clothes for evenings
- 1 waterproof / breathable jacket
- 1 pair waterproof / breathable rain pants
- 1 wool or fleece hat
- 1 pair wool or fleece gloves
- Underwear / bras / sports bras
- Bathing suit
- Sleepwear
- 1 sun hat
- Sunglasses with case and strap
- Sunscreen and lip balm with SPF
- Water bottle (1-2L capacity)
- Eye mask/eye covering for sleeping (there is lots of daylight)
- Optional hiking poles

### 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
- Optional locks for your luggage
- Travel alarm clock
- Optional binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)

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- 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/Buff
- Reading material/journal and pens
- Optional bug spray (Picardin or Deet work best against midges)
- optional head net for bugs (\$3-\$4 on Amazon)

## 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

*Please note you may be taking different modes of transportation that could cause motion sickness, and tasting 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.*