

PACKING LIST – INDONESIA

PACK YOUR BAGS!

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

Indonesia has a tropical climate which is highly variable from area to area. The eastern monsoon brings the driest weather in June - September, but rainstorms can occur all year. Higher regions are cooler. Temperatures average between 73°F and 82°F all year, but June and early July is the best weather in Java and Bali, as it is drier and not as humid. Clothing should be lightweight, quick drying, and breathable. Pay special attention to sun protection needs. Long sleeves and wide brim hats are recommended.

Luggage Restrictions

Although international flights from the US to Indonesia allow one 50lb checked bag most of the domestic flights in Indonesia only allow a maximum weight limit of 20kg (44lb) per person of checked baggage. **This weight restriction is strictly enforced.**

PACKING CHECKLIST

Clothing & Gear

- Duffel bag or small suitcase
- Daypack
- Small foldable duffel bag
- Comfortable, lightweight walking shoes. Must be comfortable for all day walking
- Sport sandals for rafting
- Casual sandals
- 3-4 short-sleeve shirts
- 1-2 long-sleeve shirts
- 2 pairs of knee-length shorts
- 1-2 pairs of pants. Convertible, light-weight zip-off pairs are convenient
- 1-2 sets of nicer, casual clothes for evening meals
- 5 pairs underwear (synthetics are easier to wash/dry)
- 2-3 bras/sports bras
- 1-2 bathing suits
- Flip flops
- 1 fleece sweater or jacket
- 1 Gore-Tex rain jacket and/or

poncho to protect daypack and camera gear from rain

- Wide-brim, tie-on sun hat
- Sleepwear
- 5-6 pairs of socks

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
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger

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- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Reusable water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer

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'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.