

PACKING LIST – TURKEY

PACK YOUR BAGS!

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

Turkey generally has a Mediterranean climate, with hot, dry summers and moderately rainy and warm winters. In May, you can expect highs in the low 70s, and lows in the mid-50s. The temperature should be moderate during the day and cooler in the evenings. There is a possibility of rain, but not constant rainfall.

People tend to dress more conservatively in Turkey. When you visit mosques, you'll need to cover your head, shoulders, and legs – these items will be provided for you by the mosque at the entrance, but you may want to bring your own!

PACKING CHECKLIST

Clothing & Gear

- Duffel bag or small suitcase
- Daypack
- Spare foldable duffel bag for souvenirs (optional)
- 3-5 short sleeve shirts (quick-dry recommended)
- 2 long sleeve shirts for sun protection and cool days/evenings (quick-dry recommended)
- 1 medium weight fleece sweater or jacket for cool evenings
- 2 pairs of pants
- 1 pair of shorts
- 1-2 sets of comfortable clothes for evenings (skirts should be knee-length or longer)
- 1 bathing suit
- Waterproof jacket
- Hat for sun protection
- 5-7 pairs underwear / sports bras
- 5-7 pairs of socks
- Comfortable walking shoes
- Sandals
- Sleepwear
- 1 head covering (for mosques)
- 1 pair hiking/walking poles (optional)

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
- Optional binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank (Turkey uses C/F, the round prong European-style plug)
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer

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- Toothbrush/toothpaste

- Travel soap, shampoo, and conditioner
- 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)
- 1-2 bandanas/Buf
- Reading material/journal and pens
- Face masks / face coverings (1 per day is suggested)

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
- 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.