

# PACKING LIST – CROATIA

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your yacht adventure in Croatia. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as an individual. If you have any questions, please don't hesitate to ask! It's what we are here for.

### Packing Considerations

Weather on the Mediterranean in Croatia generally has daytime average temperatures in the comfortable 80s, with nighttime temperatures in the 60s. As with all outdoor activities, you should be well prepared for weather changes. Rain and cooler temperatures are all possible.

As there is limited room in the ship cabins you will want pack lightly in one duffel bag or suitcase and one carry-on for this trip. When visiting churches and cathedrals you must wear appropriate clothes – shirt or scarf that covers your shoulders and pants or a skirts that cover your knees.

## PACKING CHECKLIST

### Clothing & Gear

- Duffel bag/suitcase
- Daypack
- 1 pair of comfortable walking/hiking shoes (for walking and biking)
- 1 pair of sandals or flip flops
- 2-3 pairs of socks
- 3-4 short sleeve shirts/tank tops (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sundresses or casual attire (optional, for wearing on ship and in cities)
- 1 set of nicer but comfortable clothes for dinner (nothing fancy is required)
- 2-3 bathing suits
- Water shoes
- Bathing suit coverup
- Waterproof jacket
- Hat for sun protection
- Underwear & bras

- Sleepwear

### 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 or phone
- Headlamp or small flashlight with spare batteries
- Digital camera, memory cards, battery charger
- Binoculars (optional; 8x40/42 models are excellent choices; center focus models are easiest)
- Power adapters/power bank
- Plug adapter (type C & F)
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.

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- Money belt or neck pouch
- Water bottle
- Good sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner

## 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!
- Seasick medication (if prone to sea sickness)
- 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.*