

PACKING LIST – BAJA

PACK YOUR BAGS!

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

The weather in Baja is quite warm during the day with cooler evenings. The highs will be in the high 70s to low 90s, and the lows will be in the high 50s to high 60s. You will want layers for evenings at camp! Dress for this Baja adventure is casual. Please remember to bring bug spray, sunscreen and your sense of adventure! You may also want to pick up a mosquito head net – the mosquitoes and noseemus can be pesky at times!

PACKING CHECKLIST

Clothing & Gear

- Duffel bag or small suitcase (**soft-sided only**; wheels OK)
- Daypack
- Rash guard (for surfing and snorkeling)
- 2-3 short sleeve shirts (quick dry recommended)
- 2-3 long sleeve shirts (quick dry recommended; good for bug protection)
- 1 medium weight fleece sweater/jacket for cool evenings/boating
- 1-2 pairs of lightweight pants
- 1-2 pairs of shorts
- 1-2 sets of nicer clothes for dinner
- 2 bathing suits
- 1-2 sun shirts/beach coverup
- 1 set of yoga clothing
- Waterproof/windbreaker jacket
- Hat for sun protection
- Underwear & bras
- Socks
- 1 pair of sandals/beach shoes
- Water shoes (optional)
- Sleepwear
- Reusable water bottle
- Bug spray/bug protection**
- Bug/mosquito head nets

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 for boating/whale watching (optional; 8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power bank and/or solar charger when on the camp
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Insect repellent
- Hand wipes/hand sanitizer

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AdventureWomen Essentials (cont.)

- Toiletries: soap, shampoo, and conditioner (may be provided at certain hotels, please consider bringing biodegradable options) toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Earplugs – we recommend silicone earplugs
- Assortment of stuff sacks and bags – please consider bringing reusable stuff sacks or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens

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.