

PACKING LIST - POLAND

PACK YOUR BAGS!

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

May is spring in Poland, with variable weather and average daytime temperatures in the comfortable 60s, with nighttime temperatures in the 40s. As in all outdoor activities, you should be well prepared for weather changes and dress in layers. Zakopane is in the mountains, where it's always a bit cooler. As always, please try to pack lightly!

PACKING CHECKLIST

Clothing & Gear

- Duffel bag/suitcase
- Daypack
- 1 pair of comfortable walking/hiking shoes
- Waterproof rain jacket
- 3-4 short sleeve shirts (quick dry recommended)
- 2-3 long sleeve shirts (quick dry recommended)
- 1 medium-weight fleece, sweater, or jacket
- 1 lightweight fleece, sweater, or jacket
- 2-3 pairs of pants (suggest 1 pair that converts into shorts)
- 1-2 sets of clothes for evenings (nothing fancy; just be comfortable)
- 1 bathing suit
- Hat for sun protection
- Sunglasses
- Underwear & bras
- 3-5 pairs of socks
- Sleepwear
- Masks/face coverings (1 per day suggested)
- Write down/print out travel insurance number
- Money belt or neck pouch
- Locks for your suitcase/duffel bag
- 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 (Poland has plug types E and C)
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Water bottle
- Sunscreen and lip balm with SPF
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Masks/face coverings

AdventureWomen Essentials

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)

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)

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- 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.