

PACKING LIST - SRI LANKA

PACK YOUR BAGS!

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

At this time of year, you can expect highs in the 80s and lows in the 50s. Layers are key. Cool, light weight clothing is the most comfortable attire for traveling in Sri Lanka. The sun can be strong, so you'll want to bring a wide brimmed hat, sunglasses, and sunblock. You'll want to bring comfortable, soft soled walking shoes for sightseeing. When visiting the temples, shawls, long skirts, long trousers, and long-sleeved shirts are recommended. You'll also need to remove your shoes and socks when visiting the temples and religious buildings. Warmer clothing is necessary in the hill country when temperatures can be as low as 50 degrees.

PACKING CHECKLIST

Clothing & Gear

- Duffel bag or small suitcase
- Daypack
- 4-8 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 1 light weight fleece sweater/ jacket for cool evenings/air conditioning
- 1-2 pairs of pants
- 2-3 pairs of shorts/skirts
- 1-2 sets of nicer clothes for dinner
- 1-2 bathing suits
- Waterproof jacket
- Hat for sun protection
- Underwear
- Socks
- Comfortable walking shoes/ sneakers
- Sandals
- 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 luggage
- OPTIONAL Travel alarm clock with spare batteries or phone
- OPTIONAL Headlamp or small flashlight with spare batteries
- OPTIONAL binoculars
- OPTIONAL digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Water bottle (you will refill your bottle throughout the trip)
- Sunscreen and lip balm with SPF (Reef friendly)
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner (biodegradable)- note that all hotels on this trip provide soap, shampoo, and conditioner; only bring it if you prefer having your own
- Small packet of tissues

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- 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/Buff (biking may be dusty)
- Reading material, journal, pens
- Masks/face coverings

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
- Motion Sickness medication if you are prone to motion sickness
- 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
- 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.