

PACKING LIST - SWITZERLAND

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Switzerland. 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 climate in Switzerland is moderate - there is not excessive heat, cold, or humidity. Temperatures could rise into the low 80s, but it is cooler in the mountains. Remember that the weather changes quickly in the mountains and layers will be important.

You must have well-broken in, ankle high hiking boots for this trip. Most activities involve walking on uneven terrain. You must also protect your legs against occasional overgrown trails. Durable, comfortable clothing is essential on this adventure. You will be spending the majority of your time in Switzerland outdoors. It is best to pack synthetic or merino clothing that can be layered. Informality and comfort are the rule.

PACKING CHECKLIST

Clothing & Gear

- Duffel bag or small suitcase
- Daypack
- Rain cover for daypack
- 1 pair telescopic hiking poles
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- Comfortable walking shoes
- 4-5 pairs hiking socks
- 2-3 short sleeve shirts (quick dry recommended) -
- 2-3 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sets of nicer clothes for dinner
- 1 thin pair of gloves
- 1 bathing suit
- Gore-Tex jacket
- Gore-Tex pants
- Hat for sun protection
- 5-7 pairs underwear

- 2-4 sports 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
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters - 220 V, Type C and Type J (Type J, which is most common in Switzerland, has three pins and is found in Switzerland only)

PACKING LIST – SWITZERLAND

- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and bags
- 1-2 bandanas/Buff
- Reading material/journal and 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
- 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 Test(s)

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.