

PACKING LIST – GEORGIA

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure to Armenia and Georgia. 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 temperature should be warm, but it will be cool in the mountains. You should be prepared for rapid temperature fluctuations and rain at any time. We recommend dressing in layers.

PACKING CHECKLIST

Clothing & Gear

- Duffel bag or small suitcase
- Daypack
- Rain cover for daypack
- Medium weight hiking boots (broken in)
- Comfortable walking sandals or sneakers
- 3-4 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 for cool evenings
- 1-2 pairs of pants
- 1-2 pairs of shorts
- Bathing suit
- 1-2 sets of nicer clothes for dinner
- Waterproof rain jacket
- Waterproof rain pants
- Hat for sun protection
- 5-7 pairs underwear
- 2-4 sports bras / bras
- Sleepwear
- 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
- OPTIONAL Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters – an international adapter is best
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Reusable 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.
- Assortment of stuff sacks and Ziploc bags
- Reading material/journal and pens

AdventureWomen Essentials

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

PACKING LIST – GEORGIA

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 for bumpy car rides
- 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

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.