



Experience Tibet

## PACKING LIST FOR TIBET

### Documents

- Passport, with visa
- Flight/train bookings
- Boarding passes
- Hotel bookings
- Itinerary
- Photocopies of passport/visa/ID/medical/insurance cards
- Photocopy of your eyewear prescription
- List of phone numbers, emails of people/places you may want to contact
- Optional: Driver's License, for ID, if needed.
- Optional: 2-4 extra passport-style photos

### Financial

- Money belt/Neck wallet
- Cash or traveler's checks
- Credit/debit cards
- Photocopy of credit/debit cards
- Digital or verbal passwords for your credit/debit card institution

### Outerwear

- 1 Pair of hiking boots, hiking shoes, or comfortable walking shoes (depending on your trip)
- Rain jacket
- Warm fleece or down jacket
- Warm fleece or wool hat
- Gloves
- Optional: Rain pants
- Optional: Scarf

### Clothing

- 3-5 quick-drying t-shirts
- 1 Lightweight long sleeve shirt
- 1 Midweight long sleeve layer (maybe a zip-up fleece)
- 2 Pairs of jeans or hiking pants
- 1 Pair of warm but light fleece or sweat pants for your room.
- Light-weight thermal shirts or long underwear

- 5-7 Pairs of socks
- 3+ Pairs of underwear
- Women: 1 extra bra
- Optional: swimsuit (ask your agent if there are any hot springs on your route)
- Optional: bandana

### **Sun Protection**

- Wide-Brimmed Hat or baseball hat
- Sunscreen- SPF 30+
- Lip protection SPF 30+
- Sunglasses

### **General Travel Gear**

- Lightweight sleeping bag liner/sleep sheet
- Small flashlight
- Travel towel (1 small and 1 medium)
- Travel lock for your bags
- Travel size anti-bacterial hand cleaner
- Ziplock plastic bags
- Optional: Sleeping Bag
- Optional: Swiss Army Knife

### **Toiletries**

- Shampoo
- Conditioner
- Shower gel or soap
- Deodorant
- Lotions, creams
- Disposable wipes for when you can't bath.
- Shaver or razor and shaving cream
- Nail clippers
- Comb/Brush
- Toothbrush/toothpaste/floss
- Hair thingies
- Women: Feminine products
- Optional: Disposable face towelettes

### **Medical/Health**

- Travel medicine prescriptions and/or altitude sickness medication (Consult a doctor)
- Glasses
- Vitamins
- Iodine tablets
- Small first aid kit, with plastic gloves
- Pain relievers

- Diarrhea medicine
- Laxatives or a fiber like Metamucil
- Contact lens preparations, eye drops
- Motion sickness medicine
- Allergy medicine
- Optional: Extra pair of glasses
- Optional: Sleep medication (consult your doctor and/or travel doctor)
- Optional: face mask
- Personal prescription medicine (if applicable)
- Mouthpiece (if applicable)
- Birth control/contraceptives (if applicable)

### **Electronics/Communications**

- Smart phone/charger (note high altitude limits)
- Camera, batteries, chargers and memory cards (optional: UV filter)
- Earphones for phone or music device
- Travel adapters and converters
- Optional: Portable charger
- Optional: Laptop/tablet with power adapter (note high altitude limits)

### **Recommended but optional**

- Personal thermos/flask
- Small lantern
- Compact umbrella
- Light bag to use as a day pack
- Hot water bottle
- Food from home (Energy bars, jerky, dried fruit and nuts, tea, instant coffee)

### **Purely optional**

- Solar charger
- Travel clothesline
- Travel sewing kit
- Steri pen for water purification
- Water bottle to fit a steri pen
- A book to read
- A guidebook

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