

WHAT TO PACK WHEN TRAVELLING TO ASIA

Deciding what to pack and bring with you when visiting the huge continent of Asia can be confusing and somewhat overwhelming unless you have some handy hints – keep reading, we're here to help!

Most of the countries we visit in Asia are somewhat westernised, so the best piece of advice we can offer is to wear what makes you comfortable. Bring clothes to cover all seasons with layers to cover the variable weather conditions as well as your favourite, most comfortable pair of walking shoes – you will need them in Asia! Many of our passengers are surprised at how much walking they end up doing.

We suggest checking the forecasted weather for the specific places you're visiting on tour, as this will give you a rough guide on current temperatures. Temperatures and climates will vary considerably depending on what parts of Asia you will be visiting, so it pays to be prepared. Destinations closer to the Equator, like Sri Lanka, typically enjoy a warm, tropical climate throughout the year with distinct wet and dry seasons. In these hot and humid countries pack lightweight and breathable clothing. Countries further away from the Equator enjoy more of a four-season climate, so pack versatile layers, including warm clothing.

Depending what part of Asia you are visiting, women may need a head scarf to enter some mosques and temples, and wear modest clothing that covers knees and shoulders. Also, a good tip is to pack a spare pair of socks in your daypack, as sometimes shoes need to be removed when entering.

There can be a lack of shade when visiting sights and attractions, so a sturdy hat and sun protection is also an absolute must.

PACKING LIST

- ❑ Lots of layers – it can be cool at nighttime, even if it's hot during the day
- ❑ A wind and rain proof jacket
- ❑ Comfortable walking shoes and a pair of thongs or sandals
- ❑ Sunglasses, hat, sunscreen and swimsuit
- ❑ A head scarf (for women)
- ❑ Toiletries
- ❑ Camera and camera charger
- ❑ Phone and phone charger
- ❑ Universal travel adaptor
- ❑ Any necessary prescription medication (always carry them in your hand luggage)
- ❑ Panadol, Gastro Stop, cold and flu medication, antihistamine and mosquito repellent (outside of the large cities chemist options can be very limited, so best to already have packed and bring with you)
- ❑ A photocopy of your passport, travel insurance policy and list of prescribed medications



WE WISH YOU A WONDERFUL JOURNEY IN THIS FASCINATING PART OF THE WORLD!