

WHAT TO PACK WHEN TRAVELLING TO EGYPT & THE MIDDLE EAST

A wide-angle photograph of the Great Pyramids of Giza in Egypt, set against a clear blue sky and a sandy desert landscape.

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

Many of the countries in the Middle East have conservative dress standards. This is important to keep in mind when packing for women, as wearing sleeveless tops and shorts or skirts can bring unwanted attention. It may be best to wear loose conservative clothing with sleeved tops and shorts/skirts that cover your knees. Showing too much of your legs, shoulders and cleavage is a big no-no, unless by the pool.

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. Keep in mind that the climate in these Middle Eastern countries can vary based on the regions you plan to explore. From the arid deserts of Jordan to the Mediterranean coastal areas of Israel and the scorching temperatures along the Nile in Egypt, being aware of the diverse climates will help you pack appropriately. Pack light, loose fitting clothes for hot days and warm layers for chilly desert nights.

Women will need a head scarf to enter some mosques and temples. Also, it's a good idea 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.

If you are visiting the wonderful camp at Wadi Rum, it's not possible to bring your entire suitcase for the night, so be prepared to pack your necessary items in a small overnight bag/backpack. It can also get really dusty, so be prepared for your belongings to be covered in dust!

PACKING LIST

- ❑ Lots of layers – it can be cool at nighttime, even if it's hot during the day
- ❑ Small overnight bag/backpack
- ❑ 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
- ❑ 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!