

PACKING LIST

Please use this list as a general guideline to help you prepare for your expedition.

Touring / Travel Clothing:

This should make up the bulk of your items. Not only will you wear them all day, but many guests will go to dinner some evenings in the same clothing they have been wearing all day. We suggest “athleisure” casual clothing, which is designed to be worn for both exercising and general use.

- ☐ 3 comfortable, casual short-sleeved shirts (some people prefer safari-type shirts)
- ☐ 2 comfortable, casual long-sleeved shirts for sun and insect protection as well as for layering in cooler weather
- ☐ 3 pairs of long, lightweight pants, at least one of which can be dressed up or down
- ☐ 2 pairs of shorts/skorts or a day-time dress (some religious sites require people to wear clothing that goes well past their knees)
- ☐ 8 pairs of underwear
- ☐ 6 pairs of socks
- ☐ 2-3 bras
- ☐ 1 pair of well-broken-in walking or athletic shoes with good tread
- ☐ 1 pair of sunglasses
- ☐ Optional: 1 sun hat if you want more than the provided baseball cap

Non-Touring Clothing/Accessories:

- ☐ 3 blouses/button-up/polo shirts for dinners
- ☐ 2 pairs of slacks/khakis (or one if you use the touring pair that can be dressed up or down) or 2 smart-casual dresses
- ☐ 1 sweater or fleece for cooler temperatures or the plane
- ☐ 1 set of night clothing or whatever you sleep in
- ☐ 1 bathing suit
- ☐ 1 pair of flat/casual shoes like a city sneaker or a loafer
- ☐ 1 pair of “nicer” shoes (flats, fancy sandals, loafers, boat shoes). We recommend against heels, as many places have uneven ground or grass to walk across.

Non-Touring Clothing/Accessories

(continued):

- ☐ Accessories to add flair to your capsule wardrobe: scarves and inexpensive jewelry (this could also be a fun thing to shop for along the way)
- ☐ 1 cross-body purse so that you can be hands free while touring, through airports and at cocktail events
- ☐ 1 pair of spare eyeglasses and/or contact lenses and case
- ☐ Optional: some men prefer to bring a sport coat and some do not. There may be some men wearing them at some dinners. In addition, some dine-around restaurants may require them, but you could always opt for a different restaurant if you don't want to bring a jacket.
- ☐ Optional: 1 pair of comfortable jeans
- ☐ Optional: 1 pair of sport sandals or flip-flops
- ☐ Optional: workout clothes if you want to use hotel gyms where available

Outerwear:

- ☐ 1 down jacket designed to pack into its own small sack
- ☐ 1 water-resistant windbreaker or shell to use both for rain/wind protection and for warmth over the down jacket if needed

For Carry-on Backpack:

TCS will provide a backpack for you a few weeks before the trip. We suggest you have the following items in your carry-on backpack:

- ☐ Wallet or purse with credit cards and cash
- ☐ Passport and inoculation record or waiver

Optional for carry on*, but good to have in backpack while touring (we do provide a starter kit of bug repellent, antibacterial gel and lip balm):

- ☐ Antibacterial gel and spray
- ☐ Bug repellent
- ☐ Lip balm
- ☐ Sunscreen

*Please note, if you do bring liquids in your carry-on through airport security, you will need to adhere to the 3oz/100ml maximum size and carry them in a clear bag.

Toiletries:

- ☐ Toothpaste and toothbrush
- ☐ Personal grooming/hygiene products
- ☐ Moisturizer or after-sun lotion
- ☐ Shampoo and conditioner, if you want something beyond what all the hotels provide

Medications:

- ☐ A month's supply of any personal prescriptions**
- ☐ A month's supply of any OTC medicines you take like allergy medications**
- ☐ Over-the-counter cold and flu medicines
- ☐ Diarrhea treatment kit

**Some common medications in your home country could be banned in other countries, so it is important for you to check prior to departure. The State Department has relevant information and links at travel.state.gov on each country page under "Local Laws & Special Circumstances." Make sure you do so well before the trip starts, so that if your doctor needs to prescribe a substitute, there is time to organize this. Please note that all prescriptions and medications should be in their original bottles/packaging in case any customs officials inquire as to what they are.

Other:

- ☐ Camera and cellphone
- ☐ Chargers and extra batteries
- ☐ Reusable dry bags of various sizes (to prevent moisture on electronics, books and notebooks)
- ☐ Collapsible umbrella
- ☐ Collapsible walking stick, if needed

Items TCS Will Provide:

- Small wheeled suitcase
- Packing cubes
- Baseball cap
- Compression socks
- Backpack
- A pen
- Universal adapter
- Anti-bacterial spray and wipes
- Insect repellent wipes