



Wanderlust & Lipstick
P.O. Box 16102
Seattle, WA 98116

Bhutan Packing List

Clothing

Short sleeve shirt(s)
Long Sleeve shirt(s)
Sweater
Jeans or long light pants
Pajamas
Underwear
Socks
Belt
Jacket (lightweight worn over sweater should be fine)
Sandals
Walking or hiking shoes
Bathing suit (only if hotel in Delhi or Bangkok has pool)

Accessories

Passport
Reading materials (magazines, books)
Guidebook(s)
Maps
Cell phone (don't expect it to work in Bhutan but it will in Bangkok and Delhi)
Cell phone charger
Camera
Camera charger
Video camera (if you like)
Video camera charger (if you like)
Memory card(s) or film for camera
Eye shade
Notepad/journal
Pens
Sunglasses
iPod (load Dzongkha language podcasts or audio books!)
iPod charger
Travel documents (directions, printouts with reservation confirmations, etc.)
Alarm clock
Binoculars
Flashlight
Gifts for locals
Postcards from your home city (to share with the locals)
Games (card or other small games)

Toiletries including:

- Conditioner
 - Shampoo
 - Hairbrush
 - Deodorant
 - Hand lotion
 - Face lotion
 - Facial soap
 - Makeup
 - Razor
 - Toothpaste
 - Toothbrush
 - Tweezers & nail clippers
 - Dental floss
 - Feminine products
- First aid kit including:
 - Tiger balm (for headaches)
 - Prescription medicines
 - Anti-diarrheal
 - Mosquito repellent
 - Malaria prophylaxes (consult with your doctor as to whether you want to take this)
 - Tea tree oil (for cuts)
 - Sunscreen
 - Antibiotic cream
 - Ace bandage
 - Handi-wipes or anti-bacterial gel
 - Safety pins
 - Eye drops or flush
 - Pain reliever
 - Lip balm
 - Band-aids

Pack as little as possible. It's been years since I've checked a bag. I use one carry-on bag that is a convertible roll-aboard/backpack and one small shoulder bag that fits under the seat in front of me on a plane.

Expect to see me in the same couple of sets of clothes during our adventure and I'll expect the same of you! As an FYI, we do not have plans to see the King, so leave the dress shoes and nice jewelry at home 😊

Do dress in layers. Nights will be cool and days will be warm. Hiking boots are not necessary but for those concerned about ankle support, they will come in handy. Make sure that whatever you bring, they're broken in before you arrive.

Whether you're starting in Bangkok or Delhi, it will be HOT, so plan on shorts and tank tops in Bangkok and light clothes that cover your shoulders and knees in Delhi.