



Wanderlust & Lipstick
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Bhutan Packing List for Trek

Clothing

Short sleeve shirt(s) – base layers work well
Long sleeve shirt(s)
Sweater
Jeans or long light pants that will dry quickly
Long underwear (tops and bottoms)
Pajamas
Underwear
Socks
Jacket (lightweight and/or waterproof)
Sandals
Walking or hiking shoes
Hat
Waterproof gloves
Water resistant poncho
Bathing suit (only if hotel in Kolkata or Bangkok has a pool)

Accessories/personal items

Sleeping bag
Water resistant/proof cover for your daybag
Passport
Credit/debit cards
Cash
Reading materials (magazines, books)
Guidebook(s)
Maps
Cell phone (make sure it is “unlocked” by your carrier so that you can buy a local SIM card for it. Reception will be spotty in Bhutan but OK in Bangkok.)
Cell phone charger
Camera
Camera charger
External hard drive to back up images
Video camera (if you like)
Video camera charger (if you like)
Memory card(s) 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
Watch

Binoculars
Flashlight or headlamp
Gifts for locals and guides
Postcards from your home city (to share with the locals)
Games (card or other small games)
Hand warmers
Snacks (such as nuts, dried fruit, protein bars)

Toiletries:

Conditioner
Shampoo
Hairbrush
Deodorant
Hand lotion
Face lotion
Facial soap
Razor
Toothpaste
Toothbrush
Tweezers & nail clippers
Dental floss
Feminine products
First aid kit including:

- Tiger balm or pain reliever
- Accupressure bracelets or ginger candy for motion sickness
- 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
- Lip balm
- Band-aids

Add to this any other personal items you feel you might need such as medications or snacks.

Just announced! The Bhutan Laya Trekking Tour in October, 2011. Don't wait to secure your spot for this very unique opportunity to trek in this region near Punakha.

During the trek, the majority of our bags will be carried by yaks and/or horses. You will be responsible for your own small personal bag, however, in which you can carry a camera, water, snacks and anything else you might need throughout the day.

As with any trip, I suggest that you **pack as little as possible**. It's been years since I've checked a bag. For this trekking tour to Bhutan, I plan to bring one carry-on bag and one small backpack/daybag to carry personal items.

Expect to see me in the same couple of sets of clothes during our adventure and I'll expect the same of you! While I have actually seen the King during one tour, we won't

likely be sitting down to dinner with him, so you can leave the dress shoes and nice jewelry at home 😊

In addition to the items listed below, take note of the following:

Do dress in layers. Nights will be cool and days will hopefully be warm and dry – though that can change quickly if it's cloudy and rainy. Since we won't be able to predict the weather, be prepared for a variety of weather conditions – from sunshine with temps in the low 70's during the day to freezing nights. It's very possible we will run into some rain so a **waterproof jacket** will be helpful. **Hiking boots** will help you stay warm and sure-footed, just make sure that they're broken in before you arrive.

While the tour operator in Bhutan can provide **sleeping bags**, the quality is generally poor and they suggest that you bring your own. Expect freezing temperatures at night, so a compact sleeping bag that will keep you warm during cold nights will be best. It's best to visit your local outdoor outfitter so that someone with more knowledgeable than I can help you make a choice.

Tents and sleeping pads will be provided and you might consider bringing your own **small** camping pillow as well.

Bangkok will be hot so you'll also need to be prepared with some warm-weather clothes, too. I know it's a pain for just a few days but it'll be necessary.