

# Explore!

## Explore's Essential Packing List

Everything you need for your next adventure – keep this list handy while you pack and use it in conjunction with the Trip Notes for your individual departure, which will include any specific requirements for your trip, including any luggage weight or size restrictions.

### For all tours

#### Travel documents

- ☐ Passport
- ☐ Visa (if necessary)
- ☐ Return flight details
- ☐ Travel insurance details
- ☐ Proof of vaccinations (if applicable)
- ☐ Photocopies of important documents

#### Personal items

- ☐ Local currency
- ☐ Bank cards
- ☐ Book, journal and entertainment for travel days
- ☐ Snacks (important if you have dietary requirements or will be travelling to a remote area)
- ☐ Reusable water bottle (our [Water-to-Go bottle](#) has a filtration system for drinking local water)

#### Electronics

- ☐ Travel adaptor
- ☐ Phone and charger
- ☐ Power bank
- ☐ Torch or headlamp

#### Toiletries

- ☐ Personal toiletries
- ☐ Personal medication (please carry any essential medication in your hand luggage)
- ☐ Sunscreen
- ☐ Insect repellent
- ☐ A small first aid kit
- ☐ A microfibre/travel towel

Small group adventures  
**Don't just travel, Explore!**

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## For all tours (continued)

### Clothing

- ☐ Lightweight, comfortable clothing
- ☐ Modest layers or a scarf (if visiting holy sites or travelling to a more conservative destination)
- ☐ Waterproof jacket
- ☐ Sunhat or cap
- ☐ Sunglasses
- ☐ Swimwear (if itinerary includes swimming/beach visits/hotels with pools)
- ☐ Comfortable walking shoes/trainers

### Luggage

- ☐ A suitcase or backpack you can carry by yourself (please check your trip notes as some tours recommend soft-shell luggage)
- ☐ A padlock to keep luggage secure
- ☐ A day pack
- ☐ A packable tote bag
- ☐ Dry bags or zip-lock bags for wet/dirty items

### Pack sustainably

At Explore, we pride ourselves on sustainable travel, here are some items you can bring to make your trip a bit greener.

- ☐ A water bottle
- ☐ A reusable coffee cup
- ☐ A tote bag
- ☐ Tupperware
- ☐ Reusable cutlery

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## For walking tours

- ☐ Well worn-in hiking boots
- ☐ Walking socks (multiple pairs)
- ☐ Trekking poles (optional but helpful)
- ☐ Quick-drying layers & moisture-wicking clothing
- ☐ Waterproof trousers
- ☐ Warm or thermal base layers
- ☐ Warm mid-layer (fleece or light insulated jacket)
- ☐ Hat and gloves (especially for high-altitude treks)

## Optional

- ☐ Gaiters (for muddy or snowy trails)

## For cycling tours

- ☐ Cycling helmet
- ☐ Breathable cycling jerseys or moisture-wicking tops
- ☐ Lightweight waterproof/windproof jacket
- ☐ Sunglasses with UV and wind protection

## Optional

- ☐ Padded cycling shorts
- ☐ Cycling gloves