

Packing Checklist

Ultimate Egypt

Below is a list of required and optional items to bring on your adventure.



Note: While visiting mosques and other religious monuments, please dress modestly. It's respectful to cover your shoulders and wear knee-length shorts or skirts. Outside of capital cities, local dress is often more conservative.

Required Items

- 1 - 3 pairs of pants/capris
- 1 - 2 long dresses or skirts
- 5 - 10 tops (mix of t-shirts, lightweight long sleeves)
- Underwear, bras
- Pajamas
- Brimmed hat and/or bandana/ buff/ scarf/ sarong
- Breathable, comfortable walking shoes or sport sandals
- Light jacket
- Sunglasses (with optional leash/hard case)
- Toiletries (toothpaste, toothbrush, deodorant, etc.)
- Prescriptions
- Sunscreen, lip balm (with SPF), Insect repellent

Personal first aid kit containing Ibuprofen/ASA, Band-aids, second skin, adhesive tape, anti-histamines, Polysporin, Imodium or similar tablets for mild cases of diarrhea, throat lozenges, extra medications/ vitamins, motion-sickness medication for car travel or sea sickness, hand sanitizer/wipes etc.

Camera and accessories, with extra batteries

Plug adapter and converter

Luggage locks

Money belt

Small day pack

Optional Items

Small travel towel

Snacks

Electrolyte drink mix (to aid in rehydration)

Reading material

iPod

Pencil and notebook/ journal

Travel alarm clock

Ear plugs (recommended)

Essential Documents

Passport (with photocopies)

Travel insurance (with photocopies)

- Airline tickets (with photocopies)
- local currency, ATM and credit cards
- Wild Women Expeditions Trip Information Package itinerary
- Any entry visas or vaccination certificates required



Note: Pack photocopies of travel documents separate from originals in the event that your baggage is lost or delayed.

Packing Notes

Luggage Logistics

Checked luggage can get lost or delayed on the way to any destination. Therefore, you should prepare for this possibility by wearing items that are essential to your Wild Women Expeditions Adventure.

In your carry-on, pack a light jacket, change of clothes, snacks, toiletries, water bottle, medications, camera, and all paperwork.

Luggage space in vehicles can be very limited. Please use a duffle bag or other soft-sided luggage that is similar to your carry-on size.

Resources for Buying Outdoor Gear & Clothing

- **Mountain Equipment Co-op (Canada), SAIL or REI (USA):** Membership is required for both for \$5 (for life) but priceless!

- **Borrow:** Why buy when you can borrow from a friend or kid sister?
- **Variety/Value Village, Goodwill and Salvation Army** are also great places to find second-hand items. Reduce, Reuse, Recycle! Rewear!