




# WILD WOMEN

EXPEDITIONS

## Azores Horseback Tour

### Packing Checklist

 **Luggage Logistics:** Checked luggage can get lost or delayed on the way to any destination. 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. Depending on group size, luggage space in vehicles can be limited. Please use a small to medium-sized suitcase or duffel on rollers. Our best advice? Don't pack more than you can carry!

 **Hot tip:** Always check the weather in your destination in the week leading up to your trip!


Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*). Think about how you travel and what works best for you. If you know you'll never wear or use a particular item on this list, don't worry about it!

### Required Items

- Main luggage: suggested small to medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack in the airport and from vehicles to your accommodation
- Daypack: Recommended size: 10-20L. Your pack should have room for a water bottle, rain jacket, sunblock, camera/phone and personal items
- Hiking shoes/trail runners
- Water shoes or sandals (such as Keen or Teva brands)
- Water bottle or CamelBak hydration system (1L size is good)
- Waterproof/windproof jacket

## Recommended Items

- Riding breeches or other comfortable fitted stretchy pants for riding (yoga tights or skinny jeans with flat inner seams will work in a pinch).
- Lightweight hiking pants
- T-shirts to your preference and length of trip (merino wool is recommended, but polyester, or even cotton on a hot day, are fine)
- Comfortable loose shirt (with pockets and SPF)
- Underwear as required for the length of the trip
- Comfortable and supportive sports bra
- Socks: three or four pairs. Merino wool is recommended.
- Light wind/rain proof tops/bottoms (a MUST have item)\*\*
- Riding boots with a heel. Water (rain) resistant boots are recommended.
- Hiking boots. An all-terrain riding/hybrid boot is ideal, such as the [Ariat Terrain](#) or similar) as it can be both a riding boot and a hiking boot. Water (rain) resistant boots are recommended.
- Leather or synthetic half chaps (if you have your own)
- Gloves for riding (lightweight work or gardening gloves also work well)
- Bandana or neck gaiter (good for extra sun and dust protection)
- Sun hat (either a wide brimmed hat or baseball type cap)
- a couple of sets of comfy casual clothes for evenings at the lodge
- Fleece, wool sweater or jacket (for cooler nights)
- Lightweight walking shoes or sandals
- Lightweight warm hat/beanie (for colder nights and mornings at the lodge (autumn trips)
- Pajamas
- Toiletries : biodegradable shampoo, toothbrush, toothpaste, razor, lip balm, hand and body lotion, hair brush, etc.
- Insect repellent (for June/July/August trips)
- Sun block
- Lip balm with sunscreen
- Sunglasses
- Bathing suit
- Refillable water bottle
- Alcohol-based sanitizer and face masks

 Note: Individual bags on the saddle are not accepted. You will be provided with a saddle bag for a small water bottle (also provided), lip balm, sunscreen, phone. Backpacks are not allowed while riding, but a small waist pack may be worn.

- 2-3 Ziploc baggies or one small dry bag (5L) for waterproofing items or packing wet things back in your daypack/luggage
- Personal toiletries
- Waterproof sunscreen (ocean/reef-friendly), lip balm (with SPF),-after-sun lotion
- Ear plugs (for shared rooms)


- Prescriptions, if applicable (bring in duplicate and pack separately – in the event you lose a set of medication)
- Basic Personal First Aid Kit (your preferred painkillers and muscle relaxants, anti-nausea tablets (especially if you are prone to seasickness for sailing and the ferry to Dubrovnik), etc. as your local guides cannot administer medications but will carry an expedition quality first aid kit)
- Smartphone with charger, plug adapter for destination, converter, external battery

## Optional Items

- Snacks (for those hangry moments)
- Electrolyte drink mix (to aid in rehydration)
- Sandals or flip flops (for evening/travel)
- Spandex/leggings (3/4 length)
- Waterproof pants
- Bandana/Buff
- Sarong – these do triple-duty: sun protection, a dress or towel!
- Book, journal, sketchbook, pen/pencil (if you do these sorts of things)
- Binoculars for the national parks
- Insect repellent


## Essential Documents

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- Local currency, ATM and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved for easy access on your phone)
- Any entry visas or vaccination certificates as required

 **Note:** Pack photocopies of travel documents separate from originals (or save to your phone) in the event that your baggage is lost or delayed.

## Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Thrift stores and online swap sites are also great places to find second-hand gear for a fraction of the price. Reduce, Reuse, Recycle, Rewear!

 **Gear Note:** We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!