



## Jordan Explorer

### Packing Checklist

 **Travel tip:** Checked luggage can often get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. hiking shoes, fleece) and pack your raincoat, camera/phone, paperwork and medications in your carry-on. If space permits, pack a change of socks, underwear and an extra t-shirt.

 **Fabric Note:**

We recommend that you choose multi-purpose, UV protective, quick-dry clothing. Covering up from the sun is essential, as you will spend much time outside every day. You can bring cotton or denim items but be aware that they won't be easy to wash or dry. Linen can be an enjoyable material to wear in this climate as well.

 **Hot tip:** Always check the weather in your destination in the week leading up to your trip to avoid any surprises that Mother Nature might deliver!

**Customs note:** Do not pack binoculars to bring on this trip as these may be confiscated upon arrival at customs.

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*), if you know you will never use it - think about how you travel and what works best for you.

## Required Items

- Main luggage: suggested small-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 during travel, you will need to carry this along with your day pack.
- Daypack: A 20L-30L pack should be sufficient for your water bottle, packed lunch and snacks, raincoat, camera/phone and personal items.
- Hiking boots/trail runners/runners that are well-loved and broken-in (if you prefer the ankle support). Lightweight and breathable footwear are key (bring a pair of spare laces too). KEEN, Merrell, Vasque and Salomon brands are popular for good reason. Trail runners like La Sportiva or Hoka are a great alternative as well.
- Waterproof, breathable jacket: Jackets with hoods and armpit zips are best.
- Reusable water bottle (approx 3L) or hydration system such as Platypus

## Recommended Items

- Bathing suit (the Dead Sea salt can be hard on swimwear - best to pack an older swimsuit in case it damages the material.)
- Underwear and bras as desired
- Socks as needed (including a couple pairs of light merino hiking socks)
- Pajamas
- Sweater/light fleece/hoodie/down jacket. The temperature can drop considerably at night.
- Long, thermal underwear (winter)
- Lightweight down jacket (winter)
- Rain & windproof jacket (winter)
- Hiking shirts preferably long sleeves for protection against the sun
- Shirts/T-shirts: some cotton/linen, some quick-dry
- Hiking pants (breathable, wind/rain proof, and in light colors to reflect the heat)
- Lightweight pair of casual long pants and/or capris
- Casual/comfortable wear for travel/evenings
- Hat with a brim (to reduce sun exposure)
- Sunglasses with a retainer strap (If you have polarized shades bring them!)
- Thin gloves (winter)
- Toiletries as needed
- Sandals or flip flops (slippers are sometimes provided at accommodations)

- Light shoes for camp use or sightseeing
- Sunscreen (SPF 15+), lip balm with sunscreen
- Ear plugs (recommended for shared rooms)
- Bandana or buff (for dust and sun protection)
- Smartphone with camera, charger and outlet adapter for Jordan

## Optional Items

- Trekking poles
- Portable battery/power brick for charging phone, etc.
- Pencil and Notebook/Journal
- Reading material
- Face masks, hand sanitizer
- Small flashlight or headlamp, spare batteries
- Energy snacks and drinks: snacks will be provided but if you have unique dietary needs or favourites, best to pack a few
- Scarf/sarong to throw over bare shoulders - you may want to purchase this locally - there are many beautiful scarves available for sale in Jordan!
- Personal water purification system such as Lifestraw or Grayl. Potable water will be provided on the trip. You can use a purification system pre or post trip to avoid single use plastics.
- Personal first aid kit and blister kit
- Insect repellent
- Envelopes for guide(s) (see Travel Details Tipping section for guidance and instructions on tipping)

## Essential Documents

- Passport: stored in a waterproof wallet/Ziploc bag (with photocopies or stored on phone)
- Travel insurance (with photocopies or stored on phone)
- Airline tickets (with photocopies or stored on phone)
- Local currency, Debit and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved to your phone for easy access on or printed, your preference)
- Any entry visas or vaccination certificates as required (Your Jordan VISA is provided upon entry and the cost is included in the cost of the trip.)

## Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere
- Borrow: Why buy when you can borrow from a friend?!
- Thrift stores and online swap sites are awesome places to scour for second-hand items.
- Reduce, Reuse, Recycle, Rewear!

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!