



WILD WOMEN

EXPEDITIONS

Bhutan Hiking Adventure


Packing Checklist


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! Before your trip, become well-acquainted with your gear—especially your hiking boots, poles (if desired) and backpack. Wear your day pack on training hikes and gradually increase the weight that you are carrying so when you strike off on day one, your pack feels snug like your favorite pair of jeans!


☀️ Fabric Note: We recommend that you choose multi-purpose, quick-dry clothing such as Patagonia Capilene (recycled polyester fabric) base layers and merino wool socks. Proper layering is essential! You can bring cotton or denim items but be aware that they won't be easy to wash or dry. Women often tell us it was colder on the trek portion of this trip than they had anticipated. Please make sure you bring plenty of warm clothes (particularly for night time) as it can be below freezing in camp.

👕 Laundry note: All the hotels do have laundry facilities, but many of them don't have dryers. If you want to take advantage of this it is best to wait when you are at a hotel for more than one night.

✈️ Travel tip: 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 your rain jacket, a sweater, 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!

 **Luggage Logistics:** For the overnight hike, you will have your daypack as well as a 20L packable bag for the overnight trek. You will need to bring this packable bag from home, it should be soft, like a kit bag, this bag will be carried by a horse and may get dirty. Pack your 20L bag with no more than 10-15 kg of contents (be mindful and respectful of the horses that will be carrying it!). Pack your day pack accordingly with the necessary items as you will not have access to your overnight bag while hiking.

 **Note:** Formal, respectful attire is required to visit inside Taktshang monastery (Tiger's Nest) and Paro Dzong. Pants are preferred to skirts and shorts are not permitted, despite length. Any shoes with socks are acceptable—flip flops and sandals are not permitted.

 **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: 20-25L. Your pack should have room for a water bottle, rain jacket, sunblock, camera/phone and personal items
- 20L soft sided packable bag. (Waterproof is preferable as a horse will be carrying your bag.) This bag should be able to fit 10-15 kgs of your gear.
- Hiking boots: Make sure you've given them a solid pre-trip workout in varying terrain and elements! Logging several miles in them will help ensure a blister-free trip. (Waterproof recommended.)
- Water bottles or CamelBak hydration system (you will need to carry 1 to 2L per day.) Bottled water will be provided in town and on the trek boiled water will be provided. It is unsafe to drink tap water in Bhutan.

- Waterproof, breathable jacket and pants: Jackets with hoods and armpit zips are best. Your rain gear MUST BE truly waterproof not just a shell.

Recommended Items

- Waterproof cover for your day pack
- Trail runners/running shoes: For casual wear and walking around town
- Light sandals or slippers: for evening wear or around accommodations
- Socks: Bring enough socks to have a dry pair to hike in and change into (post-hike) everyday. Good, long hiking socks are paramount—especially merino wool socks that will help keep your feet warm even when wet. There will be time to wash socks—but not necessarily enough time to air-dry them!
- Fleece/down jacket or wool sweater: one or two
- Shirts/T-shirts: two or three, some cotton, some quick-dry
- Long-sleeve shirts: one to three, some cotton, some quick-dry
- Lightweight hiking pants: one or two pairs, at least one quick-dry pair is recommended.
- Thermal base layer (top and bottom) for camping (this set can double as your pajamas if you run cold!)
- Fleece pants
- Underwear and bras as desired
- Pajamas
- Swimsuit (there will be an opportunity to experience a traditional hot stone bath on Day 1 and your accommodation in Zhiwaling has a sauna, steam room and hot stone bath as well)
- Pants to be designated for monastery visits
- Collared shirt for monastery visits
- Sun hat/baseball cap
- Warm hat: wool/fleece toque (for the Canadians) or beanie
- Lightweight gloves or mitts
- Sunglasses with a retainer strap
- Toiletries (biodegradable shampoo and soap is encouraged)
- Sunscreen (SPF 15+), lip balm with sunscreen
- Ear plugs (recommended for shared rooms)
- Small flashlight or headlamp, spare batteries
- Personal first aid kit and blister kit
- Insect repellent
- Carabiners to attach items to the outside of your day pack (eg. water bottles or wet clothes)

- Inner liner for beds (for camping)
- Camera/phone: memory cards, batteries/charger
- Universal power adapter, or power adapter for Bhutan
- Hiking poles
 - Note: you cannot pack hiking poles in your carry-on luggage, they must be checked in.
 - Carrying hiking poles with you is highly recommended on this hike for safety reasons, in the event of a mild strain or injury while hiking.
 - Hiking poles are provided but you're welcome to bring your own if you're partial.

Optional Items

- Portable battery/power brick for charging phone and items while hiking
- Extra travel and 'town' clothes
- Binoculars
- Small knife (must be packed into checked luggage)
- Bandana/ Buff
- Small travel pillow
- Washing line
- Toilet paper, tissues, wet wipes
- Ziploc baggies to waterproof items in day pack or a small dry bag
- Pencil and Notebook/Journal
- Reading material
- Face masks, hand sanitizer
- Energy snacks and drinks: snacks will be provided but if you have unique dietary needs or favourites, best to pack a few
- Envelopes for tipping guide(s)(see Travel Details Tipping section for guidance and instructions on tipping)

Essential Documents

- Passport (with photocopies or stored on phone)
- Travel insurance (with photocopies or stored on phone)
- Airline tickets (with photocopies or stored on phone)
- Bhutan Travel VISA (with photocopies and stored on phone)
- Local currency, ATM 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

💡 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!