

Packing Checklist

Bali Explorer

Though Indonesia is a relatively conservative country, Bali is quite liberal due to the influx of tourists and a large Hindu population.

We advise you to keep your shoulders covered in Denpasar (no tank tops!). Longer shorts, below the knee skirts or pants, are also recommended here.

At the hotels and resort areas, wearing shorts is acceptable. It's important to respect the local etiquette, especially when visiting temples. Your trip leader will give you advice during the trip about what's appropriate to wear for the day's activities.

Please ensure you check the local forecast before your trip and pack accordingly! If you're not sure what any of the items in the packing list are, please ask us or your nearest outdoor outfitter. We want you to be Girl Scout-prepared for your adventure ahead!

Required Items

- Main piece of luggage: a soft-sided duffel bag or 30-50L backpack
- Daypack (10-20L)
- Hiking or running shoes
- Sports/water sandals (ie. Keen)
- 3-4 pairs of socks
- Light wind/waterproof jacket
- 1 hoodie/sweater/light fleece
- 2 long sleeve shirts (you may wish to opt for a shirt with SPF protection for swimming/hiking)

- 3-5 short sleeved shirts/t-shirts (quick-dry are best)
- 1 pair of hiking pants
- 1 lightweight pair of casual long pants
- 1 long light skirt/dress (only if you like wearing skirts/dresses!)
- Scarf/sarong to throw over bare shoulders
- 1-2 shorts/capris
- underwear and bras (as desired)
- Light nightwear
- Hat with wide brim for sun protection
- 1-2 swimsuits
- Sunglasses/case
- Camera: memory cards and batteries/charger
- Toiletries (ideally biodegradable): toothbrush, toothpaste, soap, lip balm, prescription medications (*bring in duplicate and pack separately), glasses/lenses, feminine hygiene products, wet wipes, hand sanitizer, tampons or menstrual cup (why? Refer to our info About Indonesia on the Getting Ready page).
- Sunscreen (SPF 50+)
- Insect repellent
- Ziploc bags for waterproofing items (various sizes)
- Earplugs (recommended for shared rooms)
- Small flashlight or headlamp with spare batteries
- Water Bottle (32 oz or 1L)
- Alcohol-based sanitizer and face masks

Optional Items

- Binoculars

- Pencil, notebook/journal
- iPod
- adapter plug and converter
- Reading material
- Water purification system
- Energy snacks and drinks (snacks will be provided, but you can bring a few of your favourites for emergency hunger pangs!)
- Personal first aid kit: for any essential items that you know you'll need (e.g. blister treatment if you are prone to blisters). Your guides will carry a group first aid kit.
- Bandana/Buff: for dust and sun protection
- Beach towel
- RAT Antigen test kits to self-monitor while in Bali (highly recommended)

Essential Documents

- Passport: stored in a waterproof wallet/Ziploc bag
- Copies of your passport, medical insurance, air tickets (pack separate from the originals)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary

Packing Notes

Luggage Logistics

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your expedition (like your hiking boots or trail runners and sunglasses!). When packing your carry-on, try to include what you would need to be comfortable for your first few days in case your checked baggage is misrouted by the airline (rain gear, medications, itinerary, snacks, change of socks/underwear).

As a general rule, don't bring more than you can carry! This will help ensure smooth-as-pudding transfers in airports, through customs, hotels, and loading vans/trailers/boats. On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. Most airlines have reduced the weight maximums for checked bags to 50lbs (22kg). Be sure to check with your airline for weight restrictions **and** carry-on allowances.

We recommend soft-sided luggage or a medium duffle bag or backpack of 30-50L(your checked bag) and a medium daypack of 20L(your carry-on bag) for most adventures.

Resources for Buying Outdoor Gear & Clothing

- **Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek**
- **Borrow:** Why buy when you can borrow from a friend?
- **Variety/Value Village, Goodwill, Salvation Army** and online swap sites are also great places to find second-hand gear for a fraction of the price. **Reduce, Reuse, Recycle, Rewear!**