

# Packing Checklist

## Croatia Active Adventure

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Come prepared for all kinds of weather! Choose dual-purpose, lightweight clothing that you can efficiently layer. Merino wool and synthetic fabrics (polar fleece) are recommended over anything cotton or denim.



If you're not sure what any of the items on the packing list are, please ask your nearest outdoor outfitter, or ask us. We want you to be Girl Scouts-prepared for your adventure ahead!

## Required Items

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- Main piece of luggage (such as a sports bag with wheels, a soft-sided suitcase, a 30-40L backpack (you will have to be able to independently carry your luggage on a few occasions to hotels, shuttles and ferries.
- Daypack: Recommended size: 10-20L
- Waterproof jacket and pants
- 1 light wool or fleece sweater
- 1-2 long sleeve shirts with SPF protection for kayaking
- 1-2 short sleeve shirts/tank tops
- 1-2 shorts (quick-dry are best!) or capris
- 2 pairs of light casual pants/skirt/dress (as desired)
- 1-2 light long sleeved shirts

- Bras and underwear (as desired)
- 1 or 2 swimsuits
- Pajamas
- Compact, quick-dry towel (for swimming)
- Brimmed hat or baseball hat
- Light hiking/trail runners
- Water shoes or sandals (such as Keens or Teva brands)
- Water bottle (1L)
- Sunglasses
- 2-3 Ziploc baggies or one small dry bags (5L) for waterproofing items or packing wet things back in your daypack/luggage
- Personal toiletries (\*Croatian hotels don't always provide shampoo and conditioner)
- Waterproof sunscreen (ocean/reef-friendly), lip balm (with SPF), insect repellent, 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, etc. as your local guides cannot administer medications but will carry a expedition quality first aid kit)
- Alcohol-based sanitizer and face masks

## Optional Items

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- Paddling/cycling/sailing Gloves
- Sandals, flats or flip flops (for evening/travel)

- Spandex/leggings (3/4 length)
- Bandana/Buff
- Sarong – these do triple-duty: sun protection, a dress or towel!
- Snacks
- Book, journal, sketchbook, pen/pencil
- Travel alarm clock or watch
- Phone/USB adaptor
- Waterproof camera and accessories, with extra batteries, adaptor plug

## Essential Documents

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- Passport: stored in a waterproof wallet/Ziploc bag (if applicable)
- Medical insurance
- Copies of your passport, insurance, flight tickets, itinerary (pack separate from originals)
- Money: cash in local currency, credit/debit cards with your PIN for cash withdrawals
- Air tickets and itinerary: your international and domestic itinerary and tickets

# Packing Notes

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## Luggage Logistics

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As a general rule, don't bring more than you can carry. This will help ensure smooth and efficient transfers in airports, 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. These bags are easy to move around, can be toted easily, fit in boats, small planes, and van/ bus roof racks. While on tour, your local guide will instruct you on how to prepare for travel between locations.

Most airlines have reduced the weight maximums for each bag to 50 pounds. Be sure to check with your airline for weight restrictions and carry-on allowances. When packing your carry-on try to include what you would need to be comfortable your first few days in case your checked baggage is misrouted by the airline (rain gear, medications, itinerary, snacks, change of socks/underwear). Be sure to wear your most essential items when flying (ie. your fleece, hiking shoes).

**We recommend a medium duffle bag or backpack of 30-40 litres (your checked bag) and a small/medium daypack of 10-20L (your carry-on bag) for this adventure.**

- Your luggage will always be transferred with you unless the itinerary has you staying two nights in a row at the same hotel. It may not always be easy to access your main luggage, so ensure your day pack carries essential items each day.
- You must be able to carry your luggage independently. Some accommodations do not have lifts/elevators and stairways are narrow.

**Once you arrive, your Daypack Essentials are:**

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| <input type="checkbox"/> Insect repellent  | <input type="checkbox"/> Refillable water bottle                |
| <input type="checkbox"/> Sunblock          | <input type="checkbox"/> Sunglasses                             |
| <input type="checkbox"/> Lip balm with SPF | <input type="checkbox"/> Alcohol-based sanitizer and face masks |
| <input type="checkbox"/> Camera            |   |

Binoculars (optional but recommended)

Personal medication

Light rain and windproof jacket

## Laundry

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We recommend bringing enough clothing to only have to do laundry once during your trip.

You can hand wash delicates and other small items in hotel bathrooms to help reduce luggage weight. In a pinch, you can use shampoo!

## Resources for Buying Outdoor Gear & Clothing

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