

# Packing Checklist

## Ultimate Jordan

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### Required Items

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- Main piece of luggage: soft side duffel or suitcase or backpack, 30 - 50L
- Daypack (10 - 20L)
- Hiking or running shoes
- Sports sandals (i.e. 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 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
- Swimsuit: the Dead Sea salt can be hard on swimwear - best to pack an older swimsuit in case it damages the material.

- 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
- Sunscreen (SPF 50+)
- Insect repellent
- Earplugs (recommended for shared rooms)
- Water Bottle (32 oz or 1L)
- Alcohol-based sanitizer and face masks

## Optional Items

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- 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
- RAT Antigen test kits to self-monitor (highly recommended)

## Essential Documents

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- 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
- Approved Covid-19 Vaccination Certificate and/or QR code (if applicable)
- Negative Covid-19 PCR Test Results (if applicable)

## Packing Notes

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### Luggage Logistics

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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-putting 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 50 lbs (22 kg). 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

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- **Mountain Equipment Co-op (Canada) or REI (USA):** Membership is required for both but so worth it! Both companies have great learning resources, so check them out!
- **Borrow:** Why buy when you can borrow from a friend?!
- **Variety/Value Village, Goodwill and Salvation Army** are also great places to find second-hand items like sports shirts and fleece sweaters that are quick-drying, for a fraction of the price! Reduce, Reuse, Recycle!