



## PACKING LIST

- International adapter / converter
- Passport and copy of passport
- Personal insurance card and travel insurance information
- ATM/credit card - Call your bank to inform them of your travels. Traveler's checks not advised.
- Yellow Fever documentation (if required)
- Personal prescription medications (including malaria meds if needed)
- First aid kit: including Ibuprofen, Imodium, Pepto- Bismol, sleep aids, Benadryl (for allergic reactions), Airborne, Neosporin, Band-Aids, eye drops, probiotics (help protect sensitive stomachs)
- Bug spray with Picaridin or DEET
- Hand sanitizer and wet wipes
- Toiletries (preferably non-fragrant): shampoo, conditioner, lotion, deodorant, soap & washcloth, toothbrush, toothpaste, razor, hairbrush, hair products, contact lens supplies (if applicable), gender specific toiletries
- Camera/phone and chargers
- Clothing appropriate for your destination
- Layers for early morning and evening activities including a warm sweater or jacket, pair of jeans, and a scarf/pashmina.
- Swimming attire and coverup
- Sunscreen, hat and sunglasses
- Comfortable shoes – sneakers & sturdy sandals
- Water bottle
- Umbrella or rain jacket / poncho
- Small flashlight/headlamp in case of power outage
- Travel journal, book, magazines
- Snacks such as granola bars, pretzels, trail mix
- Small backpack or cargo bag to hold your everyday items



**Tip Guide** - You will meet many in-country staff and guides on your upcoming trip that will make your experience extra special. Many guides have been working with The Village Experience for over a decade and are experts in their respective fields!

### **Here is a guide for tipping on your upcoming group trip (all tips are per person):**

\* Customized trips should expect to tip significantly more for their one-on-one experience

- Baggage Handlers: \$2/ per bag
- Drivers: \$5/Day
- Hotel Staff: \$5-\$10/day
- Boat Crew: \$5-\$10/day
- On-Site Tour Guides: \$5-\$10/tour
- Main Guides: \$10-\$15/day
- Porters/Trackers (where applicable): \$20-\$30/trek

**Cash** - Bring \$500 USD and keep on hand in case of emergency plus the recommended tip money. For a 10 day excursion, you could expect tips to total around \$400 USD. Use ATM upon arrival at airport to get local currency. Bring \$50 or \$100 US bills as the exchange rates are much higher for these. Bills must be 2009 or newer.

**Luggage** - Domestic requirements are typically 15kg. **Soft-sided, rolling luggage is best.** If you plan on shopping throughout the trip, place a collapsible duffel inside your luggage.

Many of The Village Experience's destinations require shoulders and knees to be covered. Keep this in mind when packing.