

PRINT ME!

Viva Expeditions – South America Packing List

BAGS

1 x soft suitcase
1 x cross-over day pack
6 x packing cubes/mesh bags

BOTTOMS

1 x pair pants for active days
1 x pair pants for city sightseeing
1 x pair shorts
1 x leggings/tracksuit pants for relaxing

TOILETRIES

Travel-size shampoo/conditioner/soap
Deodorant/perfume
Toothbrush/toothpaste/floss
Wet wipes
Body and face moisturisers
Sunscreen and insect spray
Hair brush/clips/elastics
Shavers
Tissues

DOCUMENTS:

* Passport & copies

*Plane ticket & tour voucher + copies

SHOES

1 x flip-flops
1 x walking shoes/boots
1 x elegant shoes/sandals

UNDERWEAR

8 x pairs underwear
3 x bras (1 sporty, 1 comfy, 1 black)
1 x swimsuit (hot springs/pool/beach)
3 x pairs of socks (1 x thick for hiking)

EXTRAS

1 x pyjama (a personal sleeping choice)
Eyemask and earplugs
Travel books & guides

MEDS

Your script medication
Ibuprofen and/or aspirin
Small bottle disinfectant & band aids

TOPS

3 x short sleeve
1 x long sleeve
1 x elegant top

OUTERWEAR

1 x waterproof jacket
(or buy a poncho there!)
1 x warm fleece
1 x zip-up jacket

ELECTRONICS

Camera/battery/SD cards
Phone & Tablet
Charging cables
Travel adaptor

*Insurance details + copies

*Vaccination certificate

****A spirit of ADVENTURE!**

