

# Central America Packing List



## Basics

- Underwear, bras and socks
- Sleepwear, eye mask and ear plugs
- Shirts - 1 for every 2 days
- Shorts - 1 for every 3 days
- Midi skirt and/or dress
- Jeans or light, long pants
- Zip-off, quick dry khakis
- Fleece or light down jacket
- Rain jacket or poncho (wet season)
- Shoes as appropriate for activities such as sturdy walking shoes, water shoes and nice sandals
- Swimsuits
- Sarong or cover-up
- Rash guard
- Boardshorts
- Hat
- Sunglasses
- Accessories

## Toiletries

- Deodorant
- Toothpaste and toothbrush
- Shampoo and conditioner
- Body wash or soap
- Aloe vera gel
- Face wash
- Moisturizer
- Hair accessories (ties and pins)
- Menstrual cup/ tampons
- Light make up and perfume
- Laundry soap
- Medications and prescriptions

## Gadgets

- International adapter, ideally with a USB socket
- Camera, charger, spare batteries, SD card, filters and tripod.
- Phone and charger

## Day bag/ backpack

- Refillable water bottle
- Hand sanitiser
- Bandana/cloth napkin/handkerchief
- Toilet paper in a ziplock bag to keep it dry
- Headphones
- Money belt/bra pouch or other secure pocket
- First aid kit
- Dry bag
- Sunscreen
- Lip balm SPF 15+ minimum
- Insect repellent
- Flashlight or headlamp
- Lightweight towel
- Guidebook

## Making memories and filling spare time

- Book
- Sketch pad and pencils/paint
- Notebook
- Tablet device
- Diary

### REMEMBER:

- Tailor this list to the time of year you are travelling.
- Minimize packaging and disposables as much as possible.
- Dress informally and don't take unnecessary valuables.