



Ethno Tour Packing List

General Packing List:

1. Main suitcase/backpack to carry all your things—you must be able to carry your luggage because no one is going to be able to help you since their hands will be full as well. In general, pack light. A large backpacking backpack is best for mobility.
2. One day-pack
3. Passport and Passport Pouch for passport, money, etc
4. Malaria pills (optional)
5. Water bottle
6. sandals that can get wet
7. Tennis shoes
8. Swim-suit (one-piece for the ladies)
9. 2 pairs of shorts
10. socks and underwear
11. 2 pairs of pants (men)—bring the lightest pairs you have, wind-pants or cotton slacks work well; jeans are not a good choice
12. 1-2 pairs of light weight pants (ladies)
13. 2 long skirts (ladies)
14. t-shirts/polo shirts (ladies remember to keep the sleeve over the shoulder)
15. a light rain jacket or pocket umbrella
16. sun screen, chapstick, and aloe for sunburns
17. sun glasses and hat
18. small flashlight
19. towel (a shammy works well and conserves space)
20. toiletries (one roll of toilet paper for the islands)
21. Bug spray
22. camera and film
23. Notebook and pen
24. Sleeping pills (Tylenol PM or Sleepinol)—helps with the jet-lag
25. \$100 spending money for souvenirs, etc. If you bring cash, bring large denominations and as crisp as possible (They will only accept year 2001 or newer). Do not fold or bend your bills or they will not be accepted for exchange. You can also work with an ATM card which we would suggest as the best choice. *Call your bank before you leave and tell them you will be using your ATM/Credit card in Indonesia so they don't cancel your card for you when they see a transaction from Indonesia.*
26. Zip-lock bags for clothes while in the islands (lots of water around, ya' know)

Island Homestays:

1. A sheet for sleeping on/in while on the islands. Women need an additional sheet to wrap around them while they bathe.
2. Something to act as a pillow if you want one on the plane or on the islands
3. towel (a shammy works well and conserves space)
4. Singapore plug adaptor (optional)
5. Family Pictures to show your host family
6. Host/Hostess gifts (small gifts...not super expensive)
7. Pepto Bismal, Immodium AD, etc for potential stomach problems

* Plan on washing clothes 1-2 times throughout the trip