



## CHECKLIST

You will shortly be departing on your Syrian, Jordanian and/or Lebanese adventure. In order to make your trip as comfortable and enjoyable as possible, we have put together a recommended list of items that will probably come in handy for your trip – some essential, some purely optional. If possible, it is always recommended to travel light. It will also leave more room to take back souvenirs.

### **Travel Insurance**

This is mandatory and you should ensure that your insurance covers you for items such as medical problems, loss of personal items, baggage delays, and so on. Our guide carries a basic first aid kit, but in the unlikely event of something more serious, you should have adequate medical insurance cover. Please notify us in advance if you suffer from any health condition we should be aware of.

### **Medicine**

You should have the necessary vaccinations in advance of your trip. For this trip, typical requirements are: Diphtheria, Hepatitis A, Tetanus, Typhoid, Polio. Consult your doctor or travel clinic for full details.

Bring along any other medication you may be on, as well as general medicines such as painkillers and anti-diarrhoea tablets.

### **Travel Documents**

- Valid Passport (at least 6 months before expiry)
- Insurance documents
- Flight tickets (print out of e-ticket)
- Print out of trip notes
- Emergency contacts

## **Clothing**

Due to differing terrains and a large difference between day and night time temperatures the climate may also vary on your trip, so it is best you are prepared for all occasions. Clothing for both hot and cold conditions is advised. This should include:

- Long sleeved tops, fleece tops
- T-shirts
- Long trousers
- Sunhat
- Sandals and walking shoes
- Walking socks (cushioned socks)
- Waterproof jacket

## **General Items**

- Day pack – useful for carrying basic items when walking
- 3-season sleeping bag and a washable liner (optional, as bedding is provided. Most clients have felt this item is not worth bringing but consider how your own needs are)
- Binoculars
- Torch (check batteries)
- Sunglasses and sun cream (min Factor 15)
- Insect repellent
- Small towel
- Basic toiletries (inc. hand sanitiser)
- Tissues
- Drinking bottle (can be refilled with filtered water, otherwise bottled water is available)
- Waterproof bag for documents and electronics
- Watch (strict time-keeping is required at times)
- Money for meals, souvenirs, contingencies (credit/debit cards will generally work in the bigger cities)
- Notebook, pen
- Book
- Small items from home can make nice personal gifts
- Travel pillow (can come in handy for longer journeys)

## **Electronic Items**

- Digital camera – bring accessories: memory cards, battery, charger
- If film camera – bring film, lenses, batteries, etc.
- Mobile phone and charger
- Plug adaptors (2-round pin – same as European style)
- Music player (MP3, CD player, iPod and relevant charger)
- Laptop and charger (useful if you want to keep a blog and upload photos on the way)

**Last but not least, and probably the most important thing to bring ... an open mind.**

**ENJOY YOUR TRIP.**