

# Packing List



## Colombia

### Clothing

Think tidy and “put together”-Cubans and Colombians, like in most Latin American cultures, take a lot of pride in how they look. The standard dress code is casual, not sloppy.

*Keep it simple!*

#### For women:

**Daytime**-Pants, capris, long shorts, skirts of any length. Tennis shoes or hiking sandals.

**Evening**- In big cities - blouses, pants/skirts/dresses, nice pair of dress shoes (flats on, heels in a bag).

#### For men:

**Daytime**-Pants, long shorts, tennis shoes, hiking sandals.

**Evening**-In big cities - dress pants/nice jeans, dress shoes, button down/collar shirts

### Money:

- **Cash: ~\$350 per person** (good condition bills)
  - Tipping cash (per person): \$25 in one-dollar bills (US dollars can always be used for tipping)
  - \$75 for the tipping pool
  - \$200 for spending money
  - End of the trip- \$30-\$50 (per person) for the Trip Guide
- Get COP (Colombian Pesos) by making a withdrawal at an ATM
- Credit cards can be used everywhere, check that yours has no foreign transaction fees

### Additional Suggestions:

- Electrical adapters not needed.
- Some people like to bring walking sticks for hikes.
- We take probiotics for 2+ weeks before traveling abroad to keep a healthy gut.
- Make a color copy of your passport ID page, kept in a separate bag from your passport. Email yourself a picture of it too, so it's accessible from any computer.

## Our Personal Packing List (9 day tour, temps ranging 50s-80s)



THE INSIDE SCOOP! Over the years we have learned to pack just enough clothes so that we wear everything twice. We roll our clothes and pack them in packing cubes.

A carry-on suitcase, small daypack, and a luggage lock make our trip easy when we are on the go! See our favorite products at [vivemastours.com/travel-tools](http://vivemastours.com/travel-tools).

### Jenny

- 1 pair jeans, 2 yoga pants
- 1 comfy capris, 2 long shorts
- 3 t-shirts, 3 tops, 2 long sleeve shirts
- 2 dresses, 1 skirt for nighttime
- Shoes: hiking sandals (or water shoes), flip flops, sturdy tennis shoes, 1 pair of sandals, 1 pair of heels (if we go dancing)
- 10 pairs underwear & 3 bras
- 6 pairs white socks
- 2 pc swimsuit, thin towel for beach
- Sunglasses and hat
- Jacket, thin wool sweater, rain jacket, compact umbrella
- Natural bug spray, sunblock
- Water bottle
- 4 bags of nuts
- Travel pillow and a disposable emergency blanket (for flights)
- Personal medicine, toiletries/hairdryer, Pepto/Tylenol, a little laundry powder
- Kleenex (for public restrooms)
- Binoculars (because I birdwatch)
- Cards or dice
- Nook

### Steve

- 2 dress pants
- 3 pair nice shorts (not basketball shorts)
- 5 dress shirts (short-sleeved button-down or golf shirts)
- 5 t-shirts
- Tennis shoes, dress shoes, flip flops, water shoes
- 10 pairs underwear
- 6 pairs white socks, 6 dress socks
- Swim trunks, quick-dry t-shirt & towel
- Hat, sunglasses
- Water bottle (soda can-width) for the cupholder on the bus
- 8 granola bars
- Rain jacket, hoodie
- Personal medicine, toiletries
- CPAP Machine & extension cord
- Book