THE SOLO FEMALE TRAVELER NETWORK

GUATEMALA PACKING CHECKLIST

Cobblestones, volcanoes, coffee farms and Maya villages.

WEATHER	PLUGS	MONEY	DRESS CODE	MUST-HAVE
Warm days, cool nights in the highlands. Rainy season May to October.	Same as the US. 120V.	Quetzal. Cash and small bills for markets.	Shoulders and knees covered in villages.	A warm layer and a rain jacket.

CLOTHES

- [ ] 3 to 4 tops, a couple with sleeves
- [ ] 1 or 2 long-sleeve layers
- [ ] 2 pairs of comfortable pants or a midi skirt
- [ ] Warm fleece or sweater
- [ ] Packable rain jacket
- [ ] Scarf or shawl
- [ ] One nicer outfit for dinners
- [ ] Sleepwear and underwear

SHOES

- [ ] Walking shoes or trail runners with grip
- [ ] Comfortable sandals or flats
- [ ] Waterproof shoes for rainy season

DOCUMENTS AND MONEY

- [ ] Passport (6+ months validity)
- [ ] Travel insurance details
- [ ] Debit card plus a backup card
- [ ] Small bills in quetzales

HEALTH AND TOILETRIES

- [ ] High-SPF sunscreen and SPF lip balm
- [ ] Pain relievers and electrolytes
- [ ] Band-aids and blister care
- [ ] Stomach meds
- [ ] Hand sanitizer, wipes, tissues
- [ ] Period products
- [ ] Prescription meds plus extra days
- [ ] Insect repellent
- [ ] Motion sickness tablets
- [ ] Filter water bottle (don't drink tap water)

TECH AND EXTRAS

- [ ] Power bank
- [ ] eSIM or local SIM
- [ ] Offline maps
- [ ] Dry bag for your phone
- [ ] Foldable tote for shopping

THE THING EVERYONE FORGETS

A foldable tote. You will buy textiles from the weavers you meet, and you'll want somewhere to put them.

MY EXTRAS