THE SOLO FEMALE TRAVELER NETWORK

NEPAL + BHUTAN PACKING CHECKLIST

Kathmandu, the Himalayas, temples and the Tiger's Nest.

WEATHER	PLUGS	MONEY	DRESS CODE	MUST-HAVE
Cool mornings, warm afternoons, cold evenings.	Mixed types. Bring a universal adapter.	Nepali rupee and Bhutanese ngultrum. Bring US dollars.	Long sleeves and long skirt or pants for dzongs.	A modest outfit for temples and dzongs.

CLOTHES

- [ ] 3 to 4 breathable tops
- [ ] 1 or 2 long-sleeve tops with collars or high necklines
- [ ] 2 pairs of hiking or travel pants
- [ ] Long skirt or loose trousers
- [ ] Warm fleece
- [ ] Warm jacket
- [ ] Scarf or shawl
- [ ] Sleepwear and base layer
- [ ] Warm socks

TIGER'S NEST HIKE

- [ ] Daypack
- [ ] Water bottle
- [ ] Snacks
- [ ] Sun hat and sunglasses

SHOES

- [ ] Broken-in walking or hiking shoes
- [ ] Comfortable shoes that slip on and off for temples

DOCUMENTS AND MONEY

- [ ] Passport (6+ months validity)
- [ ] Visa details for Nepal and Bhutan
- [ ] Travel insurance details
- [ ] Clean US dollars
- [ ] Debit card plus a backup card

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
- [ ] Moisturizer
- [ ] Altitude: ask your doctor what to bring

TECH AND EXTRAS

- [ ] Universal adapter
- [ ] Power bank
- [ ] Offline maps
- [ ] Headlamp

THE THING EVERYONE FORGETS

Your dzong outfit. Bhutan's fortresses need long sleeves and a long skirt or pants, and guides will turn you away without them.

MY EXTRAS