THE SOLO FEMALE TRAVELER NETWORK

TURKEY PACKING CHECKLIST

Istanbul, Cappadocia, Ephesus and the Aegean.

WEATHER	PLUGS	MONEY	DRESS CODE	MUST-HAVE
Warm days in spring and fall. Cool evenings in Cappadocia.	European Type C and F. 220V.	Turkish lira. Cards widely accepted.	Hair, shoulders and knees covered in mosques.	A scarf for mosques.

CLOTHES

- [ ] 3 to 4 breathable tops
- [ ] 1 or 2 long-sleeve layers
- [ ] 2 pairs of light pants
- [ ] Dress or midi skirt
- [ ] Light jacket or cardigan
- [ ] Swimsuit for the boat day
- [ ] Scarf
- [ ] One nicer outfit
- [ ] Sleepwear and underwear

SHOES

- [ ] Comfortable walking shoes
- [ ] Sandals
- [ ] Shoes that slip off for mosques

DOCUMENTS AND MONEY

- [ ] Passport (6+ months validity)
- [ ] Visa details for your passport
- [ ] Travel insurance details
- [ ] 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

TECH AND EXTRAS

- [ ] Universal adapter
- [ ] Power bank
- [ ] eSIM or local SIM
- [ ] Offline maps
- [ ] Sunglasses and hat

THE THING EVERYONE FORGETS

A warm layer for sunrise in Cappadocia. Mornings there are colder than anywhere else on the trip.

MY EXTRAS