



WOMAN EXPLORE

# Packing List

## SRI LANKA SURF RETREAT

When packing for Sri Lanka, prioritise lightweight, breathable fabrics that will keep you cool and comfortable in the tropical climate. Opt for versatile pieces that can be mixed and matched to create different outfits throughout your trip. This is a suggested packing list, so feel free to adjust it based on your personal preferences.

### Tops

- Lightweight t-shirts (breathable and comfortable)
- Long-sleeve shirts (for sun protection or cooler evenings)
- Blouses or button-up tops (versatile for casual or dressier occasions)

### Bottoms

- Shorts (casual and cool for daytime activities)
- Lightweight trousers or pants (breathable and comfortable for exploring)
- Skirts or dresses (light and airy for beach days or evenings out)
- Sarongs or beach cover-ups (for easy transition from beach to street)

### Outerwear

- Lightweight jacket or jumper (for cooler evenings or air-conditioned spaces)
- Lightweight rain jacket or travel umbrella (for unexpected rain showers)
- Sun hat or wide-brimmed hat (for sun protection)

### Undergarments

- Underwear (enough for your trip duration)
- Bras (including a sports bra for outdoor activities)
- Socks (lightweight and breathable)

### Shoes

- Flip-flops or sandals (easy to slip on and off for beach days)
- Comfortable walking shoes (for exploring)
- Sneakers or closed-toe shoes (for more active activities)
- Dressier sandals or shoes (for dinner or for a night out with the girls)

### Swimwear

- Swimsuits or bikinis (for beach or pool days)
- Rash guard or swim shirt (for additional sun protection / water activities)

### Sleepwear

- Pyjamas or lightweight sleepwear

### Accessories

- Sunglasses
- Scarves or shawls (versatile for covering up or adding a pop of colour)
- Minimal jewellery (avoid valuable or bulky items)
- Day bag or backpack
- Waterproof phone case
- Travel adapter - Type D & G.
- Reusable water bottle

### Other

- Passport and travel documents
- Travel insurance information
- Cash (local currency or USD)
- Medications (it's always good to incl medication for travellers ailments such as diarrhoea / motion sickness)
- Personal hygiene items and toiletries (incl insect repellent and sunscreen)
- Basic first-aid kit (incl pain medication,
- Ziplock bags (for storing wet clothes or toiletries)
- Specific items for water activities, such as surfing, SUP, snorkelling etc:
  - Rash vest or surf suit (to protect you from the sun whilst in the water)
  - Reef booties (mandatory to protect your feet)
  - Zinc and lip balm (to protect your face and lips)
  - Leggings for water activities (can be active wear or lycra pants)