

iTRAVEL FOR CULTURE

Culture-First Packing List

A practical checklist for showing up prepared without overpacking.

*People before places. Stories before souvenirs.
Perspective before performance.*

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Pack for Comfort, Respect, and Flexibility

These journeys may include walking, warm weather, community visits, local restaurants, beaches, vans, markets, and informal cultural settings. Pack for real movement, not just pictures.

Clothing

- Lightweight, breathable shirts and pants
- Comfortable casual outfits
- One or two polished casual outfits for dinners or festival events
- A modest clothing option for cultural or religious settings
- Swimsuit and light rain jacket
- A light layer for evenings or air-conditioned spaces

Shoes

- Comfortable walking shoes already broken in
- Casual sandals or slip-ons
- Water shoes for beaches, boats, or rocky areas

Documents

- Passport and required entry documents
- Printed and digital copies of passport and reservations
- Travel insurance confirmation
- Emergency contacts
- Offline copy of key addresses

Health and Personal Items

- Prescription medications in original packaging
- Small first-aid kit
- Sunscreen and insect repellent
- Reusable water bottle
- Motion-sickness medication if needed
- Hand sanitizer and wipes

Technology

- Phone charger
- Portable power bank
- Travel adapter

- SIM card or eSIM plan
- Headphones
- Small day bag or crossbody bag

Money

- Primary and backup payment cards
- Some local currency when appropriate
- Small bills for tips or local purchases

Packing Mindset

Avoid overpacking. You may need to manage your own luggage, and lighter travel makes the journey easier.