

PACKING LIST FOR *Bhutan*

DOCUMENTS

- ✓ Passport
- ✓ Paper copy of your visa to Bhutan (and India if you are travelling through India)
- ✓ Printed copy of your ticket to Bhutan
- ✓ Travel insurance – not mandatory, but highly recommended

USEFUL TIP: send copies of relevant documents to your email address – this way, you will have all your documents available in case you lose them

CLOTHING & SHOES

You can pack light yet thoughtfully, with a focus on comfort, culture, and changing mountain conditions. Bhutan combines refined hospitality with temples, nature, and altitude. Layers and respectful attire matter more than formal wear.

- ✓ Bathing suit – we have a beautiful indoor heated pool
- ✓ Comfortable and light-wear clothes if you are planning to join a yoga class or meditation session
- ✓ No need to take bath robes or slippers, as these will be ready in your room
- ✓ A cap or sun hat for sun protection
- ✓ Solid walking shoes or light hiking shoes (well broken-in)
- ✓ Light (rain) jacket
- ✓ Modest clothing: long pants and shirts that cover the shoulders, necessary to enter temples. It is best to avoid shorts, sleeveless tops, or low necklines during sightseeing

ACCESSORIES

- ✓ Sunglasses (high UV at altitude)
- ✓ Reusable water bottle
- ✓ Camera or phone with sufficient storage capacity
- ✓ Small backpack for sightseeing and hikes

MONEY

- ✓ Credit card (we accept American Express, Visa, and MasterCard)
- ✓ Some US dollars - we advise US\$50 per person, in small notes

TOILETRIES

- ✓ High-factor sunscreen and lip balm with SPF 30+
- ✓ Travel-size hand sanitizer & tissues
- ✓ Personal medications - with doctor's prescription

LINKS

www.bhutanspiritsanctuary.com
www.bhutan.travel



BHUTAN SPIRIT
SANCTUARY