

## Packing List for Sri Lanka

**Baggage limits** for most airlines

**Checked bag:** Max. weight per bag (X 1): 23kg (50lb) Max. linear dimensions per bag (length X width X depth: 158 cm (62in)

**Carry-on bag:** The maximum weight is 8kg with dimensions for a carry-on bag are 23 cm x 40 cm x 55 cm), including handles and wheels.

**Personal item:** You may take on some additional small personal items (max. 40 x 30 x 10 cm).

All liquids > 100 mL should be bagged and packed in your checked baggage. For carry on make sure that bottles are 100 mL or less in volume and bagged. Be sure to pack jack knives and other such items in your checked baggage. All lithium rechargeable batteries must be in your carry on.

**Please pack reasonably light as we will may each of you to carry a modest amount of field equipment in your checked bag. You will have to hand wash clothes every few days as you see fit. Remember that these are guidelines only.**

List of things to bring:	Notes
<b>Clothing</b>	
Socks (5-6 pairs)	One thick pair. This number assumes you will do some hand washing during the trip.
Leach socks / 'gators'	There are land leaches in humid forests of Sri Lanka. Long pants and long-sleeved shorts plus socks and protection is useful.
Pajamas	
Underwear (6-8 pairs)	
Long pants (2 pairs)	One pair of light weight fast drying pants is preferable. The second pair could be jeans.
Shorts (one or two pairs)	No 'short-shorts' as again these are considered inappropriate by some, and indeed even regular-length shorts for women are considered inappropriate, in some areas.
Skirt	If women wish to bring a skirt please ensure that it is knee length or longer.
Swim suit	Will probably do some snorkeling either freshwater or marine.
t-shirts (4-5)	Avoid tank-tops or low-cut shirts as these are deemed culturally inappropriate in some areas.
long-sleeved shirts (2-3)	Light weight and button-up
sweater or coat	We will experience mostly hot weather, but evenings might be cool in the montane regions. Bring a warm sweater or jacket.
rain jacket and rain pants	Breathable is always better. Sri Lanka has a monsoon climate, so we will presumably experience very wet weather.
hiking boots/walking shoes	Broken in is preferred.
sandals/flip flops	Only for showers or areas without possibility of stinging or biting creatures.
bandana	
hat (large brim)	
<b>A few important notes:</b>	In general your clothing should be modest and you should ensure that your shoulders, stomachs and knees are not bare. Light-coloured clothing is better as it will not absorb solar radiation as readily.
<b>Toiletries etc.</b>	
Prescription drugs	<b>Always bring in original packaging (and bring prescription if you have it),</b> and bring enough for > 2 weeks just in case. You may wish to bring <b>Ciprofloxacin</b> or other broad spectrum antibiotic that can be used in cases of severe diarrhea) that requires a prescription.
Immodium	Drug to combat diarrhea
Other medicines	e.g. <b>aspirin, tylenol, Ibuprofen, Gravol</b> (especially if you are predisposed to travel sickness), Pepto bismal for stomach upset, Benadryl etc. I will carry a first aid kit as well.
Throat lozenges	
Tampons	
Hand sanitizer	I stringly suggest that you bring at least one bottle of hand sanitizer
bug spray	30% DEET
sunscreen (high SPF please)	Minimum SPF 15 and preferably much higher.
antiperspirant/deodorant	you will sweat!
Towel	
Toothbrush & paste	
Eye drops	you may wish to bring eye drops as we will be outdoors lots

Soap	I would suggest that you each bring a bar of soap in a plastic container and use this for all your handwashing to prevent spread of illness
Shampoo	use small containers for shampoo and other such liquid toiletries. These can be purchased at supermarkets there of course. You might wish to consider dry shampoo as well.
other toiletries	shaving razor, foot powder etc.
<b>Other</b>	
<b>Computers</b>	Whether you bring your laptop or tablet is up to you. It is an additional worry in terms of theft or loss so I leave this to you. I will have my personal computer. We will ask you to prepare blog entries and having a laptop or tablet will help with this but should you need to you can use ours.
Snorkel and mask	If you have these please do bring them.
Money belt	
Sunglasses	
Plug adaptors	230-volts and the frequency is 50Hz. Plug types D and G are common.
Sleeping bag	We will be in some montane habitats so worth packing a bag that is good the 5-10 degrees C.
Travel pillow	
Pillow case	I often bring a pillow case which I can stuff with clothes to make a reasonable facsimile of a pillow.
Day pack	A small backpack or satchel for carrying around water, field book, field guides etc. Use this for your carry-on.
Large bag or pack	See baggage restrictions above. Before checking your bags be sure to tie all straps so that they do not become trapped in the conveyer belts.
Binoculars (if possible)	8 X 40 or 10 X 50s We will have a chance to see many mammals, birds and lizards etc. and binoculars will facilitate this.
Country guide book?	You may wish to purchase one of the myriad guide books so that you may read up on Sri Lanka. I suggest Lonely Planet. This really not necessary but may be of interest to you.
Field guides?	You may wish to purchase a personal field guide to birds, although we will bring some copies so that we can share including guides to birds, mammals, trees and herps.
Headlamp	We may do some night time work and camping - so this is imperative. We would suggest that you get a headlamp that illuminates well.
Water bottle	1 Litre capacity preferred.
Electrolytes	Useful in hot climates
Sewing kit	Not mandatory but useful
Jackknife	Again not mandatory but useful but do not bring in carry on!
Camera	Bring sufficient media for two weeks (i.e. SD cards etc) as it may be difficult to get extra when we are in the field. You will be able to recharge batteries.
Field book	Please buy a field book from either from a campus book store (compact White red and Blue Sockkia) or a Rite in the Rain book from MEC or Trailhead or other such supplier.)
HB Pencils and a pen or two	Pencils are for your field books (preferred to ink which runs in humid weather) or pens for inclement weather.
<b>Important</b>	
<b>Passport &amp; visa</b>	Make sure that you leave a copy of your passport with your parents or someone else you trust. You can send us a scan of it in case you lose or damage the hard copy. Our copies will be discarded at the end of the trip. <b>You will need a Sri Lanka electronic transit document which each of us must obtain once we have purchased airfare.</b>
<b>Student Card</b>	We will need for you to have your student cards so that we can obtain reduced entrance fees.
<b>Vaccination booklet</b>	Check with a travel clinic but please do make sure your routine vaccines are up to date.
<b>Cash</b>	You might wish to bring some Sri Lankan rupees. Newer bills are recommended. Perhaps approximately \$2-300 worth. One Canadian dollar ~ 220 rupees
<b>Health insurance information</b>	
<b>Contact &amp; Health Information</b>	This is information that I will solicit - but you should have copy of all emergency numbers (parents, guardians, partners).