



## Suggested Packing List – Myanmar (Burma)

*We recommend that you check the weather forecast prior to your departure so that you can pack accordingly.*

Average Temperatures	March – Mid May (Summer)		
	Temp °C min/max	Humidity	Rain mm
Yangon	23/35	MID	111
Mandalay	24/36	MID	56
Bagan	23/36	MID	60
Average Temperatures	Mid May – October (Monsoon season)		
	Temp °C min/max	Humidity	Rain mm
Yangon	24/30	VERY HIGH	417
Mandalay	25/32	HIGH	116
Bagan	23/32	HIGH	120
Average Temperatures	November – February (Winter)		
	Temp °C min/max	Humidity	Rain Mm
Yangon	19/31	MID	18
Mandalay	16/28	HIGH	17
Bagan	16/30	MID	15

**Please note:** Imported beauty products are not commonly available in Myanmar (Burma) due to its isolation from the rest of the world. It is therefore highly recommended that you pack sufficient supplies of staple items such as sunscreen, mosquito repellent, women's hygiene products, make-up etc for the duration of your trip.

The average temperatures listed is purely a guide. Weather patterns throughout the world are changing which have resulted in varying weather conditions.

Myanmar (Burma) has three seasons; summer, monsoon and winter. Summer runs from **March** to **mid-May**, with intense heat of up to 40°C in some areas. The rainy or monsoon season is from **mid-May** to **October**, peaking in **July** and **September**. Winter is from **November** to **February** and is a more comfortable time to travel, with average temperatures from 25-27°C. The mountainous region of the Shan State is generally cooler year round, whereas Central Myanmar (Burma) can be warm year round.

Myanmar (Burma) is a conservative Buddhist culture and as such the dress code throughout the tour is both modest and respectable. Shorts, short skirts or revealing clothing are not appropriate, especially when visiting temples or any religious sites/monuments. Generally, loose fitting, lightweight cotton materials are the most comfortable for humid and warm conditions and layers of warmer clothes for cooler conditions when visiting Inle Lake and Kalaw. The dress code throughout the tour is casual. Wear sensible, comfortable walking shoes which can be easily removed when required. Sandals or flip flops (available locally) are very convenient footwear, especially for visiting temples. Smart casual clothes are suitable for evening banquets and shows, but are not compulsory.

Refer to your *Fact Sheet* for further information on this destination.

### **Example packing list:**

- Your travel documents and passport – including a photocopy of your passport in case it is lost or stolen while you are abroad. Keep one photocopy at home and take another photocopy on your trip with you.
- Main luggage and 'day bag' – a smaller bag to carry with you during the day.
- Luggage padlocks.
- Money belt to carry passport, cash, credit cards, airline tickets, etc.
- Comfortable trousers and shorts (or skirts for women).
- Shirts or tops of light cotton material.
- Walking shoes, sandals and socks – it is important to have sturdy and comfortable shoes for sightseeing every day.
- A water/windproof jacket and small umbrella.
- A light jumper.
- Sun protection – hat, sunscreen, sunglasses and lip balm.
- Swimming costume.
- Personal medical kit – please refer to [your Fact Sheet](#).
- Antibacterial wipes and or gel – to clean hands before eating.
- Some clothing covering the knees and shoulders for visits to religious sites. Women may find a 'modesty shawl' or sarong useful.
- Old pair of socks to wear when visiting temples.
- Small torch, conversion plug and spare batteries – batteries available to buy in Myanmar (Burma) tend to be unreliable.
- Spare glasses/contact lenses – it is difficult to get any prescription lenses repaired or replaced in Myanmar.
- Toilet paper – not all sightseeing public toilets will provide this.
- Snacks – tea bags/coffee, milk powder or sachets, muesli bars, instant soups or noodles, or anything else you can't live without!
- Camera and spare film/memory card- those available in Myanmar (Burma) can be unreliable.
- Plastic bags to keep clothes and cameras dry in case of rain.