

Suggested Packing List

SRI LANKA

Sri Lanka has a tropical climate with two distinctive seasons, wet and dry, with two monsoon seasons; the 'Yala season' from mid-May to October and the 'Maha season' from December to March. If you have internet access, go to <http://worldweather.wmo.int> and click on INDIA then the relevant city you will be visiting.

The Yala season brings heavy rain from the Indian Ocean to the south and west coasts and the Central Highlands, with the northern and eastern parts of the country a little drier. The Maha season brings rain from the Bay of Bengal and causes heavy rain in the northeast of the country.

The average temperature throughout the country varies from 26-28°C, with 14-16°C in the Central Highlands. November to January are the cooler months, with February to May being the hottest.

Generally, dark coloured, drip-dry clothes are recommended for your holiday. Loose fitting, lightweight cotton materials are the most comfortable for humid weather, while layers of warmer clothes are advised for any cooler evenings, etc. The dress code throughout the tour is casual. When possible, it is a good idea to wear smart casual clothes for any evening banquets and shows.

Refer to your [Final Documentation](#) or [Fact Sheet](#) about how to dress appropriately for this culture, laundry facilities available and advice about choosing your luggage.

Train & domestic flights: Please ensure that when packing for overnight train journeys and domestic flights within Sri Lanka that any liquids, aerosols and gels/lotions that **you require use of during the journey**, are packed in your hand luggage as per the following regulations; *each container of liquids, aerosols or gels in your carry-on baggage must be 100 millilitres or less. All the containers must be sealed in a transparent, one-litre plastic bag. You are only allowed one bag. Any resealable bag of one-litre capacity or less is allowed. Prescription medicines may still be carried through the screening point. Proof of need may be required.*

Here is an example of a suitable packing list:

- ☐ **main luggage**
- ☐ **'daypack'** - a smaller bag to carry during the day
- ☐ **luggage padlocks**
- ☐ **money belt** to carry passport, cash, traveller's cheques, credit cards, airline tickets, etc.
- ☐ **sun & weather protection** – hat, sunscreen and lip balm
- ☐ **personal medical kit** – refer to your [Fact Sheet](#)
- ☐ **antibacterial wipes** – wipes such as 'Wet Ones' or antibacterial wash to clean hands before eating
- ☐ **walking shoes and socks** – bring some shoes that are sturdy, comfortable and easy to slip on and off as you will need to take off your shoes frequently while sightseeing. Bring a **pair of thick, old socks** to carry in your daypack, which you can wear to protect your feet from any rough or hot ground.
- ☐ **a shawl or sarong** to carry in your daypack; to cover up in temples, pagodas or conservative areas.
- ☐ **electricity conversion plug, spare batteries for camera and/or electrical devices, spare film and/or memory card** – those available in Sri Lanka tend to be poor quality or fake. It is far easier to rely on genuine memory cards, film and other devices bought in Australia.
- ☐ **spare glasses** – it is difficult to get any prescription lenses repaired or replaced in Sri Lanka
- ☐ **trousers/shorts (or skirts for women)** that reach below the knee
- ☐ **long-sleeved shirts/tops** of light cotton material
- ☐ **short-sleeved shirts/t-shirts**
- ☐ **swimming costume**
- ☐ **a light jumper** in case of cooler weather or air-conditioning
- ☐ **a light waterproof jacket/poncho/umbrella** in case of rain in humid weather
- ☐ **a torch** and supply of reliable batteries – for darkened monasteries, tented camps or national park accommodation
- ☐ **toilet paper** - not all sightseeing public toilets will provide this
- ☐ **snacks** – tea/coffee bags, milk powder or sachets, instant soups or noodles, drinking chocolate, muesli, energy or snack bars, vegemite or anything else you can't live without!

If your tour visits mountains or hill stations:

- ☐ **light jumpers or thermals** are great for layering,
- ☐ a pair of **jeans or full length trousers**
- ☐ a **warm water/windproof jacket**
- ☐ **warm socks, gloves and scarf**