

retreat| recreate
Türkiye Textiles and Handcrafts tour: September 2026
Suggested Packing List

Note: this is a guide only and is not intended to be a complete personal packing list. Please also refer to the “What to bring” section of the Trip Notes

Luggage

- ONE lockable suitcase with wheels **OR** a small-medium sized (40-50 litres) back-pack is ideal.
- A comfortable daypack/bag to carry water, hat, sunscreen, medical kit, camera etc. for day trips
- We recommend that you pack as lightly as possible (aim to start with a maximum of 15kg).
- Note: The maximum luggage allowance for our group flight on day 16 is: 1 x 25kg checked-in luggage + 1 x 8kg hand luggage (max 23 x 40 x 55cm) per person and 1 personal item (max 40 x 30 x 15cm and 4 kg). Any excess luggage fees will be at each passenger’s own expense.
- **NB.** Make sure the outside of your luggage is clearly labelled.

Travel Documents.

- Passport – must be valid for at least 6 months beyond the duration of your trip
- e-Visa or visa for Türkiye as per your nationality - must be obtained prior to your arrival in Türkiye. Please refer to the To Do List and your nearest consulate for more information.
- Travel insurance details: including insurer details, 24 hr emergency contact telephone number and policy number (even if you are travelling with credit card insurance).
- Flight tickets, e-ticket
- Trip Booking Summary/Exchange Voucher
- Your international vaccination certificate/record
- Copies of your important documents - to be kept separately from the original documents. We recommend you keep an extra copy at home and/or email a copy to yourself and your next of kin.
- Spare passport photos

Money

- Money – cash/credit cards
 - Money belt, pouch or neck wallet
 - Calculator (useful when exchanging money – use the convert function on iPhone calculator) or a smartphone App such as XE (installed prior to departure).
 - Please also refer to the MONEY section of the TRIP NOTES
- Note:** Don’t forget to advise your bank of your travel dates and destination/s to avoid having your credit card cancelled when you first use it outside your home country.

Travel Accessories

- Water bottle - refill as we travel
- Your own stash of toilet paper/tissues and hand sanitiser
- Local language phrase book or use smartphone app
- Mobile phone – please refer to the PHONE & INTERNET section of the Trip Notes.
- eSIM, International SIM or portable WIFI, so you will have data and access to internet at all times during our travels
- Cloth/reusable shopping bag to reduce plastic - a retreat recreate cloth tote will be provided on Day 1
- Electrical adaptor with two round pins (type C & F). Türkiye operates on a 220V supply voltage and 50Hz.
- Torch/flashlight – or use smartphone app
- Journal/diary and pen. Small handcraft project
- Retractable walking pole/s - Some of our previous guests have found these provide extra stability and support on uneven ground, on rural walks and when we are on our feet all day.
- Turkish towel/travel towel for day 10 when we have the opportunity to swim in the Mediterranean. Should you wish to purchase a peshtemal during your travels, we highly

recommend you do so during our visit to Jennifer’s Hamam on day 3.

Sleeping

- Sleepwear
- Alarm clock – or use smartphone app
- Eye mask and/or ear plugs - particularly if sharing a room

Personal Health

- First aid kit – bandaids/plasters, tweezers, bandages etc
- Hand sanitiser
- Personal medication/prescriptions
- Prescription glasses/contact lenses & solution
- High protective sunscreen (min. 30+)
- Lip balm/lip salve
- Sunglasses
- Facemasks - N95 or KN95 recommended
- Rapid antigen tests (RATs) preferably 3+ way - at least 5 tests
- Insect repellent (DEET based)
- Antihistamine/insect bite cream
- Antiseptic for cuts and scrapes eg. Betadine
- Antibacterial cream/gel/wipes
- Anti-fungal cream
- Pain relief - eg Aspirin, paracetamol
- Anti-inflammatories eg. ibuprofen
- Anti-malarial medication (if recommended by doctor)
- Rehydration powder eg. Gastrolyte, Hydralyte
- Anti-nausea, travel sickness tablets, ginger tablets
- Anti-diarrhoea pills (consult your doctor for advice)
- Constipation medication/laxatives

NB – We strongly recommend that you bring ALL items on the above list plus any additional personal requirements. We also request that you **carry these items with you each day and at all times**. We are prohibited by law from dispensing any medication including over-the-counter pharmaceuticals. We are also unable to provide enough band-aids, rehydration tablets etc. for the whole group, so please ensure you bring and carry your own supply of all items mentioned above.

Clothing - Refer also to the Trip Notes

Easy to wash and fast-drying clothes are a good choice. Please dress conservatively, in comfortable, loose-fitting clothing in light weight, natural fabrics (eg. cotton/voile which breathe in warm weather) and **cover upper arms to below knees as a minimum** (for modesty, religious respect and local conservative dress code).

- Loose, cotton pants
- Skirts/dress (to below knees as a minimum)
- T-shirts/cotton shirts
- Long sleeved top for evenings (when mosquitos are out)
- Underwear
- Socks
- Wide brim sunhat
- Light shawl for visits to religious sites and additional sun protection, for cooler evenings and on A/C transport.
- Cardigan/jacket/layers for cooler days/mornings/evenings
- Light-weight waterproof jacket/poncho
- Small umbrella (useful for sun and rain)
- Comfortable walking shoes and/or comfortable sandals
- Swimming costume/bathers and travel towel or peshtemal
- Light top/dress to wear over bathers when not in pool/sea
- Toiletries
- Plastic bags for dirty clothes, wet bathers, shoes etc
- Travel washing line and biodegradable washing detergent