



# What to Pack for Your Trip to Indonesia

Planning a trip to Indonesia? Here's a comprehensive packing list that takes into account the **tropical climate**, **diverse cultural customs**, and the **wide range of activities** you might enjoy from beach lounging to volcano trekking.

## 1. Clothing (Lightweight & Culturally Appropriate)

- **T-shirts and tank tops** made of cotton or linen (breathable materials).
- **Shorts** for hot days and exploring towns.
- **Lightweight pants** (linen or cotton) for evenings and temple visits.
- **Long skirt or long dress** for women—ideal for cultural sites.
- **Light jacket or cardigan** for cooler evenings and air-conditioned spaces.
- **Compact raincoat or poncho** – especially useful during the rainy season (November to March).
- **Scarf or shawl** – handy for modesty when entering religious sites or protection from sun.

## 2. Footwear

- **Comfortable sandals** for walking around town or at the beach.
- **Hiking shoes or trail runners** for treks and nature walks (especially in places like Mount Batur or the rice terraces).
- **Flip-flops** for the beach, hostel showers, or casual strolls.

## 3. Swimwear & Beach Essentials

- At least **two swimsuits**.
- **Sarong or quick-drying towel** (microfiber preferred).
- **Hat or cap** for sun protection.
- **Sunglasses** with high UV protection.
- **Dry bag** to keep electronics safe during water activities.



#### 4. Personal Care & Hygiene

- **Sunscreen** (SPF 30+ or higher).
- **After-sun gel** (aloe vera).
- **Mosquito repellent** (preferably with DEET or picaridin).
- **Hand sanitizer** and disinfectant wipes.
- **Basic toiletries** (toothbrush, toothpaste, soap, shampoo).
- **Menstrual hygiene products**, if applicable (may not always be readily available).
- **Toilet paper or tissues** (public restrooms may not have these)

#### 5. Outdoor & Adventure Gear

- **Daypack or small backpack** for day trips.
- **Reusable water bottle** (preferably with a filter).
- **Headlamp or flashlight** – essential for early morning hikes or power outages.
- **Snorkel and mask** (optional, but handy if you're island-hopping or diving).
- **Waterproof phone pouch** for island and beach trips.

#### 6. Travel Documents & Essentials

- **Passport** (must be valid for at least 6 months upon arrival).
- **Visa** (Visa on Arrival is available for many nationalities – check requirements before departure).
- **Travel insurance** (with emergency medical coverage and evacuation).
- **Vaccination record/booklet** (some vaccines may be required or recommended).
- **Credit/debit cards** + small amounts of **cash** (preferably in IDR).
- **Universal travel adapter** (Indonesia uses type C and F plugs, 220V).
- **Portable charger/power bank.**



## 7. Health & Medical Kit

**Always consult your doctor before traveling.**

### **First-Aid Basics:**

- Band-aids, gauze, and antiseptic wipes
- Antibacterial ointment
- Tweezers, medical tape, and scissors (if flying, pack scissors in checked baggage)
- Blister plasters

### **Medications:**

- Pain relievers (e.g., paracetamol, ibuprofen)
- Antihistamines (for allergies or bites)
- Anti-diarrheal medicine (e.g., loperamide)
- Motion sickness tablets
- Electrolyte sachets or tablets
- Prescription medications (in original packaging, with prescription note)
- Antibiotics (if prescribed in advance by your doctor)

### **Extra Health Considerations:**

- Insect repellent (especially in areas with dengue or malaria risk)
- Hydrocortisone cream (for bites or rashes)
- Mosquito net (for rural stays without good window screens)

## 8. Vaccines & Preventive Measures

Recommended vaccines:

- **Routine vaccinations** (DTP, MMR, influenza)
- **Hepatitis A & B**
- **Typhoid**



- **Rabies** (for rural stays or animal exposure)
- **Japanese Encephalitis** (for extended rural stays during rainy season)
- **Malaria prophylaxis**: may be needed in specific rural or forested areas (consult a travel health professional).

## 9. Practical Extras

- **Travel journal or notebook** to document your journey.
- **Book or e-reader** for long transit times.
- **Camera or smartphone with storage** for photos.
- Record local emergency numbers and contact information for the nearest hospital or clinic.
- If you have any specific health concerns, carry a card explaining your condition in English and, if possible, in Bahasa Indonesia.
- **Emergency contact list**, including:
  - Travel insurance provider
  - Local embassy or consulate
  - Local hospitals or clinics
  - Important contacts back home

## Final Tips

- **Pack light** – laundry services are widely available.
- **Respect local customs** – modest dress is appreciated, especially in temples.
- **Stay hydrated**, wear sunscreen, and be mindful of food and water safety.
- **Buy local SIM card** for easy navigation and communication (Telkomsel or XL are good choices).