



YOUR PACKING GUIDE

Middle East

Ancient cities, golden deserts and glittering skylines. Light, modest layers will carry you from the souk to the dunes in comfort.

GOOD TO KNOW

Dress modestly outside the resort

Cover shoulders and knees in souks, old towns and religious sites. Women will need a headscarf to visit mosques.

Check the calendar

During Ramadan, eating and drinking in public during daylight may be restricted. I will let you know if your dates coincide.

Wear comfortable shoes

Petra and many old cities involve a lot of walking, steps and uneven ground.

Desert nights are cold

Temperatures drop quickly after sunset, so pack a warm layer for evenings in the desert.

Check your medication

Some medicines need approval before travelling to the UAE and other countries. The FCDO travel advice has the details.

Your full checklist is on the following pages. Happy packing!

Anything you are unsure about? Just message me on WhatsApp: +44 7474 557378

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TRAVEL DOCUMENTS

- ☐ Passport, valid for at least six months after you return, with two blank pages
- ☐ Photocopies of passports, kept separately (and saved on your phone)
- ☐ Visas, eVisas or entry forms, with any supporting documents
- ☐ Flight tickets and boarding passes
- ☐ Hotel and transfer vouchers, downloaded in your Liv& Travel app
- ☐ Travel insurance policy and 24-hour emergency number
- ☐ Two bank cards and a little local currency
- ☐ Driving licence, and diving certification if you dive
- ☐ Vaccination records
- ☐ Emergency contacts, and a note of any allergies

CLOTHES, SHOES & ACCESSORIES

- ☐ Loose, light long sleeves and trousers
- ☐ Modest outfits (shoulders and knees covered)
- ☐ Headscarf for mosque visits
- ☐ Warm layer for desert evenings
- ☐ Comfortable walking shoes
- ☐ Sandals
- ☐ Swimwear for the resort
- ☐ Evening wear
- ☐ Sun hat and sunglasses
- ☐ Underwear and nightwear

ESPECIALLY FOR YOUR JOURNEY

- ☐ Scarf or shemagh for sun and sand
- ☐ Reusable water bottle
- ☐ Lip balm and eye drops
- ☐ Hand sanitiser
- ☐ Small change for tips

ELECTRONICS

- ☐ Smartphone and charger
- ☐ Camera or GoPro, spare batteries and memory cards
- ☐ Universal travel adaptor
- ☐ Power bank
- ☐ Noise-cancelling headphones
- ☐ Tablet, Kindle or laptop, and chargers
- ☐ Waterproof phone case
- ☐ A multi-port USB charger

FOR THE JOURNEY

- ☐ Neck pillow
- ☐ Eye mask and earplugs
- ☐ Lightweight blanket or scarf
- ☐ Compression socks for long flights
- ☐ Reusable water bottle (empty for security)
- ☐ Flight snacks
- ☐ Travel notebook and pen
- ☐ Hydrating face mist and lip balm
- ☐ A change of clothes in your hand luggage

TOILETRIES

- ☐ Toothbrush and toothpaste
- ☐ Shampoo and conditioner
- ☐ Body wash or soap
- ☐ Deodorant
- ☐ Hairbrush or comb, and hair bands
- ☐ Razor and shaving cream
- ☐ Feminine hygiene products
- ☐ Contact lenses and solution, or glasses
- ☐ Make-up and grooming products
- ☐ Skincare and nail care
- ☐ SPF for face and body
- ☐ After-sun or aloe vera gel
- ☐ Clear 100ml liquids bag for hand luggage

MEDICATION & FIRST AID

- ☐ Prescription medication in original packaging, with a copy of the prescription
- ☐ Pain relief
- ☐ Daily supplements
- ☐ Rehydration sachets and anti-diarrhoea tablets
- ☐ Travel sickness remedies
- ☐ Antihistamines
- ☐ Insect repellent and after-bite
- ☐ Plasters and blister plasters
- ☐ A small first-aid kit
- ☐ Hand sanitiser

LIV & TRAVEL ESSENTIALS

- ☐ Liv& Travel wash bag
- ☐ Airalo eSIM, set up before you leave
- ☐ AirFly Bluetooth adapter for in-flight screens
- ☐ TSA-approved luggage locks
- ☐ Solis portable Wi-Fi hotspot
- ☐ Personal air purifier
- ☐ Dyson Airwrap
- ☐ DJI Mini drone (check local drone rules first)

BEFORE YOU LEAVE HOME

- ☐ Check the latest FCDO travel advice
- ☐ Let your bank know you are travelling
- ☐ Check in online as soon as it opens
- ☐ Download your itinerary and boarding passes to use offline
- ☐ Share your itinerary with family at home
- ☐ Set an out-of-office
- ☐ Arrange care for pets and plants
- ☐ Unplug appliances and lock up

ANYTHING ELSE

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