



YOUR PACKING GUIDE

South America

Andean peaks, Amazon lodges, Patagonian glaciers and Galápagos wildlife. It is a continent of extremes, so it helps to pack thoughtfully.

GOOD TO KNOW

Take altitude slowly

Cusco sits at around 3,400m. Rest on arrival, drink plenty of water and speak to your GP about altitude before you go.

Galápagos rules

Luggage limits and biosecurity checks apply on the islands, so pack light and keep shoes clean.

Amazon lodges

Long sleeves, trousers and a good repellent keep mosquitoes at bay, and small planes may limit luggage.

Bring your passport to Machu Picchu

Your passport is checked at the entrance, so keep it with you on the day.

Patagonia weather

Wind and weather change quickly. A windproof shell and warm layers are essential, even in summer.

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

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

- ☐ Layers for cold mornings and warm afternoons
- ☐ Waterproof jacket
- ☐ Walking or hiking boots
- ☐ Quick-dry trousers
- ☐ Long sleeves for the jungle
- ☐ Swimwear
- ☐ Sun hat and sunglasses
- ☐ Warm hat and gloves for the Andes and Patagonia
- ☐ Smart-casual evening wear
- ☐ Underwear and nightwear

ESPECIALLY FOR YOUR JOURNEY

- ☐ Insect repellent (DEET)
- ☐ Binoculars
- ☐ Dry bag
- ☐ Head torch
- ☐ Small US dollar notes
- ☐ Waterproof phone case
- ☐ Yellow fever certificate, if required

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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