



NORDIC COUNTRIES

PACKING LIST

CLOTHING

- Shirts/blouses (long sleeved)
- Shoes (sneakers/waterproof boots)
- Warm water/windproof jacket with hood (year-round)
- Swimsuit (thermal spas, saunas)
- Pajamas
- Underwear & warm socks
- Warm clothes/layering (sweaters/long underwear)
- Pants/jeans/capris
- Gloves, scarf & hat (seasonal)
- Activewear (based on itinerary)

MONEY/DOCUMENTS

- Small purse/wallet (keep close to you)
- Debit/credit cards (credit card required for car rentals)
- Foreign currency*
- Tenon Tours travel vouchers
- Drivers license/photo ID
- Passport (original & photocopy for backup)
- Flight confirmation info
- Travel protection/insurance information

ELECTRONICS

- Camera, GoPro or related gear
- Laptop/tablet (if preferred for business travel)
- E-book reader
- All chargers necessary
- Type G adaptor/converter

TOILETRIES

- General toiletries
- Medicine (kept in original bottle)
- Necessary medical equipment
- Grooming/beauty essentials
- Glasses/contacts/sunglasses
- Washcloth

MISCELLANEOUS

- Yoga mat & props (based on itinerary)
- Backpack/daypack
- Reusable water bottle
- Watch/alarm clock
- Earplugs
- Neck pillow
- Resealable plastic baggies
- Sewing kit and/or first aid kit
- Travel guides/maps
- Jewelry
- Journal & pen