

Travel **Sri-Lanka** Tourist **Check-List**

Documents and Money

- ☐ Passport and valid visa (ETA)
- ☐ Travel insurance documents
- ☐ Driver's license or other ID
- ☐ Copies of prescriptions for any medications
- ☐ Credit/debit cards and some local currency (LKR) in small denominations
- ☐ Emergency contact information, Copies of all bookings and reservations

Health and First Aid

- ☐ First-aid kit: plasters, antiseptic wipes, pain relievers, and oral rehydration salts
- ☐ Medications: personal prescriptions and a basic supply of common remedies
- ☐ Sunscreen: High SPF and potentially a physical sunscreen for daily use
- ☐ Insect repellent: DEET-based or citronella oil is recommended
- ☐ Hand sanitizer or wet wipes: Essential for hygiene on the go
- ☐ Prescription eyeglasses or contact lenses: Bring extras if possible
- ☐ Water purification tablets or filter bottle: To ensure safe drinking water
- ☐ Any recommended vaccinations: Consult your doctor before traveling

Clothing and Footwear

- ☐ Lightweight, breathable clothing: Quick-dry fabrics are ideal for the climate
- ☐ Rain gear: An umbrella or lightweight, waterproof jacket for occasional showers
- ☐ Swimwear: For beaches and waterfalls
- ☐ Comfortable walking shoes or sandals: For daily use
- ☐ Water shoes: Useful for rocky beaches or river spots
- ☐ Sun hat or cap: For sun protection
- ☐ Warm layer: For cooler evenings or higher altitudes

Gear and Accessories

- ☐ Daypack: A lightweight backpack for excursions
- ☐ Reusable water bottle with filter: To stay hydrated and reduce plastic waste
- ☐ Power bank: To keep devices charged on the go
- ☐ Universal power adapter and converter: To charge electronics
- ☐ Camera and extra memory cards/batteries: To capture memories
- ☐ Sunglasses with UV protection: To protect your eyes
- ☐ Headlamp or small flashlight: For unexpected situations
- ☐ Travel journal and pen: For notes or personal reflection
- ☐ Ziplock bags: For protecting electronics or keeping things dry

Comfort and Miscellaneous

- ☐ Travel pillow and eye mask: For long journeys
- ☐ Lightweight travel towel: A quick-dry towel is handy for beaches
- ☐ Insect bite cream: In case you get bitten despite using repellent
- ☐ Small supply of toilet paper: Many public restrooms may not have any
- ☐ A good guidebook or offline maps app: To help you navigate