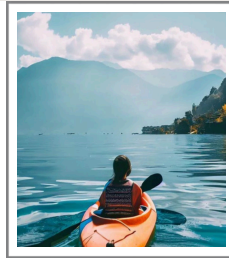


PACKING LIST AND INFO FOR WOMEN'S TRIP TO GUATEMALA

LH Adventure Travel



Antigua Vibes:

Relaxed and casual. Wear what you're comfortable in. Nice restaurants, often outdoors and anything goes. Do you :) .

Weather:

Early February: mid-70s in Antigua, low-80s by Lake Atitlán. Evenings can be chilly—bring layers (jacket or sweater). Not rainy season, but activities are rain or shine—pack a rain jacket.

Walking in Antigua:

Cobblestone streets—bring comfy shoes. Waterproof shoes (e.g., Tevas) can be handy for daytime and kayaking. Consider a secure crossbody bag (e.g., I like Travelon mini crossbody).

Water:

Don't drink or brush teeth with local water. We will get Bottled water. Bring a reusable water bottle for hotel refills.

Medication:

Pack your usual meds. Add Imodium (just in case). If prone to car sickness, bring Dramamine for the 2.5-hour drive with some winding roads to the lake..

ATV Ride:

Wear pants. You can drive (easy!) or be a passenger (let me know). Bring your driver's license if you plan to drive.

Lake Atitlán Day Trip:

Bring layers, kayak/swimwear (swimming

optional-but don't' swallow any water!), Bring a snack. Tevas are great if you have. Pack a ziplock bag for your phone.

Volcano Hike:

Wear hiking boots/shoes (sharp rocks, gravel). Ankle boots can help prevent debris but ok if you don't have. Bring a backpack, water bottle, sunscreen, hat, and sunglasses.

Phone/Tech:

Ensure internet service (ESIM like Airalo works). No plug adaptors needed for hotel outlets.

PACKING LIST

Clothing:

Shorts/crops, T-shirts, long sleeves
Jacket/sweater or a fleece, rain jacket
Pants
Yoga clothes for optional class
Bathing suit + optional cover-up
(spa area will give robes and slippers))

Shoes:

Hiking boots, comfy shoes (e.g., sneakers/Tevas)

Accessories:

Sunglasses, hat
Backpack, water bottle, ziplock bag
Safe pocketbook (e.g., Travelon mini crossbody)

Tech:

Portable charger, phone, book/Kindle

Personal Items:

Usual meds (include Dramamine, Imodium)
Sunscreen
Cash, ATM card, **DRIVER'S LICENSE (for ATV)
Snacks if you want.