Bhutan Travel Checklist

Everything you need for your journey to the Land of the Thunder Dragon

Documents

- [ ] Valid passport (6+ months validity)
- [ ] Bhutan visa clearance letter
- [ ] Flight tickets (printed copy)
- [ ] Travel insurance documents
- [ ] Passport photos (4 copies)
- [ ] Hotel booking confirmations
- [ ] Emergency contact list
- [ ] Credit/debit cards

Clothing

- [ ] Warm fleece or jacket
- [ ] Waterproof rain jacket
- [ ] Long pants (3-4 pairs)
- [ ] Long-sleeve shirts (4-5)
- [ ] T-shirts / base layers
- [ ] Warm sweater or pullover
- [ ] Thermal underwear (winter)
- [ ] Comfortable walking shoes
- [ ] Hiking boots (if trekking)
- [ ] Sandals or flip-flops
- [ ] Warm socks (4-5 pairs)
- [ ] Hat, beanie & gloves

Health & Toiletries

- [ ] Personal medications
- [ ] Altitude sickness pills (Diamox)
- [ ] Sunscreen SPF 50+
- [ ] Lip balm with SPF
- [ ] Insect repellent
- [ ] Hand sanitizer
- [ ] Basic first aid kit
- [ ] Motion sickness tablets
- [ ] Pain relievers
- [ ] Tissues & wet wipes

Electronics

- [ ] Camera with extra batteries
- [ ] Phone + charger
- [ ] Power bank (high capacity)
- [ ] Universal adapter (Type D/F/G)
- [ ] Extra memory cards
- [ ] Flashlight or headlamp

Accessories

- [ ] Daypack or small backpack
- [ ] Sunglasses (UV protection)
- [ ] Reusable water bottle
- [ ] Compact umbrella
- [ ] Reusable shopping bag
- [ ] Travel pillow / eye mask

Temple & Dzong Visits

- [ ] Modest clothing (covered shoulders)
- [ ] Long pants or skirt (below knee)
- [ ] Slip-on shoes (easy to remove)
- [ ] Warm socks (floors can be cold)

Tiger's Nest Hike Essentials

- [ ] Sturdy hiking shoes
- [ ] Walking stick (available for rent)
- [ ] Light rain jacket
- [ ] Water and snacks
- [ ] Camera (no phones inside temple)
- [ ] Small cash for cafeteria

Good to Know

- Pack layers — temperatures range from 15-25°C in valleys to below 0°C at mountain passes
- ATMs are limited outside Thimphu and Paro — carry sufficient cash in USD or Ngultrum
- Plastic bags are banned in Bhutan — bring a reusable shopping bag
- Mobile coverage is spotty in remote areas — download offline maps before your trip
- Bhutan uses Type D, F, and G power outlets (230V) — bring a universal adapter
- Tiger's Nest hike takes 4-5 hours round trip — start early to avoid afternoon clouds

Need Help Planning Your Trip?

bywaysinquiry@gmail.com | +975 77973131 | www.byways.bt