

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

- | | |
|---|---|
| <input type="checkbox"/> Daypack or small backpack | <input type="checkbox"/> Compact umbrella |
| <input type="checkbox"/> Sunglasses (UV protection) | <input type="checkbox"/> Reusable shopping bag |
| <input type="checkbox"/> Reusable water bottle | <input type="checkbox"/> Travel pillow / eye mask |

Temple & Dzong Visits

- | | |
|--|--|
| <input type="checkbox"/> Modest clothing (covered shoulders) | <input type="checkbox"/> Slip-on shoes (easy to remove) |
| <input type="checkbox"/> Long pants or skirt (below knee) | <input type="checkbox"/> Warm socks (floors can be cold) |

Tiger's Nest Hike Essentials

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|---|---|
| <input type="checkbox"/> Sturdy hiking shoes | <input type="checkbox"/> Water and snacks |
| <input type="checkbox"/> Walking stick (available for rent) | <input type="checkbox"/> Camera (no phones inside temple) |
| <input type="checkbox"/> Light rain jacket | <input type="checkbox"/> 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?

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