



- 1. Pack as lightly as possible. Space is really limited, so the more you can fit in a carry-on the better.
- 2. Always check the weather before traveling. If you're traveling into the highlands, the night may be chilly so make sure to pack warmer clothes.
- 3. If you're on any medications, make sure you fill them in advance of your trip and bring more than you think you'll need. It's a good idea to keep these in your carry-on to avoid losing anything you might need.
- 4. Make sure to see a travel doctor and get all the vaccinations you might need. Many countries have requirements for entry for specific vaccines, so check on the state department website ahead of time so you know what you'll need.
- 5. If you have packaged coffee from a station or farm you're visiting, producers are always thrilled to receive it.
- 6. When booking flights, it's a good idea to select the refundable or flexible option, as Covid restrictions and testing requirements are still in place across most of the world. Your green coffee trader will always do their best to convey the most up-to-date information, but it's still good to have the flexibility to change flights if needed.



## To bring

raincoat	travel pharmacy: imodium, sunscreen, antihistamines and whatever else you
hat	usually use
top layers (the more the better)	bugspray
walking shoes (ideally boots)	notepad + pens
good, thick socks	camera
noise-cancelling earphones/earplugs	travel power bank (days are long and outlets are limited)
voltage converter	travel brewing kit