

# PORTUGAL

## PACKING LIST

Everything you need — for every season.

### SECTION 1

### General Essentials — Every Season

<input type="checkbox"/> <b>Passport</b> Valid for at least 6 months beyond your travel dates	<input type="checkbox"/> <b>Travel insurance documents</b> Always travel insured — especially in the EU
<input type="checkbox"/> <b>Printed hotel/Airbnb confirmations</b> Useful if your phone dies at the border	<input type="checkbox"/> <b>Flight itinerary printout</b> Some border agents ask for onward travel proof
<input type="checkbox"/> <b>Passport copies (digital + physical)</b> Store one in your bag, one in email	<input type="checkbox"/> <b>Travel adapter (Type F plug)</b> Two round pins, 230V — essential for North America
<input type="checkbox"/> <b>Comfortable walking shoes</b> Cobblestones are everywhere — protect your feet	<input type="checkbox"/> <b>Casual outfit for evenings</b> Portuguese restaurants are relaxed but smart-casual
<input type="checkbox"/> <b>Underwear &amp; socks (5-7 days)</b> Pack light and do laundry mid-trip	<input type="checkbox"/> <b>Light packable jacket</b> Evenings cool down even in summer, especially coastal
<input type="checkbox"/> <b>Daypack / day bag</b> For exploring without dragging your suitcase	<input type="checkbox"/> <b>Anti-theft bag lock</b> For busy tourist spots like Alfama and Tram 28
<input type="checkbox"/> <b>Prescription medication</b> Bring enough for your trip + a few extra days	<input type="checkbox"/> <b>Pain relief / stomach meds</b> New food and lots of walking — be prepared
<input type="checkbox"/> <b>Hand sanitiser &amp; wipes</b> Small markets and long days out	<input type="checkbox"/> <b>Reusable water bottle</b> Tap water is safe and delicious in Portugal
<input type="checkbox"/> <b>Phone + charger</b> Download Maps.me offline maps before you fly	<input type="checkbox"/> <b>Power bank</b> Long days of sightseeing drain your phone fast
<input type="checkbox"/> <b>Saily eSIM (before landing)</b> Skip the SIM queue — use code NWB15 for 15% off	<input type="checkbox"/> <b>Revolut card</b> Fee-free euro spending — set up before you go
<input type="checkbox"/> <b>Away carry-on or sturdy suitcase</b> Good wheels are non-negotiable on cobblestones	<input type="checkbox"/> <b>Packing cubes</b> Your future self will thank you
<input type="checkbox"/> <b>Travel neck pillow</b> For long-haul or connecting flights to Lisbon	<input type="checkbox"/> <b>Luggage lock</b> For checked bags or hostel storage

SECTION 2

# Seasonal Packing

<b>SUMMER</b> June July August	<b>WINTER</b> December January February
<b>+ ADD TO YOUR BAG</b>	<b>+ ADD TO YOUR BAG</b>
<input type="checkbox"/> High-SPF sunscreen (bring from home)	<input type="checkbox"/> Waterproof jacket or rain mac
<input type="checkbox"/> Swimwear (2-3 sets)	<input type="checkbox"/> Warm mid-layer (fleece or wool)
<input type="checkbox"/> Sun hat or cap	<input type="checkbox"/> Scarf
<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Waterproof walking shoes
<input type="checkbox"/> Sandals or flip flops	<input type="checkbox"/> Thermal base layer (snowy regions only)
<input type="checkbox"/> Light linen or cotton clothing	<input type="checkbox"/> Cosy layers for evenings
<input type="checkbox"/> After-sun lotion	<b>- LEAVE AT HOME</b>
<input type="checkbox"/> Small beach bag	<input type="checkbox"/> Swimwear (sea is cold)
<b>- LEAVE AT HOME</b>	<input type="checkbox"/> Summer dresses / shorts
<input type="checkbox"/> Heavy jacket or coat	<input type="checkbox"/> High SPF sunscreen
<input type="checkbox"/> Thermals or heavy knitwear	<input type="checkbox"/> Sandals as main footwear
<input type="checkbox"/> Boots (unless hiking)	

## SHOULDER SEASON March April May September October November

<b>+ ADD TO YOUR BAG</b>	<b>WHAT TO EXPECT</b>
<input type="checkbox"/> Layers you can peel off — mornings cool, afterno...	<input type="checkbox"/> Weather is unpredictable — dress in layers, always
<input type="checkbox"/> Light waterproof jacket — spring rain showers hap...	<input type="checkbox"/> September still feels like summer — don't underestimate the heat
<input type="checkbox"/> Swimwear — Sep/Oct sea is still warm and lovely	<input type="checkbox"/> March and November can be rainy — check the forecast
<input type="checkbox"/> Comfortable closed-toe walking shoes	<input type="checkbox"/> No heavy winter gear needed — Portugal is mild
<input type="checkbox"/> Mid-SPF sunscreen — still strong in September	<input type="checkbox"/> Fewer crowds, better prices — best time to visit overall

## TRAVELLING WITH YOUNG KIDS?

Extra tips for parents — from parents who've done it in Portugal

- 1 Bring sunscreen from home**  
Children's high-SPF sunscreen is slightly more expensive in Portugal and harder to find all-natural.
- 2 Shoes with grip — not sandals**  
Cobblestone streets are slippery and hard on little feet. Closed-toe shoes are essential — even in summer.
- 3 Pack a small kids' day bag**  
Let kids carry their own snacks and water bottle. Lightens your load on long walking days.
- 4 Book a car with a car seat**  
Car seats are legally required for children under 12 or under 135cm. Request when booking.
- 5 Pack a basic kids' medicine kit**  
Pain relief, antihistamine, plasters, and prescription meds. Farmácias are good but mid-trip can be stressful.
- 6 Pack familiar snacks**  
Bring a stash from home for day one or two. Pingo Doce and Continente stock most familiar brands.
- 7 Beach safety — check the flags**  
Green = safe, yellow = caution, red = no swimming. The Atlantic can have strong currents.
- 8 Request ground floor or elevator access**  
Many guesthouses are in old buildings without elevators. Confirm before booking if you have a stroller.

## NATIONS WITHOUT BORDERS

Explore Life Beyond Borders