

Sri Lanka First-Time Tourist Itinerary Checklist

Before You Travel

- Passport & Visa:

Ensure passport is valid for 6+ months

Apply for ETA online

- Health & Safety:

Get travel insurance

Vaccines: Hepatitis A, Typhoid recommended

Carry basic medications

- Finances:

Convert to LKR

Inform bank of travel

Bring international debit/credit card

- Connectivity:

Unlock phone

Buy local SIM at airport (Dialog/Mobitel)

- Packing Essentials:

Lightweight clothes, modest wear for temples

Swimsuit, hat, sunglasses, sunscreen

Umbrella or raincoat

Power adapter (Type D/M/G)

Sample 10-Day Travel Itinerary

Day 1 Arrival in Colombo:

Airport to hotel, visit Galle Face Green

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Day 2 Colombo to Sigiriya:

Dambulla Cave Temple, Sigiriya Rock

Day 3 Polonnaruwa or Minneriya:

Ancient ruins or elephant safari

Day 4 Sigiriya to Kandy:

Spice Garden, Cultural show, Temple of Tooth

Day 5 Kandy to Nuwara Eliya:

Scenic train, tea plantations, Gregory Lake

Day 6 Nuwara Eliya to Ella:

Little Adams Peak, Nine Arch Bridge

Day 7 Ella to Yala:

Travel + Wildlife safari

Day 8 Yala to Mirissa:

Relaxation, seafood

Day 9 Mirissa or Galle:

Whale watching or Galle Fort visit

Day 10 Return to Colombo:

Souvenirs, fly out

Extras to Consider

- Book stays and trains in advance

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- Bring temple socks
- Reusable water bottle
- Download offline maps
- Learn basic Sinhala/Tamil phrases