

# ADVENTURE TRAVEL PACKING CHECKLIST

## BEFORE YOU GO:

- Passport / ID
- Visas
- Visit Doctor/Dentist
- Insurance Information
- Traveler's Checks
- Credit Cards
- Foreign Currency
- U.S. Cash and/or Euro's
- Airline Tickets
- Immunization / Health Documentation
- Int'l Driver's License
- Student ID/FHA/Int'l
- Discount Cards
- Emergency Information (medical, itinerary, relatives)
- Scans/photocopies critical documents
- Send scans to online email account

## SOME BIG BASICS:

- Wheelie Luggage
- Wheelie Backpack
- Fanny Pack
- Daypack
- Luggage Keys/Locks
- Luggage Tags
- Possession Protectors
- Money Belt
- Neck Pouch
- Pouch for Passport, Tickets & Currency
- Camera & Accessories
- Padded Case
- Tripod Case
- Extra Film/Memory Cards
- Lenses
- Extra Batteries
- Filmshield (for x-ray protection)

## PERSONAL CARE

- Soap
- Shampoo
- Deodorant
- Travel Wash (for clothes)
- Clothesline
- Shaving Kit
- Toothbrush, Paste & Floss
- Sink Stopper
- Mirror
- Towel
- Contact Lens Preparation
- Lotions / Skin Creams
- Hair brush / Comb
- Toilet Paper
- Q-Tips
- Nail Clippers

## CLOTHING:

- Think light weight, comfortable, quick drying, abrasion resistant – nylon, polyester & cotton blends
- Socks (thin cotton, thermal, wool)
- Gaiters
- Hat or Visor
- Gloves/Scarf
- Comfortable Shorts (2-3 pairs)
- Skirt
- Pants (2-3 pair)
- Belt
- Shirts (short/long sleeve, tees, something "dressy")
- Rainwear
- Thermal Underwear
- Sandals, Walking Shoes, & Boots
- Swimsuit
- Underwear

## HEALTH CARE NEEDS:

- Antihistamine Cream (good for itchy insect bites!)
- Spare Prescription Glasses
- First Aid Kit
- Blister Kit
- Band Aids
- Adhesive Tape
- Compression Bandage
- Moleskin
- Antiseptic/Iodine Towellettes
- Antibiotic Cream
- Insect Repellent
- Prescriptions/Birth Control
- Calamine Lotion
- Sunscreen
- Lip Balm
- Tweezers
- Scissors
- Aspirin
- Antihistamine Tablets
- Antacid
- Diarrhea Medicine
- Foot Powder
- Malaria Pills
- Vitamins
- Cold Medicine
- Laxative
- Tampons/Pads
- Water Bottles
- Water Filter/Iodine Tablets

## MISCELLANEOUS:

- Flashlight & Extra, Bulbs/Batteries
- Door Jammer
- Headlamp
- Candle
- Travel Alarm/Watch
- Sunglasses/Case/Strap
- Ear Plugs
- Neck Pillow (for traveling)
- Voltage Adapter and Converter
- Modem (tele) Adapter
- Swiss Army Knife
- Umbrella
- Plastic Zip-Lock Bags
- Sewing Kit/Thread
- Lighter/Matches
- Calculator
- Binoculars
- Journal
- Pens
- Reading Material
- Travel Guides/Maps
- Language Books
- Stuff Sacks
- Travel Hair Dryer
- Travel Iron/Steamer

## EXTRA GEAR:

Sport-Related Items: Snorkel, diving mask, flippers, climbing harness & boots, etc...

Specifics For Climate: Malaria tablets are a necessity in many areas, but don't forget mosquito netting, repellent, coils or citronella candles.

In High Altitude: Make sure your sleeping bag & clothing will keep you warm and dry. Layer clothing. Be sure to acclimatize. You may want to pack altitude sickness medication like Diamox.

