



ADVENTURE TRAVEL CHECKLIST

Whether you're on a guided tour of the Himalayas or a self-supported trek, use this list as a starting point to help you pack for your next awe-inspiring adventure.



DOCUMENTS, MONEY & TRAVEL INFO

- Passport or REAL ID
- Driver's license
- Money
- Travel insurance
- Entry visa *(or any required paperwork)*
- Photocopies of important documents
- Printed itineraries
- List of key phone numbers
- _____
- _____



PACKS/LUGGAGE & ORGANIZING GEAR

- Travel pack, overnight backpack, wheeled luggage or duffel bag
- Daypack or waist pack
- Packing cubes and organizers
- Pack raincover or pack liner
- Dry bag
- Resealable plastic bags
- Luggage locks
- _____
- _____



CLOTHING & FOOTWEAR

Hiking footwear, sandals and other footwear:

- Hiking shoes
- Sandals
- Casual shoes

Clothing:

- Socks
- Underwear/sports bras
- Moisture-wicking shirts
- Pants/shorts
- Long-sleeve shirts *(for sun, bugs)*
- Lightweight puffy jacket
- Rainwear *(jacket and pants)*
- Sun-shielding cap or hat
- Sleepwear

- Swimsuit
- Town outfits *(such as travel dress, trousers or a button-down shirt)*
- Bandana or neckwear

For cold climates, add:

- Base layers
- Lightweight fleece or jacket
- Gloves or mittens
- Warm hat
- _____
- _____
- _____
- _____

ELECTRONICS



& TECH ESSENTIALS

- Cellphone
- Charging cords and power banks
- Headphones
- Camera
- Navigation tools (*GPS watch, portable GPS unit, or digital or paper maps*)
- _____
- _____



TRAVEL & CAMPING GEAR

- Sleeping bag or quilt
- Sleep sheet (*or sleeping bag liner*)
- Sleeping pad
- Camp cookware
- Trowel and toilet paper (*if self-supported*)
- _____
- _____



HEALTH & SAFETY

- First-aid kit
- Sunglasses
- Sunscreen
- SPF-rated lip balm
- Insect repellent
- _____
- _____
- _____



MEDICATIONS, TOILETRIES & PERSONAL ITEMS

Medications:

- Prescription medications
- Spare eyeglasses or contact lenses

Toiletries:

- Toiletry bag
- Toiletries (*such as toothbrush, toothpaste, floss, shampoo, conditioner, cosmetics, face wipes, tissues or toilet paper, deodorant, brush/comb, razor, nail clippers, menstrual products*)
- Hand sanitizer
- Skin lotion or balm
- Earplugs and eye shades
- Travel clothesline and travel packets of detergent
- _____
- _____
- _____



MISCELLANEOUS

- Water bottle or hydration pack
- Water treatment system or tablets
- Food, snacks and treats
- Headlamp or flashlight
- Binoculars
- Trekking poles
- Knife or multi-tool (*pack in checked luggage*)
- Carabiners
- Entertainment (*books, games, journal or sketchbook, etc*)
- Travel towel
- Travel pillow
- _____
- _____
- _____