ADVENTURE TRAVEL CHECKLIST

When packing for an international adventure trip, keep your most important documents with you at all times and your essentials in your carry-on. Remember, you want to go as light as possible, so try to choose items that will do double duty whenever possible.

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<table>
<thead>
<tr>
<th>TRAVEL DOCUMENTS</th>
<th>TRAVEL GEAR</th>
<th>PACKS/LUGGAGE</th>
<th>PERSONAL ITEMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Passport</td>
<td>☐ Water bottles and/or reservoir</td>
<td>☐ Travel pack or duffel</td>
<td>☐ Cell phone (with weatherproof case)</td>
</tr>
<tr>
<td>☐ Driver’s license (or equivalent)</td>
<td>☐ Water disinfection system or tablets</td>
<td>☐ Day pack or waist pack</td>
<td>☐ Charging cables and plugs</td>
</tr>
<tr>
<td>☐ Travel insurance</td>
<td>☐ Headlamp or flashlight</td>
<td>☐ Packing organizers</td>
<td>☐ Headphones</td>
</tr>
<tr>
<td>☐ Entry visa (+ other paperwork)</td>
<td>☐ Binoculars</td>
<td>☐ Pack rain cover</td>
<td>☐ Electrical adapters/converter</td>
</tr>
<tr>
<td>☐ Scanned copies of above (stored on phone and shared securely with contacts at home)</td>
<td>☐ Trekking poles</td>
<td>☐ RFID wallet or money belt</td>
<td>☐ Portable power</td>
</tr>
<tr>
<td>☐ Photocopy of passport (carried with you in separate location from the original)</td>
<td>☐ Knife or mulit-tool (in checked luggage)</td>
<td>☐ Dry bag (for wet clothes)</td>
<td>☐ Camera or action camera</td>
</tr>
<tr>
<td>☐ Currency valid at destination</td>
<td>☐ Book/reading material</td>
<td>☐ Resealable plastic bags</td>
<td>☐ Camera bags</td>
</tr>
<tr>
<td>☐ Trip itinerary</td>
<td>☐ Field guides; historical guidebooks</td>
<td>☐ Luggage locks (TSA approved)</td>
<td>☐ Extra batteries</td>
</tr>
<tr>
<td>☐ Reservation confirmations (travel, hotel, car, etc.)</td>
<td>☐ Language phrasebook</td>
<td>☐ Luggage tags (2 per bag)</td>
<td></td>
</tr>
</tbody>
</table>
### CLOTHING/FOOTWEAR

- Moisture-wicking underwear
- Moisture-wicking T-shirts
- Quick-drying pants/shorts
- Long-sleeve shirts
- Lightweight fleece or jacket
- Rainwear *(jacket and pants)*
- Sun-shielding cap or hat
- Sleepwear
- Swimsuit
- Clothing for casual or evening use

### HEALTH & HYGIENE

- Hand sanitizer
- Alcohol or antiseptic wipes
- Skin lotion
- Spare eyeglasses or contact lenses
- First-aid kit
- Prescription medication
- Toiletry kit
- Toothbrush
- Tissue or toilet paper
- Cosmetics

### OTHER ITEMS

- Bandana or Buff
- Socks *(synthetic or wool)*
- Hiking footwear, sandals and other shoes
- Sleep aids *(eyeshades, earplugs)*
- Travel clothesline and travel packets of detergent

**For cold weather add:**

- Warm insulated jacket or vest
- Long underwear
- Gloves or mittens
- Warm hat

**Sun and bug protection:**

- Sunglasses or glacier glasses *(+ retainer leash)*
- Sunscreen
- SPF-rated lip balm
- Insect repellent

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- Long underwear
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