## Adventure Travel Checklist

**Note:** This list is intentionally extensive. Not every traveler will carry every item on every excursion.

### Documents
- [ ] Passport
- [ ] Photocopy of first page of passport
- [ ] Entry visa (or required paperwork)
- [ ] Other photo ID
- [ ] Currency (valid at destination)
- [ ] Trip itinerary
- [ ] Flight confirmation
- [ ] Hotel confirmation
- [ ] International health card with immunizations
- [ ] List of key phone numbers

### Packs/Luggage
- [ ] Travel pack
- [ ] Duffel (or soft-sided suitcase)
- [ ] Day pack or waist pack
- [ ] Neck pouch (for passport)
- [ ] Money belt
- [ ] Camera bag(s)
- [ ] Computer bag
- [ ] Dry bag (for wet clothes)
- [ ] Internal organizers and/or stuff sacks
- [ ] Resealable plastic bags
- [ ] Luggage locks (TSA approved)
- [ ] Luggage tags (2 per bag)

### Clothing/Footwear
- [ ] Wicking T-shirt
- [ ] Wicking underwear
- [ ] Quick-drying pants/shorts
- [ ] Short-sleeve shirt(s)
- [ ] Long-sleeve shirt (for sun, bugs)
- [ ] Sun-shielding cap or hat
- [ ] Fleece or wool hat
- [ ] Bandana or buff
- [ ] Swimsuit
- [ ] Rainwear (jacket and pants)
- [ ] Insulating jacket or vest (and pants)
- [ ] Gloves or mittens
- [ ] Clothing for casual or evening use
- [ ] Hiking footwear; sandals and other shoes
- [ ] Hiking/walking socks, 2+ pairs
- [ ] Liner socks

### Travel gear
- [ ] Travel alarm clock
- [ ] Water bottles
- [ ] Water disinfection system or tablets
- [ ] GPS/personal navigator
- [ ] Headlamp or flashlight
- [ ] Binoculars
- [ ] Battery charger
- [ ] Extra batteries
- [ ] Electrical outlet converter
- [ ] Knife or multi-tool (in checked luggage)
- [ ] Umbrella
- [ ] Camera
- [ ] Memory cards or film
- [ ] Book/reading material
- [ ] Field guides; historical guidebooks
- [ ] Language phrasebook
- [ ] Music player with headphones
- [ ] Journal or sketchbook with pens/pencils
- [ ] Quick-dry travel towel
- [ ] Sleep sheet (or sleeping bag liner)
- [ ] Travel pillow
- [ ] Packable luggage scale

### Personal items
- [ ] Sunglasses
- [ ] Sunscreen
- [ ] Lip balm
- [ ] Insect repellent
- [ ] Hand sanitizer
- [ ] Alcohol or antiseptic wipes
- [ ] Skin lotion
- [ ] Spare eyeglasses or contact lenses
- [ ] First-aid kit (see our [First-aid checklist](#))
- [ ] Prescription medications
- [ ] Toiletry kit
- [ ] Toothbrush
- [ ] Tissue or toilet paper
- [ ] Cosmetics
- [ ] Brush and/or comb
- [ ] Sleep aids (eyeshades, earplugs)

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Find packing guidelines for specific REI Adventures trips at [REIAdventures.com](http://REIAdventures.com).

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