

## **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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Travel Documents	Travel Gear	Packs & Luggage
□ Passport	☐ Water bottles and/or reservoir	☐ Travel pack or duffel
☐ Driver's license (or equivalent)	☐ Water disinfection system	☐ Daypack or waist pack
☐ Travel insurance	or tablets	☐ Packing organizers
☐ Entry visa (and other paperwork)	☐ Headlamp or flashlight	☐ Pack raincover
☐ Scanned copies of above (stored	☐ Binoculars	☐ RFID wallet or money belt
on phone and shared securely	☐ Trekking poles	☐ Dry bag (for wet clothes)
with contacts at home)	☐ Knife or multi-tool (in	☐ Resealable plastic bags
☐ Photocopy of passport (carried	checked luggage)	☐ Luggage locks (TSA approved)
with you in separate location	☐ Book/reading material	☐ Luggage tags (2 per bag)
from the original)	☐ Field guides; historical	<b></b>
☐ Currency valid at destination	guidebooks	<b>-</b>
☐ Trip itinerary	☐ Language phrase book	
☐ Reservation confirmations	☐ Journal or sketchbook with	Personal Items
(travel, hotel, car, etc.)	pens/pencils	e e reisonal items
☐ International health card with	☐ Quick-dry travel towel	☐ Cellphone (with
immunizations	☐ Sleep sheet (or sleeping	weatherproof case)
☐ List of key phone numbers	bag liner)	☐ Charging cables and plugs
(stored separately from	☐ Travel pillow	☐ Headphones
your phone)	o	☐ Electrical adapters/converter
	<b>-</b>	☐ Portable power
	<b>-</b>	☐ Camera or action camera
	<b>-</b>	☐ Camera bags
	<b>-</b>	☐ Extra batteries
		<b>-</b>
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Clothing/Footwear		Other Items
☐ Moisture-wicking underwear	☐ Bandana or neck gaiter	
☐ Moisture-wicking T-shirts	☐ Socks (synthetic or wool)	o
☐ Quick-drying pants/shorts	☐ Hiking footwear, sandals and	O
☐ Long-sleeve shirts	other shoes	<b>-</b>
☐ Lightweight fleece or jacket	For cold weather add:	<b>-</b>
☐ Rainwear (jacket and pants)	☐ Warm insulated jacket or vest	O
☐ Sun-shielding cap or hat	☐ Long underwear	o
☐ Sleepwear	☐ Gloves or mittens	<b>-</b>
☐ Swimsuit	☐ Warm hat	O
☐ Clothing for casual or		<b>-</b>
evening use	<b>-</b>	O
		o
Health & Hygians		<b>-</b>
Health & Hygiene		O
☐ Hand sanitizer	☐ Sleep aids (eyeshades, earplugs)	O
☐ Alcohol or antiseptic wipes	☐ Travel clothesline and packets of	<b>-</b>
☐ Skin lotion	detergent	O
☐ Spare eyeglasses or	☐ Sun and bug protection	o
contact lenses	☐ Sunglasses or glacier glasses	o
☐ First-aid kit	(+ retainer leash)	o
☐ Prescription medication	☐ Sunscreen	
☐ Toiletry kit	☐ SPF-rated lip balm	o

☐ Insect repellent

☐ Toothbrush

☐ Cosmetics

☐ Tissue or toilet paper

☐ Brush and/or comb

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