

# Adventure Travel Checklist

Going on an adventure? This comprehensive list for active travelers is designed to help you from forgetting anything important. Happy and safe travels!



## Travel 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)

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- ☐ 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 and 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 receiver

- ☐ Headlamp or flashlight
- ☐ Binoculars
- ☐ Battery charger
- ☐ Extra batteries
- ☐ Electrical adapters/converter
- ☐ Knife or multi-tool (in checked luggage)
- ☐ Umbrella
- ☐ Camera
- ☐ Memory cards and batteries
- ☐ 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

## 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

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☐ Brush and/or comb

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