

FOREIGN TRAVEL CHECKLIST

BASICS

- TRAVEL CONVERSION PACK
- CARGO BAG/SUITCASE/BACKPACK
- SHOULDER BAG/DAYPACK
- LUGGAGE I.D. TAGS
- WATER BOTTLE/CANTEEN
- WATER PURIFICATION TABLETS
- WATER FILTER
- CUP
- FORK & SPOON
- POCKET KNIFE W/CAN & BOTTLE OPENER
- SUNGLASSES
- INSECT REPELLENT
- SMALL FIRST AID KIT
- FIRST AID BOOKLET
- BLISTER KIT
- SMALL FLASHLIGHT
- WATCH/ALARM CLOCK
- CAMERA/FILM
- TRAVEL IRON/STEAMER
- WALLET & CASH
- TRAVELERS CHECKS
- YOUTH HOSTEL CARD
- MONEY BELT, PASSPORT CARRIER
- PASSPORT/VISA/TOURIST CARD
- HEALTH CARD
- STUDENT I.D.
- TICKETS
- ADDRESS BOOK
- PHRASE BOOKS
- GUIDE BOOKS
- MAPS
- SLEEPING BAG & PAD
- SHEET-BAG FOR HOSTELS
- TENT
- STOVE/FUEL
- COOK KIT
- GROUND CLOTH
- SEWING KIT W/SAFETY PINS
- MATCHES

CLOTHING

- RAIN PARKA OR 60/40 PARKA
- PONCHO
- DOWN PARKA/DOWN JACKET
- DOWN VEST (OR FLEECE ITEMS)
- WOOL SHIRT
- SWEATER
- SLACKS/SKIRT
- JEANS
- SHIRT(& TIE)/BLOUSE
- DRESS
- SHORTS
- T-SHIRTS
- UNDERWEAR
- SOCKS
- STOCKINGS/TIGHTS
- COMFORTABLE WALKING SHOES
- HIKING BOOTS
- DRESS SHOES
- SANDALS
- RUBBER THONGS/SLAPS
- SWIM SUIT
- PAJAMAS/NIGHTGOWN
- BATHROBE
- LONG UNDERWEAR
- WOOL CAP
- GLOVES/MITTENS
- BRIMMED HAT
- BANDANA
- BELT

PERSONAL

- ALL PURPOSE BIODGRBL SOAP
- TOILET PAPER
- COMB/BRUSH
- TOOTHBRUSH/FLOSS
- TOOTHPASTE*
- SHAMPOO*
- SHAVING CREAM*
- RAZOR/BLADES*
- TAMPONS
- EARPLUGS
- BIRTH CONTROL
- MEDICINES/PRESCRIPTIONS
- VITAMINS
- LIP BALM
- SUN SCREEN
- SMALL TOWEL & WASHCLOTH
- WASH 'N DRY TOWELETTES
- MAKE UP
- DEODORANT

OTHER USEFUL ITEMS

- CREDIT CARDS
- A GOOD LONG NOVEL
- NOTEBOOK & PEN
- STATIONERY & ENVELOPES
- BINOCULARS
- VOLTAGE ADAPTER
- PLUG ADAPTERS
- FLAT RUBBER DRAIN PLUG
- SCRUB BRUSH
- ZIP-LOC BAGS
- FREEZE DRIED FOOD
- NYLON DUFFLE (FOLDED)
- DRIED FRUIT & HEALTH SNACKS
- COAT HANGERS
- NYLON CORD/CLOTHESLINE
- SNAKE BITE KIT
- INFLATABLE PILLOW
- POCKET SHARPENING STONE
- EMERGENCY SPACE BLANKET
- PLAYING CARDS
- POCKET HAMMOCK
- RIP-STOP REPAIR TAPE
- COMBINATION LOCK
- SMALL NYLON BAGS

BACKPACKING CHECKLIST

ESSENTIALS FOR ANY HIKE

- MAP
- COMPASS
- FIRST AID KIT
- FIRST AID BOOKLET
- POCKET KNIFE
- EXTRA CLOTHING
- EXTRA FOOD
- TOILET PAPER
- WHISTLE
- SMALL FLASHLIGHT
- SIGNALING DEVICE
- FIRE STARTER/
WATERPROOF MATCHES
- SUNGLASSES
- WATERBOTTLE/CANTEEN

DAY HIKES

(ADD TO THE ABOVE)

- COMFORTABLE BOOTS OR WALKING SHOES
- RAIN PARKA OR 60/40 PARKA
- GAITORS
- DAYPACK
- FOOD
- CUP
- WATER PURIFIER
- EMERGENCY SPACE BLANKETS
- INSECT REPELLENT
- SUN SCREEN
- LIP BALM
- LITTER BAG
- BRIMMED HAT
- GUIDE BOOK
- CAMERA & FILM
- EXTRA CLOTHES
- SILICA GEL
- BINOCULARS
- CHILD CARRIER
- BOOK
- WALLET & I.D.
- CAR KEY & MONEY FOR PHONE
- BLISTER KIT
- HIKING STICK
- TROWEL

TWO OR MORE DAYS

(ADD TO THE ABOVE)

- BACKPACK
- SLEEPING BAG & PAD
- TENT
- BIVOUAC COVER
- GROUND CLOTH
- PONCHO
- STOVE
- EXTRA FUEL
- COOKING POT
- POT SCRUBBER
- SPOON (KNIFE & FORK)
- EXTRA SOCKS
- EXTRA SHIRTS
- EXTRA PANTS/SHORTS
- WOOL SHIRT/SWEATER
- DOWN VEST (FLEECE ITEMS)
- BIODGRBLE. SOAP
- PORTABLE SHOWER
- LANTERN
- DOWN PARKA
- MOCCASINS/CAMP SHOES
- BANDANA
- SOFT NYLON CORD
- EXTRA MATCHES
- SOAP
- TOOTHBRUSH/FLOSS
- MIRROR
- MEDICINES
- SNAKE BITE KIT
- NOTEBOOK & PENCIL
- LICENSES & PERMITS
- PLAYING CARDS
- ZIP-LOC BAGS
- RIP-STOP REPAIR TAPE
- TOWEL
- DEODORANT
- SHAMPOO

***THESE LISTS ARE SIMPLY INTENDED TO HELP YOU REMEMBER SOME OF THE ITEMS YOU WILL NEED ON YOUR TRIP. BUT, OF COURSE, ONE PERSON'S 'ESSENTIAL' IS ANOTHER'S 'EXTRA', SO THESE CHECKLISTS SHOULD SERVE ONLY AS A STARTER, TO BE CONSTANTLY AMENDED BY YOU ACCORDING TO YOUR OWN NEEDS - REMEMBER: JUDGEMENT AND IMAGINATION SHOULD ULTIMATELY PREVAIL.

PARENTHESES INDICATE THOSE OPTIONAL ITEMS THAT YOU MAY OR MAY NOT WANT TO CARRY DEPENDING UPON THE LENGTH OF THE TRIP, CLIMATE, WEATHER CONDITIONS, PERSONAL PREFERENCE OR NECESSITY.