

## [www.Adventure.Travel](http://www.Adventure.Travel) Packing Lists

Please note:

- Always check seasonal weather and destination activities to further fine-tune your proper attire and gear
- Also check local cultural restrictions to determine appropriate attire
- Gear and vendors recommended by the *Adventure Travel Trade Association* is in parenthesis following select items

### Pre-Departure

- Personal identification
- Passport
- Visa
- Health documentation
- Insurance for trip cancellation/medical/evacuation ([Medjet Assist](#), [Travel Guard](#), [Travel Insure](#), or [World Nomads](#))
- Emergency information
- Transportation tickets ([www.Away.com](http://www.Away.com), [www.Orbitz.com](http://www.Orbitz.com))
- Frequent flyer information
- Lodging, transfers, and activity reservations ([www.Away.com](http://www.Away.com), [www.Orbitz.com](http://www.Orbitz.com))
- Hotel/tour contact info
- Traveler's checks
- Currency
- Money belt ([All Terrain Money Belt](#))
- Credit & ATM cards
- Copies of airline tickets/passport/etc.
- Security pouch and/or organizers for passport, tickets, etc. ([Security and ID](#))
- Reconfirm/check-in online with airline
- Positive attitude and an open mind!*

### Luggage

(For a variety of luggage options, see the [Eagle Creek](#), [Kelty](#), or [Osprey](#) websites)

- Primary travel bag ([Take 2 ORV Trunk 28](#), [Big Rolling Duffel](#), or [Sojourn](#))
- Carry-on bag ([Porter](#) or [Redwing](#))
- Packable spare bag ([Packable Day Pack](#))
- Packing accessories for clothes, toiletries, etc. ([Packing Solutions](#))
- Luggage locks ([Security and ID](#))

### Clothing:

\*Always check seasonal weather and destination activities to further fine-tune proper attire

\*Also check local cultural restrictions to determine appropriate attire

## Tropical

- Footwear ([Newport H2](#) – M's, [Whisper](#) – W's)
- Underwear ([Give-N-Go Underwear](#))
- T-shirts (Neptune Tee – [M's](#), – [W's](#))
- Pants (Insect Shield® Convertible – [M's](#), – [W's](#))
- Shirts (Insect Shield® Halo Long-Sleeve – [M's](#), – [W's](#))
- Visor or brimmed hat ([Insect Shield® Adventure Hat](#) – M's, [Insect Shield® Sun Bucket](#) – W's)
- Bandana ([Insect Shield® Bandana](#))

## Dry

- Footwear (Voyager – [M's](#) or [W's](#))
- Underwear ([Give-N-Go Underwear](#))
- Socks ([Insect Shield® Pro Calf-Length Sock](#))
- Shorts (Nomad Short – [M's](#), – [W's](#))
- T-shirts ([Satellite](#) – M's, [Dri Pointelle Scoop Top](#) – W's)
- Pants (Insect Shield® Convertible – [M's](#), – [W's](#))
- Shirts ([Air Strip Lite Shirt](#) – M's, [Dryflylite Shirt](#) – W's)
- Light jacket (Gobi Jacket – [M's](#), – [W's](#))
- Visor or brimmed hat ([Insect Shield® Adventure Hat](#) – M's, [Insect Shield® Sun Bucket](#) – W's)
- Bandana ([Insect Shield® Bandana](#))

## Temperate

- Footwear ([Redmond](#) – M's, [Genoa Peak](#) – W's)
- Underwear ([Give-N-Go Underwear](#))
- Socks ([Insect Shield® Pro Calf-Length Sock](#))
- Shirts ([Insect Shield® Barrier Crew](#) – M's, [Insect Shield® Barrier Crew Hoody](#) – W's)
- Pants (Insect Shield® Ambush Pant – [M's](#), – [W's](#))
- Soft shell (Latitude Jacket – [M's](#), – [W's](#))
- Shell ([GORE-TEX® Foray Jacket](#) – M's, [Aspire Jacket](#) – W's)
- Gloves ([WINDSTOPPER® Gripper gloves](#) – [M's](#), – [W's](#))
- Visor or brimmed hat ([Insect Shield® Adventure Hat](#) – M's, [Insect Shield® Sun Bucket](#) – W's)
- Bandana ([Insect Shield® Bandana](#))

## Cold

- Footwear ([Growler](#) – M's, [Vail](#) – W's)
- Underwear ([Give-N-Go Underwear](#))
- Socks
- Shirts (Migrator 1/4 Zip – [M's](#), – [W's](#))
- Pants (Takeover Pant – [M's](#), – [W's](#))
- Fleece ([Alpental Fleece](#) – M's, [Alpental Fleece Hoody](#) – W's)
- Shell ([GORE-TEX® Foray Jacket](#) – M's, [Aspire Jacket](#) – W's)
- Shell pants ([GORE-TEX® Foray Pants](#) – M's, [Aspire Pants](#) – W's)
- Hat ([WINDSTOPPER® Alpine Hat](#))
- Gloves ([WINDSTOPPER® StormTracker gloves](#))

## Polar

- Footwear (Summit County Boot – [M's](#), – [W's](#))

- Underwear ([Give-N-Go Underwear](#))
- Socks
- Sock liners
- Baselayer top (Midweight Zip Neck LS – [M's](#), – [W's](#))
- Baselayer bottom (Midweight Bottom – [M's](#), – [W's](#))
- Gloves/mitts ([GORE-TEX®](#) Alti Mitts – [M's](#), – [W's](#))
- Glove liners (Midweight Baselayer Glove – [M's](#), – [W's](#))
- Hat ([WINDSTOPPER®](#) [Alpine Hat](#))
- Balaclava ([WINDSTOPPER®](#) [Gorilla Balaclava](#))
- Shell ([GORE-TEX®](#) [Mentor Jacket](#) – [M's](#), [Enigma Jacket](#) – [W's](#))
- Shell pants ([GORE-TEX®](#) [Mentor Pants](#) – [M's](#), [Enigma Pants](#) – [W's](#))
- Insulated shell ([Greenland Baffled Jacket](#))

## Gear

\*Always check seasonal weather and destination activities to further fine-tune proper gear

- Watch
- Camera, lenses, memory card/stick
- Camera bag
- Sunglasses
- Binoculars
- Guide books and maps
- Language materials
- Reading materials
- Travel journal
- Pen/pencil
- Electric converters ([Converters and Adapters](#))
- Travel alarm ([Easy View Travel Alarm](#))
- Scarf/bandana
- Games/playing cards
- Snacks
- Water bottle/hydration system
- Travel neck pillow ([Comfort Travel Pillow](#))
- Eye shade/earplugs ([Comfort Plus Eye Shade](#) / [Ear Planes](#))
- Tissues/toilet paper
- Cell phone – or not!
- Flashlight with batteries/bulb
- Spare batteries/bulbs
- Sewing kit
- Duct tape
- Clothes washing kit ([Clothing Care Kit](#) / [Stain Removing Towlettes](#))
- Sleep sack ([Design Salt](#))

## TRAVEL HEALTH

\*Please consult your local health center or personal physician for help in planning your trip's medication needs. ([www.travel-vaccines.com](http://www.travel-vaccines.com))

- Water purification system ([Micropur](#) and/or [Ultralight Series](#))
- Travel health booklet
- First aid kit, including:

- Pain reliever/fever reducer
- Diarrhea medicine
- Laxative
- Malaria or other destination-specific medication ([www.travel-vaccines.com](http://www.travel-vaccines.com))
- Tweezers
- Band aids
- Moleskin
- Cold medicines/throat lozenges
- Extra eyeglasses and/or contact lenses
- Contact lens items
- Insect repellent
- Sun screen/lip balm
- Sunburn relief
- Antibiotic cream
- Hand sanitizer
- Motion bands ([Motion Bands](#))
- Vitamins

## TOILETRIES

- Toiletry kit ([Toiletry Kits](#))
- Prescriptions
- Shower shoes
- Comb/brush
- Toothbrush/paste
- Mouthwash
- Dental floss
- Deodorant
- Soap
- Skin lotion/cream
- Mirror
- Manicure articles (nail file/clippers)
- Shampoo/conditioner
- Razors/shaving cream
- Hair dryer
- Travel towel ([Travel Towel](#))
- Travel bottles ([Pack-It Liquid/Gel Set](#))

## HOME CHECKLIST

- Advise bank of pending foreign credit card use
- Stop deliveries
- Stop newspaper
- Have post office hold mail
- Advise home alarm company of absence
- Arrange for care of pets, lawn, and plants
- Re-set sprinklers
- Set-up timed lighting system
- Leave house key and trip itinerary with a neighbor
- Leave flights and hotel itinerary with a relative

- Empty refrigerator
- Eliminate possible fire hazards (unplug appliances, etc.)
- Turn off/down heater or air conditioner
- Turn down water heater
- Store valuables in a safe place
- Lock all doors and windows
- Pre-pay bills