



Go Erin Go™
Adventure Philanthropy

Travel Check List

Here's a complete packing list that will save you you time, space and weight as you get ready for your upcoming trip. Bon Voyage!

Travel Essentials

- Plane Tickets
- Passport
- Copies of VIP Documents/ID
- Travel Insurance
- Secured Credit Card
- Traveler's Checks
- Cash
- Visas
- Travel Vouchers
- Trip Dossier
- Guide Book
- Itinerary to Friends/Family

Gear

- Money Belt
- Small Backpack
- Shoulder Bag (an option to a small backpack)
- Sleeping Shell
- Sleeping Bag (optional)
- Mosquito Net (optional)
- Rain Tarp / Bag Cover for Backpack
- Mesh Cage with Lock
- Travel Towel (medium sized)

Travel Niceties

- Journal/Pens
- iPod/Charger
- Deck of Cards
- Reading Book
- Sun Glasses
- Eye Glasses
- Camera/Charger
- Alternative Outlets
- Batteries
- Head Lamp
- Granola Bars (10-12)
- Emergen-C

- Children's Stickers (better than out candy)
- Sewing Kit
- Umbrella
- Tide to Go
- Mace

Clothes Packing

- Hiking Boots
- Shower Shoes
- Fit Flops
- Jeans (1)
- Long Pants (2)
- Shorts (2)
- Long-Sleeved Tops (3)
- Collared Shirts (3)
- Windbreaker
- Hoodie
- Short-Sleeved Tops (3)
- Tank Tops (3)
- Skirts (2-3)
- Sarongs (2)
- Bathing Suit (1)
- Night Clothes (1)
- Undies (12)
- Bras/Jog Bras (3)
- Socks (4-6)
- Bandana
- Outer Wrap/Shawl
- Sun Dresses (1-2)
- Sun Hat
- Dress Shoes (optional)
- Small/Colorful Jewelry

Cold Weather Clothes

- Warm Jacket
- Polar Vest
- Thermal Underwear
- Scarf

- Gloves
- Warm Hat

Toiletries

- Sun Screen
- Shampoo
- Conditioner
- Day Face Cream (with SPF)
- Night Face Cream
- Body Lotion
- Eye Cream
- Chap Stick
- Lip Stain (me likey Burt's Bees)
- Cotton Balls / Q-tips
- Tweezers
- Nail File/Nail Clippers
- Nail Polish (tiny bottle)
- Nail Polish Remover Pads
- Tooth Paste
- Tooth Brush
- Perfume (NOT a luxury)
- Soap
- Medicine Bag
- Advil
- Tums
- Z-Pak
- Imodium
- Bug Bite Itch Relief
- Dramamine
- Band Aids
- Digestive Advantage
- Tampons (extra, everyone borrows)
- Condoms
- Brush
- Hair Clips
- Bug Spray
- Trash Bags (extra)
- Zip Lock Bags (extra)