



Necessary Items

- Luggage and/or Backpack
- Hip-Pack, Day-Pack, Fanny-Pack
- Neck-Wallet or Undercover Security Pouch
- Travel or Nature Guides

Toiletries

- Toothbrush
- Toothpaste
- Shampoo & Conditioner
- Blowdryer
- Towel & Washcloth
- Soap (Biodegradable)
- Deodorant
- Lotion or Moisturizer
- Sunscreen
- Eyedrops
- Chapstick or Lip Balm or Sunscreen
- Nail Clippers
- Dental Floss
- Razor & Shaving Cream
- Electrical Adaptor (if needed)
- Alcohol Pads
- Feminine Hygiene Products
- Birth Control
- Contact Lens Solution
- Medications & Vitamins

Finance & Documents

- Passport
- Visas
- Rail Pass
- Airline Tickets
- Travelers Checks
- Cash (Limited Amount)
- Change (for Phones/Laundry Machines)
- Driver's License or ID Card
- Credit Card w/PIN
- ATM Card w/PIN
- Hostel Card
- Hostel Card
- Student ID Card
- Copy of Documents (Passport, Visa, etc.)
- Vaccination Certificates
- Passport Photos
- Copy of Prescriptions
(Medicine, Glasses, Contacts)

TRAVEL TIP

Purchase a waterproof hip-pack or neck-wallet (a chain with a small pouch you can hang around your neck). Place important items in the hip-pack (money, passport, etc.). The hip-pack should never leave your body or close vicinity.



First Aid Kit

- Tweezers
- Needle
- Bandages
- Band-Aids
- Medical or Athletic Tape
- Moleskin
- Gauze Pads
- Q-Tips
- Cotton Balls
- Latex Gloves
- Scissors
- Waterproof Matches
- Pain Killers (Ibuprofen, Aspirin)
- Disinfectant or Antiseptic Ointment
- Antiseptic Soap
- Anti-Itch Ointment
- Sunburn Ointment
- Antacids (Rolaids, Tums, etc.)
- Nausea or Diarrhea Tablets
- Laxatives
- Antihistamine
- Insectant Repellant
- Water Purification System or Tablets

Miscellaneous

- Maps (Topographic, Driving, etc.)
- Pocket Knife (Swiss Army Knife)
- Flashlight
- Camera
- Batteries
- Bandanas
- Cable/Thin Chain & Lock
- Binoculars
- Ziploc Bags
- Journal or Diary
- Pens & Pencils
- Books or Magazines
- Games or Cards
- Beach Towel
- Umbrella
- String or Rope
- Duct Tape
- Gloves
- Luggage Locks
- Travel Alarm Clock
- Neck Pillow
- Money Exchanger
- Compass
- Mirror and/or Whistle
- Toilet Paper



Miscellaneous, cont.

- Earplugs
- Large Envelopes
- Pictures
- Sink Stopper (Racquetball)
- Backpack Cover
- Sleep Sheet (for hostels)
- Drinking Cup
- Small Sewing Kit
- Language Guide/Dictionary
- Garbage Bag
- Travel Iron
- Watch

Backpacking Gear

- Sleeping Bag
- Foam Pad
- Ground Sheet
- Tent Gear (poles, stakes)
- Bug Netting
- Ice Chest or Cooler
- Water Bag
- Portable Shower
- Lantern
- Candles
- Firestarter
- Waterproof Matches

Clothing

- Sandals
- Hiking Boots
- Rain Gear
- Fleece Jackets
- Fleece Pants
- Long-Sleeve Shirt
- Button-Down Shirt
- Synthetic & Insulative Shirt or Sweater
- Down Jacket
- T-Shirts
- Jeans
- Khakis
- Belt
- Underwear
- Thermal Underwear
- Socks (Liner, Synthetic, and White)
- Nylon Pants
- Hat
- Shorts
- Swimsuit
- Dress or Skirt
- Gaiters
- Gloves



Cooking Equipment

- Stove w/Repair Kit
- Fuel Bottles or Pumps
- Windscreen
- Cookset (Pots, Frypans, etc.)
- Food Containers
- Utensils (Knife, Spoon, Fork)
- Spatula
- Whisk
- Can Opener
- Grater
- Pot Grips and/or Holders
- Plate, Bowl, Cups
- Chopping Board or Block
- Sponges or Cleaning Pads
- Towels
- Energy Bars or Powders

Winter Gear

- Avalanche Beacons
- Snow Stakes
- Snow Shoes
- Crampons
- Ice Axe
- Snow Pot (for Melting Snow)
- Shovel