

Travelers' checklist

ESSENTIALS

- Passport - make a **photocopy of the first page (with your name and photo)**
- Airline tickets
- Visa (if applicable), Inoculation certificates (if applicable)
- Money belt for valuables (Do not take expensive or expensive-looking jewelry)
- Money/travelers cheques, Driver's license, credit cards
- Luggage ID tags
- Trip cancellation/medical evacuation insurance
- A positive attitude: Travel sometimes means expecting the unexpected (delays, detours, unfamiliar surroundings, and new languages) So, remember always to take along a big smile

FIELD GEAR

- Field guides
- Small daypack, Water bottle(s)
- Insect Repellent, Sunscreen (SPF 30 is recommended), Lip balm with sunscreen
- Sunglasses
- Flashlight and spare batteries
- Binoculars
- Camera and accessories, Film and spare camera batteries and/or memory
- Moist wipes and/or hand sanitizer
- Spotting scope, if you have one (Our guide will also carry one)

PERSONAL ITEMS

- Personal first aid kit containing:
 - Band-aids
 - Anti-histamine cream, Antibiotic cream
 - Aspirin/ibuprofen
 - Anti-diarheal medication (i.e. Pepto Bismol or Immodium)
 - Motion sickness medication
- Prescription medications in their original containers packed in your carry-on bag. Take along a copy of the prescription in your suitcase.
- Anti-malaria prophylactics (if needed), Vitamins
- Glasses - if you wear prescription glasses bring a spare pair. If you wear contact lenses bring a pair of glasses.

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- Comb/brush, Toothbrush/paste, dental floss
- Scent-free toiletries are recommended to make you less attractive to insects.
- Soap, personal and laundry, Shampoo/conditioner, Razor/shaving cream
- Writing materials, you may wish to keep a journal.

CLOTHING

- Comfortable, light, casual clothing, preferably in neutral colors
- Shorts & Loose fitting long pants (wind pants may also be handy)
- T-shirts, Short-sleeved shirts or tank tops
- Long-sleeved, lightweight shirts for protection against insects, sun, and cooler temperatures
- Heavy wool long-sleeved shirt, sweater or sweatshirt for layering in cold weather
- Light-weight rain gear or windbreaker (waterproof material)
- Pajamas
- Swimsuit
- Socks & Underwear
- Sandals
- Hat with visor, bandanas or handkerchiefs (great for dust!)
- Comfortable walking shoes. Good footwear for walking on muddy mountain tracks, as well as lighter footwear for traveling and visiting communities.

NON-CLOTHING ITEMS:

- Small roll of wide masking tape or duct tape; this is helpful for a number of reasons when you are traveling: taping up luggage, making minor repairs, to removing small insects from your clothing.
- Water-resistant watch and alarm clock
- Items to donate to community or trade at markets
- Reading material
- Mini sewing/repair kit
- Zip close plastic bags
- Electrical converter/adapter
- Games/playing cards
- Travel clothesline/clothespins
- Extra bag for souvenirs/dirty laundry