

The Four Essentials Travel Checklist

● 1. Food:

- Dish soap, scrub pads
- G.O.R.P. (Granola, Oats, Raisins, Peanuts), other snacks
- Pack towel
- Pots/pans, cutlery, mug, etc.
- Stove, fuel, matches (check with your airline)
- Water filter, & tablets
- Water bottles

● 2. Clothing

- Bandanna Hat
- Quick-dry pants/shorts, swimsuit, t-shirts, sweatpants/shirt, Nylon clothing is ideal for travel - washes easy, dries fast.
- Raingear
- Shoes, sandals, boots - should be broken in if your planning any hiking or backpacking two months before – beware the blister
- Undergarments, socks, thermals, etc. Think layer

● 3. Shelter

- Tent, tarps, rope, small broom, stakes, repair kit
- Sleeping bag, pad, pillow
- Stuff sacks

● 4. Camera Equipment

- Camera(s), lenses, film, filters, tripod/monopod, binoculars, extra batteries, bag, cleaning cloth, more film

● and Other Stuff

- Backpack & extra pins, etc.
- Battery charger
- Books - Bible, travel/field guides, language/phrase
- Candle, waterproof matches
- Cash, travelers checks
- Cell phone, laptop, pager, (yah right)
- Chairs
- Compass/GPS
- Currency converter
- First aid kit
- Flashlight/lantern, extra batteries
- Frisbee
- Gag items (always good after a long day)
- Garbage bags
- Host/Hostess Gifts
- Hidden security wallet
- Inflatable neck pillow, eye shades, ear plugs (works great for those red-eye flights!)
- Insect repellent/Netting
- Journal, pen
- Lip balm/sun block
- Locks
- Luggage tags
- Maps
- Mini cassette recorder (you never know when a new song could be born)
- Moist Towelettes/hand sanitizer
- Pictures of your family to show new friends along the way
- Pocket tool/knife/axe
- Plane tickets, itinerary, passport and photocopies, inoculation card, contact phone numbers, permits (backcountry, camping, river, fire, parking, etc.), Cash for entry/exit taxes or visa.
- Plug adapters
- Salt pills (for hot humid climates)
- Snorkel, mask, fins
- Stuff sacks
- Sunglasses
- Survival Kit
- Toiletries- toilet paper/Kleenex (one works good for the other) soap/shampoo, pack-towel, toothbrush/paste, comb/brush, trowel (unless you want to pack it out - eeewwwwww), medicines, shaver/cream, nail clippers, wash/bath towel
- Trekking poles
- Visiting friends or missionaries in foreign lands? Bring magazines and periodicals for them
- Watch/Alarm
- Weather Radio