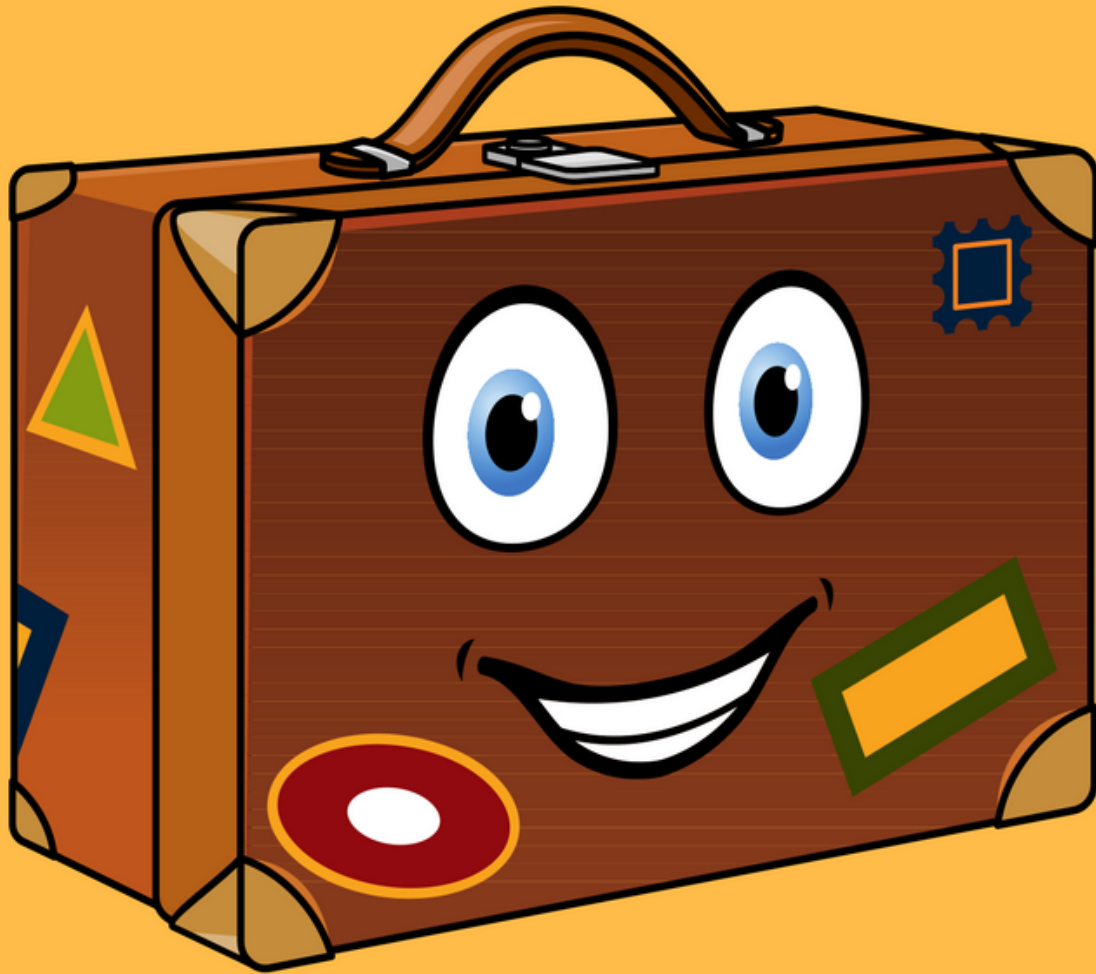


The Epic Guide & Checklist to



Prepping & Packing for Adventure

Created by Christine Elder

Christine's Adventure Travel Prepping & Packing Checklist

Destination: _____ Dates: _____ Name: _____

PRE-TRIP PLANNING CHECKLIST

To Do in Month Before Leaving:

- Check Passport expiration date
- Check for visa requirements
- Make all reservations
- Buy trip insurance! Allianz, TravelEx, etc.
- Update vaccines, order extra prescriptions (go over packing list & replace items like First-aid, toiletries, snacks, meds, host gifts)
- Break in any new shoes & buy fresh insoles
- Arrange for house/pet sitters, make 'To Do' List
- Check all luggage ID tags, zippers, wheels
- Order travel guide books & maps or download
- Schedule a haircut

Bank:

- Get foreign currency in small bills
- Call bank to give destinations for credit cards
- Pay credit cards so plenty of room for emergencies

Notes:

To Do in Week Before Leaving:

- Do most packing
- Give travel itinerary to those who need it
- Pay all bills due while gone
- Arrange transport to & from airport
- Backup passwords needed during travel
- Hold mail subscriptions if away 30+ days
- Arrange mail pick up or for PO to hold
- Make personal/ job To-Do list for post trip
- Unsubscribe from email lists/social notifications

Smartphone/tablet to do:

- Call cell phone company for global calling plan
- Download travel apps, What's App, Google Translate
- Download e-books for your destinations
- Download local Google maps for offline use
- Download trip specific bird calls & ID apps
- Download songs, Audible books
- Add images of important documents, like passport, ID, itinerary, contacts
- Add a lock screen for security
- Remove unnecessary files to clear space
- Set up a trip blog & share it with friends!
- Set phone to destination time w/ Global Clock

Christine's Adventure Travel Prepping & Packing Checklist

PRE-TRIP PLANNING CHECKLIST

To Do Day Before Travel:

- Pack last minute items
- Set out clothes to wear on plane
- Clean out fridge & give away perishables
- Leave extra set of car & house keys w/neighbors
- Water all plants thoroughly, prep pet supplies
- Charge up phone & other devices
- Check that you've put any TSA carry-on restricted items in your checked luggage, like pocket knives
- Finish packing & weighing luggage
- Remove any items from your wallet you won't need

Make list of items to not forget:

- Things needed until last minute that can't be packed such as phone, cords, computer, meds, etc.
- Check into your flight online 24 hours in advance
- Set up an 'out of office' message for your email
- Back up computer if bringing on trip
- Extra hydration, light meal, early to bed!
- Put valuables away or in safe
- Clean & tidy the house

To Do Hour Before Leaving:

- Switch out valuable, attention-getting jewelry
- Turn down heat, adjust lights, set timers
- Check all appliances are off or unplugged
- Lock all doors & windows, set alarms
- Take out the trash & recycling
- Give extra hugs & kisses to the pets!

Notes:

Christine's Adventure Travel Prepping & Packing Checklist

PACKING CHECKLIST

Purse:

- Squeeze light & whistle attached to zipper pull

Wallet:

- Passport (valid for + 6 mo after trip)
- Driver's licenses: International & U.S.
- Vaccination card, health ins card
- U.S. & foreign money in small bills
- Credit cards, personal business cards
- Loyalty cards/frequent flyer cards

Zippered Pouch:

- Itinerary with flight, hotel, car, guides, local contacts
- Hard copies of tickets, backup on cell
- List emergency contacts & health info
- Sunglasses/prescription glasses
- Smart phone w/ songs, audio books earbuds/earplugs
- Eye mask, hair scrunchie, nail file
- Ginger chews, breath mints
- Small notepad & pen

Toiletries in Clear Quart Size Bag for Airport Security: less than 3.4 oz each

- Eye drops, lip balm & gloss
- Small pill case for meds/vitamins
- Lotion w/ sunscreen, talcum powder
- Toothbrush & paste
- Hand sanitizer or wipes & mini tissues
- Aromatherapy stress calming balm
- Insect repellent towelette
- Jet-lag supplement

Carry On Bag #1

Purse & tablet goes inside plus:
(Mostly things to ease plane trip)

- Healthy snacks, tea bags, Emergen-C
- Inflatable cushions: neck, lumbar, foot
- Slippers & soft socks
- Reading material, then recycle in airport
- Map of area flying over to see landmarks
- Laminated copy of passport & IDs
- Journal: hard cover, spiral bound & pen

Carry On Bag #2

Overhead roller bag:

(Can't do without if luggage lost)

- Hard copies of all docs in a folder
- Prescription meds in original bottles
- Baseball cap and/or warm hat & scarf
- Light scarf for warmth & modesty
- Light cardigan / sweater
- Laptop and/or tablet, power cords
- Bluetooth mouse & mini keyboard
- Case for computer/tablet
- Portable device charger & cord
- Binoculars with neck strap, case
- Laser pointer, lens brush & wipes
- Phrase book in local language
- Camera, bag, cords, batteries, memory
- Money stash for emergencies
- Art supplies: pencil, pad, paint, brush
- Laminated copy of passport & IDs
- Spotting scope & tripod for birdwatching

Change of Clothes for Delayed Luggage:

- Shirt, pants, underwear, socks, shoes, pjs

Read the full story on travel planning here: www.christineelder.com/how-i-pack-for-adventures/

Christine's Adventure Travel Prepping & Packing Checklist

PACKING CHECKLIST

Checked Bag:

Clothing:

Garment folder with the following:

- Shirts: long/short sleeve, dressy & field
- Skirts/skorts/shorts - beach/town/resort
- Long pants, dressy & field, w/ pockets
- Dresses: light, stretchy & tights/leggings
- Jacket weight depending on climate
- Sweater weight depending on climate
- Vest for field with zippered pockets
- Rain jacket/wind shell & pants
- Socks light & heavy, underwear, bras
- Hats: baseball, wide-brim, & beanie
- TSA-approved non-metal buckle belt
- Handkerchief/bandannas (lots of use)
- Pajamas & house slippers/flipflops
- Clogs/sandals/hiking, walking shoes, insoles
- Stuff sacs for laundry, bulky clothing, muddy gear
- Extra pair of glasses/contacts
- Lightweight metal clothes hangers
- Totebag in a pouch
- TSA approved padlock for bags

Hot Climate Specific Gear:

- Swim suit, body suit, snorkle gear
- Cooling neck gaiter
- Bug net hat & jacket

Cold Climate Specific Gear:

- Winter clothes, gloves, boots, balaclava
- Long underwear, parka

Toiletries in Zippered, Hangable Bag:

(All liquids in Ziplock bag)

- Lip balm w/sunscreen, lip gloss
- Q-tips, small mirror
- Hair brush or comb, scrunchy for hair
- Face washcloth, quick dry camping towel
- Scrubby body glove for tenacious dirt
- Soap, shampoo, conditioner, body lotion
- Toothbrush, paste, floss, mouthwash
- Foot/nail scrubby brush
- Sunscreen (high SPF & waterproof)
- Razor & shave cream
- Baby wipes, hand sanitizer, talcum powder
- Clothesline, sink stopper
- Laundry soap (Purex 3-in-1 dry leaves)
- Extra Ziplocks in quart & gallon
- Small pump bottle w/ cleansing scent & Poo-Pouri
- Nail polish, nail file, nail clippers
- Bug repellent / Skin So Soft bug gel
- Night light to plug in wall for dark hotel rooms
- Medicines, prescriptions, vitamins
- Regularity supplements, Smooth Move Tea
- Small box with earrings (no fancy ones!)

Books:

- Travel guides, bird guidebooks
- Post-it notes for marking pages
- Maps in zippered waterproof pouch
- Another copy of all travel docs

PACKING CHECKLIST

Checked Bag (continued from previous page):

- Small day pack/fanny pack for hikes
- Picnic fork/spoon/knife, bottle opener
- 3rd copy of travel docs, passport, IDs
- Presents for hosts - think unique, local
- Duct tape for all kinds of repairs
- Bird watching tripod, scope, bird lists
- Activity gear (hike, ski, scuba, bike)
- Plastic bag to put muddy gear in
- Guidebooks, phrasebooks, bird ID books, maps
- Zip ties & a clipper to secure luggage
- Lightweight stuffable shopping bag

Healthy Snacks:

- Dried fruit & nuts, jerky, granola bars
- Tea bags, instant coffee packs
- Tea-herb, green, black, Sleepytime
- Breath mints, Emergen-C, collapsible water bottle
- Specific foods for dietary restrictions

Technology & Gear:

- Plugs & cords (fast charging versions)
- Tablet, charger & external hard drive
- Flash drive to back up files & images
- Foreign electrical adapters/converters
- Small flashlight and/or headlamp
- Extra batteries for all devices
- Old smartphone for images, songs, Audible books, WIFI

Nature Sketching Supplies:

- Paper, pencils, pens, watercolors, etc
(see complete supply list on my website)
- Mini magnifying lens for nature study
- Small containers for nature treasures

Super luxurious extras if there's room: (suggested by my readers)

- Deck of cards or other travel games
- A pillow (down compacts the best)
- Beach towel
- GPS
- An extra pair of binoculars
- A collapsible walking stick
- My teddy bear :-)

First Aid Kit:

(see separate list next page)

Notes:

Christine's Adventure Travel Prepping & Packing Checklist

FIRST AID KIT CHECKLIST

(Note: brand names are listed for convenience only.
Consult your physician for specific recommendations)

- Acetaminophen/Aspirin (pain, fever, extra strength)
 - Aloe Vera gel (sunburns), burn cream
 - Anbesol (oral anesthetic for tooth injury)
 - Antibacterial wipes (Benzalkonium Chloride)
 - Antihistamine (like Claritin, Diphenhydramine HCL)
 - Antiseptic wound cleaner/alcohol wipes
 - Bandage wrap - elastic for sprains
 - Band-aids (various sizes & shapes)
 - Benadryl pills & gel (insect bites)
 - Ciprofloxacin (food poisoning)
 - Cough drops, suppressants, expectorant
 - Digital thermometer
 - Dramamine (motion sickness)
 - Dulcolax (laxative)
 - Eye drops, Q-tips
 - First Aid manual/pocket guide
 - Gloves, disposable
 - Hydrocortizone (anti-itch cream)
 - Ibuprofen (200 mg Proprinal for inflammation)
 - Immodium (antidiarrheal)
 - Insect repellent (DEET, Avon Skin So Soft bug guard)
 - Iodine tablets (water purification)
 - Moleskin (blisters)
 - Mylanta or Nutralox (heartburn)
 - Oral rehydration salts (dehydration)
 - Pads (for covering wounds)
 - Paper & pencil (for notes)
 - Pepto-bismol/ Gas X (antacid)
 - Polysporin (triple antibiotic ointment for cuts)
 - Povidone iodine wipes (wound cleaning)
 - Salt in a Ziplock for wound irrigation
 - Scissors & safety pins
 - Sectasooth/Afterbite itch eraser (for insect bites)
 - Sedative/sleep aid
 - Sunscreen
 - Syringe w/o needle (wound irrigation)
 - Tape, elastic (wrapping wounds, stabilizing joints)
 - Thermometer
 - Theraflu (cold medicine)
 - Tinactin (Anti-fungal cream)
 - Tweezers - fine pointed
 - Whistle & signaling mirror
- Specialty Items Unique to You:
- Vaccine record
 - Emergency contact info & copy of passport/license
 - First Aid certification card
 - Extra prescription medications in original bottles
 - Inhalers, diabetes meds, epi-pen, etc.

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