



PERSONAL ITEMS

- _____ Zip Leg Pants or other light weight pants/shorts/capris: 2-3 pairs
- _____ Shirts – long sleeve/roll sleeve : 2
- _____ Shirts – Short sleeve or T shirts 2-3
- _____ Underwear and socks – lightweight: 3 –4 pairs
- _____ Light jacket, Sweater, Fleece – 1
- _____ Wide Brimmed Hat with chin strap
- _____ Pajamas
- _____ Shoes: Slip on Mocks or Teva type sandals. Flip Flops for shower.
- _____ Swimsuit and cover up (Optional)
- _____ Dressier Clothes for dinner (Optional)
- _____ Immodium AD or stronger anti diarrheal (important)
- _____ Anti Malarial Tablets (important)
- _____ Sunscreen and Sunburn Cream (important)

CL 1



- _____ Insect Repellent
- _____ Personal First aid kit
- _____ All Prescriptions Medications
- _____ Over the Counter Medications
 - _____ Benadryl
 - _____ Pepto Bismal
 - _____ Tylenol, Aleve etc.
 - _____ Antacids
 - _____ Motion Sickness Medication
 - _____ Decongestants
 - _____ Cortisone itch cream
 - _____ Dental adhesive/Orajel
- _____ Fix er up things (sewing kit, super glue etc. safety pins etc)
- _____ Disposable wipes/ Towelettes
- _____ Chap stick
- _____ Lotion
- _____ Eye drops
- _____ Personal Toiletries
 - _____ Shampoo
 - _____ Deodrant
 - _____ Toothbrush and toothpaste
 - _____ Razor
 - _____ Other
- _____ Bandana



- _____ Leatherman or similar tool (optional)
- _____ Small Calculator and exchange rate cheat sheet
- _____ Flashlight/miners lamp with extra batteries
- _____ Travel Pillow for plane (optional)
- _____ Elastic Stockings for plane (optional but recommended)
- _____ Electrical Adapter and convertors
- _____ Extra small tote bag to bring home goodies (optional)
- _____ Watches/Jewelry – inexpensive
- _____ Sunglasses with lanyard– important
- _____ Extra pair contacts/eye glasses with solutions
- _____ Reading and writing materials
- _____ Travel Journal
- _____ Sketchbook (optional)
- _____ Paints and Plein Air equipment (optional)
- _____ Ziplock (a variety of sizes ends up coming in very handy)
- _____ Field Guide (optional)
- _____ Laundry Stuff (optional)



- _____ Snacks
- _____ Feminine items
- _____ Travel Alarm/ or SMART PHONE
- _____ Washcloth
- _____ Decaf instant coffee if you need
- _____ Sweetener like Equal, Splenda etc. if you don't use sugar
- _____ Crystal light or MIO for water if you would like a change of pace

CAMERA AND OTHER EQUIPMENT

- _____ 2 Camera bodies highly recommended
- _____ Point and shoot for around camp (or Smart phone)
- _____ Chargers/cords for phones, ipads, batteries, computers etc
- _____ Assorted Lens's. One small (or use SMART phone for personal shots, One larger telephoto
- _____ Digital Cards – variable - but bring at least enough to shoot 6000 or more photos. Better more than less.
- _____ Extra batteries with their charger
- _____ Download equipment – card readers, laptop, digital media storage etc. with all necessary cables
- _____ Filters (optional)



- _____ Bean Bag (optional)
- _____ Binoculars (optional but recommended)
- _____ Lens cleaning kit/puffer brush etc.
- _____ Owners Manual for camera
- _____ Small Daypack to bring equipment into vehicle
- _____ Photo Vest or Fanny Pack

TRAVEL ESSENTIALS

- _____ Itinerary
- _____ Emergency phone numbers
- _____ Airline tickets/confirmation codes etc.
- _____ Passport with photocopy somewhere else
- _____ Money belt or other secure way of keeping money
- _____ Cash
- _____ Credit Cards

