

Travel Trip Tips and Check-off Lists

(Including a basic Camp food listing)



This document has simple and general reminders and check-off lists that will make any trip smoother and less frustrating. It will also help ease the burden of over packing (which we all seem to do).

The lists are constructed to allow you to choose from a variety of related items. These are meant to be neither all-inclusive nor promotional. They simply are representational of generic categories. These categories include:

Basic Airline / Travel Trip-Packing Tips Basic Airline / Travel Check-off List
Basic / Extended Vehicle Travel Camping / Travel Pack Gear
Sleeping and Shelter for Camping Footwear and Activity Aids
Clothes and Accessories Camp Kitchen and Accessories Camp Food Staples

Cancellation (in case you get sick before you leave) **and evacuation** (if medical facilities are not available or questionable) **insurance is a good idea, especially if you are over 40.** Get your shots (some you should start 6 months ahead). Arrange any special diet, set-up your needs if disabled, be careful of the food and water, and plan if you are going to high elevations. See our [FAQ page](#) for additional information about our trips.

Photocopy all important documents (including medical, passport, licenses, phone numbers, permits, etc.)

Leave one copy at home with a friend and take one copy with you to keep separate from originals (do not take originals unless required). Leave an itinerary, allow time to relax, and leave valuable jewelry, photographs, and sentimental objects at home. Be sure your immunizations are up to date, review your health insurance, buy trip insurance, and check your medications.

These guidelines will help you maintain your health more easily. Avoid jet lag by moving around and/or walking between flights, get some sunshine, avoid coffee and alcohol, and don't go to bed (even if it is your bedtime) if it is normal daylight hours at your destination. Eat something when you arrive. The average person needs about one day to adjust to every 2 hours of time change. Motion sickness can be reduced or prevented by eating a light meal before your trip, avoid foods that upset your stomach, snack on soda crackers, ride in the front of a vehicle, an aisle over the wing of a plane, or the middle section of a ship. Watch the horizon to reduce movement. Congestion can cause ear pain, check with your doctor if serious. Otherwise, you may try a decongestant before traveling. Chewing something (like gum) can help. Avoid constipation by drinking lots of water and eating fiber (like fruit) during travel.

For written explanations on hiking and camping tips as well as hiking essentials and first-aid check-off listings with vaccinations, see our '[Hiking and Camping Tips](#)' document and our '[Basic Hiking Essentials](#)' and '[Comprehensive First-Aid Kit](#)' documents.

Basic Airline / Travel Trip-Packing Tips:

This section addresses packing lightly and efficiently.

Carry only one piece of luggage with outside pockets and wheels. In addition, take a tote carry-on bag (purse, small backpack, etc.) for heavier items (cameras, travel book, binoculars, tape recorder, cosmetics, toiletries, prescriptions, etc.), and a fanny pack or small shoulder bag to hold vitals. Be sure your wheels are the best and largest available and that the two pieces fit together securely with a strap or cord (bungee is fine) and short length of cable with lock. Wear hiking boots or tie them onto your luggage, they take up too much space and weight inside.

Other suggestions are the following:

1. Ladies take separates only: (mix and match) two piece dresses and skirts are easier to use the restroom and cultures vary on expectations for women. Religious activities often require them.
2. Plan two basic colors: (pick from black, navy, taupe, or khaki) add colors with shirts or blouses only. Make sure to check for color matches, bringing only one jacket.
3. No more than five bottoms: (one on you, four packed. Slacks, shorts, split skirt, full-crinkle skirt, etc.) To these, you add a variety of tops such as tanks, T-shirts, and long and short sleeved shirts or blouses, one for each day.
4. Accessorize: (Ties for men, one dress shirt and a belt) scarves, sashes, belts, simple jewelry and a small evening purse with a necklace and earrings, and shoe clips for women.
5. Layer: Avoid long heavy garments. They are a disaster when wet. Instead, bring a Fleece jacket, light vest, cap; stretch gloves, long johns, undershirt, wind breaker with hood, poncho, etc.
6. Footwear: One pair of flat dress shoes, boots or good waking shoes are better than sneakers, sandals double as slippers, and an extra pair goes into an outside pocket (wear your larger boots to travel).
7. Under things: Socks, briefs and T-shirts for men. Tights or knee-highs, one bra and two spares, seven underpants, one half slip that can be rolled up or down for length. Put in zip-locks with a nightshirt. Try to laundry only 'under things' (if necessary) and take soap.
8. Photocopy all important information: Leave one copy at home with a friend and one copy plus original with you (only if originals are needed).
9. Read: Learn all you can about your destination, take maps, use your compass, and know local customs and clothing.
10. Pack your bag: pack your bottoms (4) with your tops folded like new in between to keep them neat. Return soiled clothing to original fold in Baggies (plastic bags).
11. Never forget to pack your basic items for travel separately: Never pack your essentials in checked luggage; always keep them with you.

Note: The following check-off lists may give you more than one choice per box (a slash / separates them). These choices are related and can be treated as individual selections and/or as a group.

Basic Airline / Travel Check-off List:

This check-off list addresses items that are good to remember for general travel. Adjust quantities and make selections based on your current health, mode of travel, destination, environment, length of trip, expected activities, season, type of accommodation, and personal needs. The choices remain yours.

- Passport / visa (Elderhostel passport if applies).
- ID card / tourist card.
- Airline tickets / reservations.
- Cash / Travelers checks.
- Credit cards.
- Umbrella / poncho / trash bags.
- Exchange rates.
- Business cards.
- Lock and cable.
- Luggage tags (inside also).
- Accommodations / reservations (hotel, motel, camp, bed and breakfast, etc.).
- Consulate phone numbers.
- Record of required shots / medications.
- Film shield / lead pouch.
- Travel iron.
- Sink stopper.
- Passport / money carrier.
- Neck pillow / earplugs.
- Permits (wilderness, parks, hiking, etc.).
- Rentals (transportation).
- Wallet / purse.
- Drivers license / international.
- Maps / information / atlas.
- Makeup / personal needs.
- Ziploc bags.
- Personal tissues / hankies.
- Good novel / notebook / journal.
- Medical records / phone numbers (medical and personal).
- Health equipment (stretch bands, etc.).
- Youth hostel card.
- Travel watch / alarm.
- Sleep sack if hosteling.
- Travel pack soap / laundry.
- Electrical converter / adapter.

Basic / Extended Vehicle Travel (remote areas included):

This check-off list addresses items that are good to remember for general travel and destinations that are more isolated. Adjust quantities and make selections based on your current health, destination, environment, length of trip, expected activities, season, type of accommodation, and personal needs. The choices remain yours.

- Maintenance books.
- Insurance (USA / Mexico / with registration).
- Extra fuses / bulbs.
- Air filter / gas filter (w-line).
- Spray bottle and soap (check for leaks).
- Siphon hose / pump.
- Chamois.
- Window cleaner.
- Large wrench.
- Shovel.
- Tire inflator and sealant.
- Tire plug kit / Tube for tire.
- Flares / battery cables.
- Canned compressor filler.
- Tire gauge / caps / valve cores /lug nuts.
- Bailing wire.
- Radiator sealant
- Lug wrench.
- Sand mats / support board.
- Burlap bags / strips of carpet.
- Heavy hammer.
- Wire connectors / cutters / 10-12 gauge wire / twist caps.
- Ignition coil / module.
- Handiwipes.
- Brake fluid.
- Power steering fluid.
- Extra gas (10-gallon min.) / funnel.
- Gaskets (head, fuel pump).
- Extra headlight.
- Chains (for snow).
- Extra keys,
- Toolbox / rope (set of wrenches, screwdrivers, scissors, pliers, wirecutters, etc.).
- Paper towels.
- Motor oil (5-6 qts.) / oil filter / rags / filter wrench.
- Music (tapes / CD's).
- Gas line fittings (if gas line broken by rock).
- Gas additive.
- Spare tires / wheels.
- Spare sparkplugs and sockets.
- Pump-air.
- Hand pump.
- Tow rope / chain-cable.
- Hydraulic jack (5-12 ton).
- Assorted nuts and bolts.
- Extra belts, hoses and clamps
- Duct tape.
- Scotch guard.
- 6 pack cooler.
- Crow bar.
- Cold chisel.
- Fire extinguisher (ABC).
- Loctite instant gas tank repair kit.
- Grease.
- Kleenex.
- Transmission fluid.
- Extra water (10-gal min.).
- Extra battery.
- Universal joint / electric fuel pump.
- Portable radio w/ batteries.
- Hand cleaner.
- Flashlight / Headlamp / spare bulb and battery.

Camping / Travel Pack Gear:

This check-off list addresses types of gear for general packing. The listing includes regular luggage travel as well as backpacking activities. Adjust quantities and make selections based on your current health, mode of travel, destination, environment, length of trip, expected activities, season, type of accommodation, and personal needs. The choices remain yours.



- Exterior / interior frame backpack.
- Daypack.
- Duffel bag.
- Climbing pack.
- Utility straps.
- Mesh bags / pockets.
- Waterproof bags / large plastic bags.
- Rain cover for pack.
- Compression bags.
- Clothes bag for dirty laundry.
- Repair kit / bag.
- Outside pack attachments / pockets.
- Fanny pack.
- Gym bag / Sports bag (1 large or 2 small, etc.).
- Water bottle holsters.
- Ditty bag.
- Soft sided suitcases.
- Crampon pouches.
- Small waterproof bag (handy for kayak).
- Toilet kit / bag.
- Food bag with Bear rope system.
- Pillow case.

Sleeping and Shelter for Camping (not for winter conditions):

This check-off list addresses items that are associated with sleeping and shelter while camping. Adjust quantities and make selections based on your current health, mode of travel, destination, environment, length of trip, expected activities, season, type of accommodation, and personal needs. The choices remain yours.

- Tarp with poles (in durable bags that are marked).
- Small tent (1-3 people) w/ stuff sack.
- Ground sheet (no larger than tent footprint and to sleep on instead of ground).
- Flashlight / lantern (batteries, fluorescent).
- Ax / hammer w/ pliers.
- Poles / tie-downs w/ duct tape (color code items).
- Artificial turf / door mats.
- Generator w/ air-conditioning fans.
- Sleeping bag liner (cold weather / hospice).
- Sheets / light blanket.
- Therma-rest / foam pad / ensolite (protection from ground).
- Pup tent / bivouac (bivy) bag w/ stuff sack.
- Pillow w/ pillowcase.
- Family tent (4 - 8 people) w/ stuff sack.
- Small rake / wisk (to clean site/tent).
- Nails / stakes / spikes / bury-buckets (depending on ground conditions).
- Rain fly w/ vestibule.
- Seam sealer / repair kit.
- Electric extension cords.
- Cot / air mattress.
- Lightweight bag is best (med. for fall / early spring).
- Regular sleeping bag w/ stuff sack (down or synthetic).

Camping / Hiking / Walking Footwear and Activity Aids:

This check-off list addresses items that are associated with camping, hiking, and walking footwear as well as specific aids to these activities under various conditions. Adjust quantities and make selections based on your current health, mode of travel, destination, environment, length of trip, expected activities, season, type of accommodation, and personal needs. The choices remain yours.

- Comfortable camp shoes / slippers.
- Lightweight hiking shoes / boots (easy trails, light packs---can be Gore-Tex).
- Hiking boots (well sealed) / wax for boots and skis.
- Crampons / ice ax.
- Sandals / water-canvas shoes.
- Ski boots with ski poles and skis.
- Liner socks (capiline, olefin, silk, etc.), often worn with sandals in water environments.
- Walking sticks, (best to use two, adjustable ones are nice).
- Insulated booties / socks.
- Tennis shoes / running shoes.
- Snow shoes.
- Expedition boots (rough trails, heavy packs-should be leather).
- Dress shoes / comfortable leather shoes.
- Climbing skins / shoes / approach shoes.
- Insoles / foot powder.
- Outer socks (pile, rag, general hiking, and wool-combo).
- Gaiters (for walking through snow, rain, wet vegetation).

Camping / Hiking / Walking Clothes and Accessories:

This check-off list addresses clothing items that are associated with camping, hiking, and walking activities under various conditions. Adjust quantities and make selections based on your current health, mode of travel, destination, environment, length of trip, expected activities, season, type of accommodation, and personal needs. The choices remain yours.

- Bandanna / scarf (head protection, neck protection, wash cloth, wet to cool, sweat band, etc.).
- Sun / Rain hat (Lighter weight, ventilated, wide brim, floats, stays secure).
- Cold / snow hat (covers ears and neck: pile, wool, fleece), early spring or late fall also.
- Lightweight shorts (mesh sewn in, loose fit, double as swimsuit / underwear).
- Balaclava for colder conditions.
- Baseball cap / skullcap.
- T-shirts (cotton good at camp, at night to sleep, comfortable).
- Hooded parka / sweatshirt.
- Swimsuits / baggies / beach towel.
- Wicking underwear (tops and bottoms of Capiline, polypropylene, silk, etc.).
- Boxer shorts / underwear.

- Liner gloves (thin, protective, wicking).
- Bra / sports bra / athletic top.
- Lightweight pants (mesh sewn in, loose fit, good for 'bugs' and wind protection).
- Insulated underwear (for cold, heavier weight wicking material).
- Leather / canvas / garden gloves (prevent blisters, sunburn, use around fire).
- Heavier weight shorts, mid-thigh (hiking, walking, and climbing).
- Heavier weight pants (pile, wool, and fleece with freedom of movement).
- Sweat pants / shirt (good for camp, at night to sleep, comfortable).
- Heavier weight shirts (pile, wool, and fleece).
- Sweater (pile, wool, fleece, bunting).
- Rainproof / breathable jacket.
- Dress pants.
- Lightweight shirt, (open, loose fit, cool, good for bugs, sun protection).
- Heavy gloves / mitts (pile, wool, fleece; mitts can go over gloves).
- Synthetic shirts (heavier weave, stops wind better, all loose fit)
- Poncho (protect from moisture, rain, big enough to cover backpack).
- Jeans (not good for wet weather or conditions).
- Dress shirts / polo shirts / blouses.
- Windbreaker (tops and bottoms nylon, lightweight protection, good for 'bugs', wind).
- Belt / suspenders.
- Insulated jacket and pants (pile down, fiberfill).
- Rainproof / breathable pants.

Camp Kitchen and Accessories:

This check-off list addresses types of gear, equipment, and items for general camp kitchen needs. The listing includes base camp uses as well as hiking activities. Adjust quantities and make selections based on your current health, mode of travel, destination, environment, length of trip, expected activities, season, type of accommodation, and personal needs. The choices remain yours.

- Hibachi.
- Propane bottles w/ matches.
- Large burners / stove (free standing).
- Liquid fuel / fuel bottles w/ matches.
- Lightweight backpacking stove.
- Wind screen.
- Funnel-pouring spout.
- Cooking grates.
- Cook set (frypan, broil pans, skillet, deep pans, etc).
- Trash bags (for wet gear also).
- Spices in spice kit.
- Dishpan / dish soap (works in salt water).
- Kitchen towels / hand towels.
- Scrub pads.
- Kitchen table / sink kit.
- Pole supports for sand (pipes, buckets, cones, etc.).
- Bear bag / bear canister.
- Large water jugs.
- Storage containers (plastic crates, boxes, sealable from insects, Tupperware, etc.).
- Zip-Loc bags (quarts, gallons).
- Paper-towels / napkins.
- Grill set with spoon, fork, knife, basting brush.
- Can opener / Swiss army knife.
- Sponges (to help cleanup, to bailout Kayaks, etc.).
- Plate, bowl, cup and mug.
- Cutting board.
- Repair kit: ripstop nylon patches, needle and thread.
- Portable shower.
- Nylon rope / cord (350lb-3000lb.).
- Sunshade / tarp / cabana.
- Small tables.
- Charcoal / lighter fluid w/ matches.
- Propane tanks w/ hose and connectors.
- Small burners / stove (sits on table / ground).
- Stove maintenance kit / pricker.
- Primer paste / fire starter / sterno.
- Lighter / matches (waterproof) / propane lighter.
- Fire material (wood, chips, chem-starters).
- Hotpads / rags / gloves / potgrips.
- Extra propane regulator w/ hose.
- Salt and pepper.
- Table cloths / hold-downs.
- Coins with small bills.
- Handy wipes or Wet-Ones.
- Wash cloths.
- Water hose.
- Heavier use tables.
- Clothes pins.
- Coolers / ice chests.
- Water bottles / collapsible water bag.
- Thermos containers / cups (personal, group).
- Small grater.
- Pails / buckets.
- Large spoons.
- Spatula.
- Small whisk.
- Utensil sets with fork, knife and spoon in plastic or metal.
- Insulated cup w/ lid.
- Aluminum foil / saran wrap.
- LiteStoves: Try for lightness in backpacking, 1-1 1/2 lbs. Also want more BTU's and can simmer, starts easier, works in cold-thin air, stable on ground.
- Sunshower.
- Flystrips.
- Small collapsible chairs / planks.

- Web chairs / lounges / group seating.
- Lantern / candle lantern (propane fuel, batteries).
- Citronella candles.
- Radio w/ batteries.
- Portable toilet.
- VHF / GPS / portable cell phone.
- Sponges (assorted sizes).
- Shovel / hatchet / pruning shears.
- Binoculars.
- Camera with spare bulb and batteries.
- Film / lenses / Filters w/ case.
- Tripod, mini tripod with clamp, cable release.
- Foot pump / Air pump.
- Umbrella w/ pipes in sand.
- Spray bottles (cooling w/ water).
- Walkman / keep sound only personal.
- Fishing gear / tackle.
- Large rubber bands.
- Weather / field-nature guides.
- Trail games.
- Planosphere w/ red filter (for flashlight).
- Board games.
- Travel guides / area maps.
- Beach chair (plastic, folding).
- Extra blankets.
- Extra candles / extra mantels.
- Waterproof cases.
- Insect coils.
- Electric cord.
- CB radio.
- Extra rags (cloth, paper).
- Sewing kit.
- Leatherman's tool.
- Extra keys.
- Video camera (well protected).
- Extra batteries (well charged).
- Bath towels / hand towels.
- Kites (on fishing rods).
- Notebook / journal / pens / pencils.
- Bible (required if a Mission trip).
- Altimeter.
- Paper / sketchbook / art materials.
- Knot tying cards.
- Pedometer.
- Toys (land / water / durable).
- Card games.
- Reading material.
- Map measurer, goggles,

Camp Food Staples:

This check-off list addresses types of food for general camp kitchen needs. The listing includes base camp uses as well as hiking activities. Adjust quantities and make selections based on your current health, mode of travel, destination, environment, length of trip, expected activities, season, type of accommodation, and personal needs. The choices remain yours.

Water (2-4 quarts per person per day dependent upon activity, altitude, and weather). Other drinks can be dry, liquid or frozen depending on transport, storage, and weight.

Staples:

- Kool-Aid / gator aid / sports drink.
- Hot chocolate / coffee.
- Milk / powdered milk.
- V-8 juice.
- Corn meal.
- Instant oatmeal.
- Breads / bagels.
- Pastry mixes.
- Butter / margarine (packets of clarified butter do not need refrigeration).
- Jams / jellies.
- Fruits (fresh, frozen, canned, dried).
- GORP (good old raisins and peanuts plus other dried fruits and trail mixes if you like).
- Fig Newton's / graham crackers.
- Chips.
- Candy (M&M's, hard candies, chocolate, etc.). Be careful of melting.
- Nuts / seeds (cashews, peanuts, sunflower seeds, etc.).
- Crystal Lite / tea.
- Fresh juices.
- Wine / beer (be responsible).
- Flavored drinks.
- Cereals (cold-hot: boxed cream of wheat, etc.).
- Eggs / dried / boiled, etc.
- Muffins / coffeecakes.
- Pancake mix (with buckwheat, berries, etc.).
- Honey / sugar.
- Flour.
- Peanut butter.
- Yogurts.
- Bases (beef, chicken, chili, tomato, sloppy joe, mushroom, etc.).
- Popcorn.
- Trail mix / granola.
- Energy bars (Fi-bars, granola bars, power bars, etc.).
- Cooking oils (Wesson, Pam, Vegetable, etc.).
- Baking powder / starch.

Condiments/Additives:

- Mustard.
- Miracle Whip.
- Onion.
- Cream cheese.
- Soy sauce.
- Spices (dried garlic, oregano, onion flakes, and lemon pepper mix), can be carried in film canisters.
- Frosting.
- Syrup.
- Vinegar.
- Soups (canned, dried, frozen).
- String cheese (various kinds).
- Parmesan cheese.
- Freeze-dried food packets.
- Vegetables (fresh, frozen, and canned) also dried (mushrooms and sun-dried tomatoes).
- Jell-O.
- Fresh / frozen beef, chicken, fish, shellfish.
- Frozen treats (ice cream, Popsicle's, etc.).
- Dried beans / lentils.
- Tortilla shells.
- Pastas (macaroni, noodles, spaghetti, etc.), also dried as additive.
- Rice (white, brown, whole, etc.) also dried as additive.
- Commercial treats (cupcakes, hostess desserts, etc.).
- Vegetarian substitutes (tofu, soy, etc.)
- Catsup.
- Salt / pepper.
- Sour Cream.
- Salsa.
- Meat sauces / gravy mixes.
- Vanilla.
- Potatoes (sliced, powdered, whole, french fries, etc.), fried w/ garlic, basil or cheese and butter.
- Cool-whip.
- Lemons.
- Chip Dips.
- Sliced cheese (various kinds).
- Block cheese (various kinds).
- Cheese packages.
- Dehydrated food / meals.
- Meats (canned tuna, chicken, ham, jerk, and pemmican).
- Coldcuts (sliced meats, pepperoni, salami, Canadian bacon).
- Pita pockets.
- Pies / cakes.
- Pizza shells / sauce.
- Frozen pastry.
- Boxed rice / blends.
- Pastry box mixes (brownies, gingerbread, etc.).
- Pudding.
- Prepackaged applesauce, lunch items.