



The Essentials Packing List

Carry On Essentials



- ☐ Eye Masks (for sleeping)
- ☐ Ear plugs
- ☐ Headphones
- ☐ Travel Pillow
- ☐ Mobile Phone / Tablet
- ☐ Charging Cables
- ☐ Backup Power Bank
- ☐ Book / Reader
- ☐ Empty Water Bottle
- ☐ Snacks
- ☐ Watch
- ☐ Passport (at least 6 months until expiry)
- ☐ Yellow Fever Card* (Proof of required vaccines)
- ☐ Medications (personal prescriptions, antibiotics, sleeping pills)

- ☐ Primary Wallet / credit cards / ID
- ☐ House Keys
- ☐ Foreign Currency
- ☐ Maps for Destination Country
- ☐ Contact Information for Destination Accommodation (required for some customs forms at point of entry)

- ☐ Contact Lenses



Clothing Essentials

- ☐ Rain gear (pants, jacket)
- ☐ Sun hat
- ☐ Gloves, hats, neck tubes
- ☐ Sunglasses
- ☐ Pants
- ☐ Shorts
- ☐ T-shirts (Short sleeve and long sleeve)
- ☐ Socks
- ☐ Underwear
- ☐ Wool or Fleece sweater
- ☐ Down jacket
- ☐ Bathing suit
- ☐ Exercise Clothing (padded bike shorts)



Footwear Essentials

- ☐ Hiking Boots (double as motorcycle boots)
- ☐ Running Shoes
- ☐ Sturdy Sandals (Adventure trips to warm climates)
- ☐ Flip Flops (wearing into public showers, beach)



Toiletries

- ☐ Toothbrush, floss, toothpaste
- ☐ Shampoo / Conditioner
- ☐ Soap
- ☐ Wet wipes

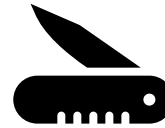




- ☐ Sunscreen
- ☐ Bug Spray
- ☐ First Aid Kit
- ☐ Non Essential Medications (see Carry On Essentials)
- ☐ Razors
- ☐ Pain Medication (after bite), Anti-Diarrhea
- ☐ Deodorant / Antiperspirant
- ☐ Laundry soap
- ☐ Tweezers / Tick Removers
- ☐ Nail Clippers

Other Essentials

- ☐ Bribe / Everyday Wallet*
- ☐ Photocopies of Passport*
- ☐ Travel books / Language Guides
- ☐ International Drivers License (IDL)
- ☐ Water purification method (Tablets, UV Light)
- ☐ Bear Spray and Bear Bangers*
- ☐ Knife
- ☐ Luggage Locks
- ☐ Travel Towel
- ☐ Headlamp / Flashlight
- ☐ Pollution Mask (Asia)
- ☐ Silk sleeping bag liner*
- ☐ Waterproof bags / garbage bags
- ☐ Electrical Travel Adapter





- ☐ Hand / Toe Warmers
- ☐ Toilet Paper (Never leave home without it!)

Other Epic Stuff

- ☐ Luxury Item*
- ☐ Action Camera
- ☐ Camera (Spare Battery, SIM Card, Lenses, etc)
- ☐ GPS (Mobile phone works. Recommend you download offline maps before you go!)



Motorcycle Essentials

- ☐ Toolkit
- ☐ Tire Repair Kit
- ☐ Battery Booster
- ☐ GPS
- ☐ Duct tape
- ☐ Knife
- ☐ Straps / Rope
- ☐ Vehicle Registration and Insurance
- ☐ Maps
- ☐ Satellite Phone / Emergency Beacon



Camping and Hiking Essentials

- ☐ Tent, Tent Poles, Tarp, Ground Spikes
- ☐ Hiking Backpack
- ☐ Sleeping Bag
- ☐ Air Mattress





- ☐ Water Purification System
- ☐ Water bottles / bladder
- ☐ Food Bags and Rope (scent proof bags, rope to hang from tree)
- ☐ Garbage Bag
- ☐ Water proof matches
- ☐ Axe
- ☐ Hunting Knife
- ☐ Pots /Pans
- ☐ Cooking Stove and Fuel (make sure fuel is full)
- ☐ Biodegradable dish soap and mini sponge (we cut a sponge in half)
- ☐ Cooking Utensils
- ☐ Cups / Plates / Bowls
- ☐ Food for trip and one extra day (dehydrated meals are easy)
- ☐ Hiking Pants / Shorts
- ☐ Wool or Fleece Sweater
- ☐ Non Stink t-shirts
- ☐ Down Jacket
- ☐ Hiking Socks
- ☐ Underwear
- ☐ Rain Gear
- ☐ Sunhat
- ☐ Sunglasses
- ☐ Towel
- ☐ Hiking Poles
- ☐ Hiking Boots



- ☐ Bug Spray / Sunscreen / Afterbite
- ☐ Power bank
- ☐ Deck of Cards
- ☐ Maps / Trail Guides
- ☐ Satellite Phone / Emergency Beacon
- ☐ Toilet Paper
- ☐ Toiletries
- ☐ Headlamp, flashlights and spare batteries

Before You Go:

Do you have all of your vaccines (Tetanus, Hepatitis, Yellow Fever)?

Have you notified your bank of your travel dates and travel locations?

Have you arranged transport to / from the airport to your destination?

Have you purchased travel insurance that covers the activities you want to engage in (i.e. motorcycling)?

Have you downloaded offline maps for your destinations?

Electronics charged?



Notes:

*Yellow Fever Card - For Travel to certain countries, you may require proof that you have had you Yellow Fever Vaccination.

*Bribe / Everyday Wallet - I always carry a wallet with photocopies of our passports and a few small bills, totalling about \$20. This is the wallet I pull out in public and have it easily accessible at all times. You never want to give anyone your passport (except at border crossings) – photocopies should suffice (even for police). Also, if you get pulled over and need some bribe money, or have your wallet stolen, you are limiting the amount of your donation. I keep my primary wallet hidden, such as a waist or neck wallet.

*Silk Sleeping Bag Liner – Small and light, a portable way to bring your own bedsheets with you, if you are worried about hotel cleanliness.

*Bear Spray / Bear Bangers– Highly recommended if you are hiking, cycling or motorcycling in the wilderness of Western Canada. Can be used on bear, moose, wild cats, etc. We have seen many bears while hiking, motorcycling and mountain biking in remote areas of BC and Alberta. If you carry bear spray and bangers, make sure they are easily accessible (seconds). I wear mine on my belt.

*Luxury Item – Refer to my Blog for a detailed description. In short, one thing you don't need but it will make you super happy to have it!