

**PACKING LISTS FOR DIFFERENT TRAVEL OCCASIONS**



**Nature, Use it or Lose it**

**Adopt A Ranger Packing list**

ITEM		Notes
<b>Travel Documents</b>		
[ ]	Passport or other travel identification document.	
[ ]	Visum/visa (check requirements).	
[ ]	Copies of passport.	
[ ]	Vaccinations Check requirements at least 5 weeks before you travel, because some vaccinations can only be validated after 4 weeks. Brazil requires yellow fever IF you come from an Andes country, even if you make just a stop-over.	
[ ]	ticket (print e-ticket).	
[ ]	address + phone hotel or destination (print).	
[ ]	Car reservation (print)	
[ ]	Frequent flyer cards.	
[ ]	Drivers license.	
[ ]	credit cards. Preferably one Masters one Visa. Most other cards including American Express are little accepted outside the USA.	
[ ]	A separate paper with emergency telephone numbers: Contact at home and at work, emergency numbers of your credit cards, embassy in country of visit, passport number, medical and travel insurance, the parking lot number where you parked your car.	
[ ]	A bank debit card or bank pass so you can draw money from a cash machine without paying a high penalty, as is the case with credit cards.	
[ ]	Key house.	
[ ]	Key car.	
[ ]	Maps.	



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ITEM		Notes
<input type="checkbox"/>	Travel Guides and info on the country.	
<input type="checkbox"/>	Your medical insurance documentation.	
<input type="checkbox"/>	Travel insurance.	
<b>On Flight Packing List</b>		
<input type="checkbox"/>	Pants without metal buttons.	
<input type="checkbox"/>	Sneakers or other laceless shoes without metal. No high heels.	
<input type="checkbox"/>	Belt without metal buckle.	
<input type="checkbox"/>	Stuck overnight set: brief, shirt, socks, mini-tooth brush and toothpaste, floss.	
<input type="checkbox"/>	Your medicines for on board and enough to last at least a week, just in case your luggage does not arrive.	
<input type="checkbox"/>	Light sweater as it can be cold during flights.	
<input type="checkbox"/>	Noise reducing headphones are quite nice for sleeping on the plane.	
	Reading material	
	<b>With children:</b>	
<input type="checkbox"/>	Children books,	
<input type="checkbox"/>	Drawing books, and coloured pencils,	
<input type="checkbox"/>	felt tips, etc.	
	travel needs like children bottles (check airline conditions on fluids in baby bottles)	
<input type="checkbox"/>	a few toys	
<b>NOT in your carry-on bag</b>		
This is just a common sense reminder. Always follow airline instructions		
<input type="checkbox"/>	Liquid more than small amounts as permitted by airline.	
<input type="checkbox"/>	Nail clippers. Yes, I know, I did not make the rules, but they have been taken away from me.	
<input type="checkbox"/>	Sharp articles, of course particularly knives, box cutters, pointed nail files, etc.	



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<input type="checkbox"/>	Fire arms belong in your checked in luggage. Check with regulations on fire arms at your country of destination.	
<b>Toiletry Bag Packing list (for in your checked in luggage)</b>		
<input type="checkbox"/>	tooth brush.	
<input type="checkbox"/>	Toothpaste.	
<input type="checkbox"/>	Floss	
<input type="checkbox"/>	Deodorant	
<input type="checkbox"/>	Small shampoo	
<input type="checkbox"/>	Body lotion	
<input type="checkbox"/>	Sun block SPV 15 or higher. For Caucasian skins, on the water or/and in the tropics please be careful the first days. Day 1, one hour exposure, and add no more than an hour per day. Wear a hat and light shoes.	
<input type="checkbox"/>	Insect repellent with DEED.	
<input type="checkbox"/>	Hair brush / comb.	
<input type="checkbox"/>	Contact lenses + fluids.	
<input type="checkbox"/>	Nail clippers.	
<input type="checkbox"/>	Nail file.	
<input type="checkbox"/>	Cotton swabs.	
<input type="checkbox"/>	 Universal bath plug.	
<input type="checkbox"/>	Multifuntions knife (swiss army, Leatherman, Coleman, etc.).	
<input type="checkbox"/>	Mini screw drivers, regular + philips.	
	Small scissors.	
	Tweezers, both pointed and flat for removing things like ticks.	
<input type="checkbox"/>	Can / bottle opener / cork-screw.	



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<input type="checkbox"/>	Small sewing kit (needles, threads, buttons).	
	Safety pins.	
<input type="checkbox"/>	Pain-killer (Asperin, Tylenol, etc.).	
	Melatonin (to overcome jet lag).	
	Imodium (against diarrhoea).	
	Antacid.	
	Laxative.	
	Miconazole cream 2% for athlete's foot. Very important to have with you when you go into the jungle. I know it is mostly sold for women, but it works!	
<input type="checkbox"/>	Band aid.	
	Liquid band aid.	
	Disinfectant.	
	Alcohol sweeps.	
	Personal Prescription drugs Check doctor + pharmacist in time before travel, and ask sufficient drugs to last your entire trip + some extra. Just in case you get delayed.	
<input type="checkbox"/>	<b>HE</b>	
	Shaver.	
	Shaving cream.	
	<b>SHE</b>	
	Make-up. This is a women's issue, you know what to take, but on a trip, don't overdo it.	
	Sanitary towels / tampons to last a few days.	


Cloths		
<input type="checkbox"/>	Jeans.	

<input type="checkbox"/>	fast drying outdoors pants.	
<input type="checkbox"/>	1 pair of dress pants.	
	1-2 belts (one without metal buckle).	
	sweater / flees sweater.	
<input type="checkbox"/>	1-2 jackets or suit.	
<input type="checkbox"/>	1 dressed shirt or blouse per every other day, up to 10.	
<input type="checkbox"/>	1 pair of socks per day for up to 15 days.	
<input type="checkbox"/>	1 pair of briefs per day for up to 15 days.	
<input type="checkbox"/>	Shorts.	
<input type="checkbox"/>	bathing suit.	
	<b>pyjamas</b>	
<input type="checkbox"/>	light waterproof coated rain jacket.	
<input type="checkbox"/>	plastic/nylon waterproof poncho.	
<input type="checkbox"/>	warm coat.	
<input type="checkbox"/>	Gloves.	
<input type="checkbox"/>	baseball cap or hat.	
<input type="checkbox"/>	Glasses.	
<input type="checkbox"/>	Sunglasses.	
<b>HE</b>		
<input type="checkbox"/>	2 Ties.	
<input type="checkbox"/>		
<b>She</b>		
<input type="checkbox"/>	Skirts.	
<input type="checkbox"/>	Dresses.	
<input type="checkbox"/>	Stockings.	
<input type="checkbox"/>	Robe or beach cover up.	
<b>Footwear</b>		
<input type="checkbox"/>	light work-out shoes.	
<input type="checkbox"/>	Walking shoes or sneakers.	
<input type="checkbox"/>	regular shoes (no heels).	
<input type="checkbox"/>	sandals or flip-flops.	
<input type="checkbox"/>	rubber boots.	
<input type="checkbox"/>	sturdy hiking or mountain boots.	
<input type="checkbox"/>	Ski-boots.	

<b>Office and Gear</b>		
<b>Packing Gear</b>		
<input type="checkbox"/>	Suitcase.	
<input type="checkbox"/>	Roll up nylon bag.	

<input type="checkbox"/>	Carry on.	
<input type="checkbox"/>	Backpack.	
<input type="checkbox"/>	Mini backpack.	
<input type="checkbox"/>	Camera equipment bag.	
<b>Office</b>		
<input type="checkbox"/>	Laptop.	
<input type="checkbox"/>	Connector.	
	Small mouse.	
<input type="checkbox"/>	Pendrive.	
<input type="checkbox"/>	Extra memory for your camera.	
<input type="checkbox"/>	Plug adaptor.	
<input type="checkbox"/>	extension cord with multiple plug holes.	
<input type="checkbox"/>	small power 12-110/220 converter with car plug.	
<input type="checkbox"/>	4-way usb.	
<input type="checkbox"/>	Usb extension cord.	
<input type="checkbox"/>	Usb computer light.	
<input type="checkbox"/>	Business cards.	
<input type="checkbox"/>	Paper clips.	
<input type="checkbox"/>	Document clips.	
<input type="checkbox"/>	small ruler.	
<input type="checkbox"/>	Pens.	
<input type="checkbox"/>	Pencils.	
<input type="checkbox"/>	Yellow stickers	
<input type="checkbox"/>	Small notebook	
<input type="checkbox"/>	Office tape	
<input type="checkbox"/>	Head set for skypeing ( <a href="http://www.skype.com">http://www.skype.com</a> )	
<input type="checkbox"/>	Ethernet cable	
<input type="checkbox"/>	 <p>Mini scales. Now the airlines have become very annoying about overweight, take one of those small miniscales. Available at Amazon.com</p>	
<input type="checkbox"/>	Flash light. Make sure you take LED lights as your batteries last so much longer.	
<input type="checkbox"/>	Music on media carrier, cd, itunes, edc.	
<input type="checkbox"/>	Batteries for all equipment. Batteries may be expensive and good	

	ones may be hard to get at your destination.	
<input type="checkbox"/>	Battery chargers for all your special batteries and equipment.	
<input type="checkbox"/>	Camera.	
<input type="checkbox"/>	Camera-laptop connectors.	
<input type="checkbox"/>	Extra memory for camera.	
<input type="checkbox"/>	Other camera accessories like lenses, filters, etc.	
<input type="checkbox"/>	Extra camera battery/ies.	
<input type="checkbox"/>	Binoculars.	
<input type="checkbox"/>	Bird guide.	
<input type="checkbox"/>	Other field guides.	
<input type="checkbox"/>	some ziplock bags	
<input type="checkbox"/>	cell/mobile phone	
<input type="checkbox"/>	Cell/mobile phone battery charger	

		<b>Adopt A Ranger Packing list</b>
<b>Nature, Use it or Lose it</b>		
	<b>ITEM</b>	<b>Notes</b>
<b>CAR</b>		
	Blanket.	
<input type="checkbox"/>	cool box with ice.	
<input type="checkbox"/>	Drinking water.	
<input type="checkbox"/>	Cold beverages.	
<input type="checkbox"/>	Sandwiches.	
<input type="checkbox"/>	Snacks like cookies, crackers, fruits, candy, etc.	
<input type="checkbox"/>	Cups, plates, silverware/cutlery	
<input type="checkbox"/>	can/bottle opener corkscrew.	
<input type="checkbox"/>	GPS.	
<input type="checkbox"/>	Folding chairs.	
<input type="checkbox"/>	Toilet paper.	
<input type="checkbox"/>	Paper towels.	
<input type="checkbox"/>	Sanitary towels / tampons.	
<input type="checkbox"/>	Battery jumper cables.	





suggestions so that the list become better. Please visit our: [Packing List Forum](#)  
This handy packing list has been provided by Adopt A Ranger: <http://www.adopt-a-ranger.org>

Please remember that your travel will cause Carbon-dioxide release into the air which many people believe to be a major cause of climate change. You can compensate the carbon dioxide by making a small donation to Adopt A Ranger and also help reduce the imminent disappearance of millions of species this very century! Please check our website and see how your contribution to pay for a ranger, will help compensate the release of CO2 in the air and help protect millions of species.



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