

## Planning and Packing for your Trip

### Planning

- Make sure your passport is valid and doesn't expire within at least 3 months of travel. To check specific requirements for your destination on passport, visa and inoculation requirements visit the [US Department of State](#) website.
- Make copies of your passport, keep one on you and put the others in all of your luggage. In the event of lost baggage, it will make identification easier and you will need a copy to leave with the desk clerk.
- Notify your bank and credit cards about your travel dates.
- Set up an international calling plan for your phone.
- Download WhatsApp and get your family set up so you can keep up with the news at home. This is the best way to communicate with us in the case of travel delays. It works off wi-fi available at most airports.
- Learn a few phrases of the destinations' language. "Please" and "thank you" will go a long way. You can also download Google translator which works well in most places. Even if you can't read it, you can hand your phone to the person you are trying to communicate with and let them read it.
- Learn about the local customs and culture. Don't expect everything to be the way it is in the US. Learning from other cultures is most of the fun of International travel!

### Packing

- Remember that we are travelling by several different modes of transportation (cars, small planes, small boats). If possible, don't check bags and don't use hard sided luggage. Lost luggage is still a concern and hard sided cases can be more difficult load at times.
- Also, remember that this is adventure travel. You don't need a black tie, heels or a hairdryer.
- Ideally pack synthetic clothing that can be washed and dried during the trip. One handy thing to have is rubber sink stopper because the sinks at many of the lodges don't have stoppers. I carry Dr. Bronners soap for all washing (clothes and personal). 3 ounces will easily last two weeks.

## **Sample Packing List**

### Clothes

- 5 or 6 T-shirts (3 that are quick dry for paddling and 2 or 3 that are cotton for comfort)
- 2 or 3 Shorts (men can include swim trunks here)
- 1 pair of light weight long pants for keeping out the sun and bugs
- 1 pair of heavier weight pants for cooler evenings
- 1 long sleeved lightweight shirt for sun and bugs
- 1 fleece for cool evenings (you'll want it on the plane also)
- 1 or 2 bathing suits
- Hat with a wide brim or baseball hat to keep off the sun
- Windbreaker/rain jacket or waterproof poncho

### Shoes

- 1 pair of paddling shoes
- 1 pair of comfortable shoes for staying dry

### Toiletries

- Personal medications
- Personal toiletries (toothpaste, etc)
- Sunblock and insect repellent
- Small first aid kit: band-aids, after bite lotion/cream, after sun lotion and pain killer of your choice
- All less than 3 ounces and packed in a quart sized Ziploc
- Glasses and a spare pair and/or contacts, fluids and a spare set of lenses

### Miscellaneous

- Small flashlight or headlamp
- Binoculars
- Camera
- A good book or two
- A small bag to take your personal items when you go on side trips
- Biking or paddling gloves
- A bandana (it has many uses)
- Snacks, such as power bars, granola bars or packaged treats
- Sink stopper
- Collapsible water containers

If you have any questions, don't hesitate to [email](#) or call 315-316-1125.