

Traveller's Checklist

Appropriate clothing—dress in layers
Walking stick
Photocopy of Passport
Binoculars
Camera, battery charger and extra battery
Extra memory cards
Flashlight
Journal
Pencil
Electrical Adapter (Not Needed for Costa Rica or Panama)
Rain Gear
Umbrella
Waterproof footwear
Comfortable hiking shoes
Hat or brimmed visor
Carryall bag
Sandals
Wash Cloth
Hand Towel
Rubber Bands
Ziploc Bags
Stopper for sink
Sewing Kit
Alarm Clock
Ear Plugs
Extra batteries
Folding scissors (in checked bag)
Q-Tips
Band-Aids
Neosporin or antibacterial ointment
Pepto-Bismol
Imodium
Aspirin or Pain Reliever
Cold Medicine
Sunscreen
Lip Balm
Hand Lotion
Insect Repellant