



Adventure Travel South America

**TRAVEL PACKING CHECKLIST**

**Essentials**

Passport	
Backpack	
Debit / Credit Card	
Emergency US Dollars (\$100)	
Insurance Documents	
Vaccination Documents	
Flight Details	
Guidebook	

**Toiletries**

Sun tan lotion	
After sun lotion	
Toothbrush	
Toothpaste	
Deodorant	
Earplugs	
Nail clippers	
Shower Gel	
Anti-bacterial hand cream	
Soap	
Shampoo	
Lip-balm	
Moisturiser	
Shaver	
Hair Gel	
Toilet paper (for emergencies)	
Wet wipes	

**Clothes**

T-Shirts	
Jeans	
Shorts	
Socks (lots!)	
Underwear	
Raincoat	
Belt	
Jumper	
Swimming shorts / bikini	
'Going out' shirts	

**Footwear**

Trainers	
Flip flops	
Shoes	

**First Aid Kit**

Plasters / Band Aids	
Diarrhoea tablets	
Insect Repellent	
Ibuprofen / Paracetamol	
Rehydration sachets	
Water purifying tablets	
Small Scissors	
Tweezers	
Alkaline settlers (for your hangovers!)	

**Electrical**

Camera	
Ipod / MP3 player	
Re-chargeable Batteries	
Battery charger	
Power adapters for all electrical equipment	

**Other**

Backpack waterproof cover	
Battery Charger	
Books	
Duct Tape (fixes everything)	
Torch	
Pillow case	
Towels (beach and shower)	
Locks (preferably code locks)	

**Luxury List**

Mosquito Net	
Laptop / Netbook	
Ipod	
Mobile Phone	