



Travel Check List -- Things to Bring

Check List

- Passport valid 180+ days after trip (email copy)
- Visas or Reciprocity fees (if required)
- International Flights (to/from Latin America)
- Local, Internal Flight Info (or e-tickets)
- Trip Info - Reservations, Local Contacts
- Travel Insurance (email copy)
- Phone roaming plan (via your provider)
- WhatsApp on phone (for local communication)

General Packing Advice

- One Check-In Bag under 50 pounds
- One Carry-On Bag under 18 pounds
- Range of clothing for varied climates
- Light Waterproof Jacket (hooded)
- Extra pair shoes (or sturdy strap sandals)
- Extra pair of swimming gear (ex: Galapagos)
- Medicines with prescriptions
- Hide-a-pouch - passport/money/cards
- Several Hundred USD\$
- Credit and Debit Cards
- Extra pair Glasses/Contact Lenses
- Small backpack for daily excursions
- Refillable Water Bottle
- Protective pouch for phone (lanyard)
- Socket/plug converters (Electronics)
- Phone charge cable & Powerbank
- Insect Repellant (Strong)
- Sun Block (cream)
- Hat(s) - Sunglasses
- Aspirin (similar), Imodium
- Earplugs & Eyemask
- Drybag or Ziploc Bags