

## □ Camera □ Laptop □ iPad □ Roost Stand ☐ Travel Tripod ☐ Action Camera ☐ USB Stick □ VPN Charger Clothing **Medications** ☐ 2 t-shirts ☐ 1 long-sleeve shirt ☐ Charcoal tablets □ 2 pairs of travel underwear □ Grapefruit Seed Extract 2 pairs of moisture-wicking socks ☐ Anti-Diarrhea pills □ 1 pair of long pants/jeans/skirt ☐ Electrolyte tablets □ 1 pair of shorts ☐ Melatonin Tablets ☐ 1 sweatshirt/sweater ☐ Comfortable walking shoes/sandals **Miscellaneous** Gear ■ Moisture-wicking hat Sunglasses □ Backpack ☐ Microfiber towel Packable day bag ☐ Ear Plugs ☐ Travel adapter ☐ Eye Mask ☐ Power bank ☐ Headlamp International phone ☐ Electric Razor ☐ eSim ☐ Travel Locks ☐ Card Pouch **Paperwork** For The Truly Prepared ☐ Debit card without ATM fees ☐ Credit card with zero foreign transaction fees ☐ Water Filter ☐ Copies of passport, visa, and cards ☐ LifeStraw Water Bottle ☐ International Drivers Permit Steripen ☐ Flight Itinerary ☐ Sleeping Bag & LIner ☐ Hotel Booking Info ☐ First Aid Kit ☐ Travel Alarm Clock

**Digital Nomad**