

Pre-Adventure Check List

1 Month out:

- ✓ Call Health insurance for advice on Immunizations
- ✓ Double check that passport is ready
- ✓ Apply for Visas
- ✓ Double check itineraries

2 Weeks out:

- ✓ Get all shots and medications needed
- ✓ Double check your adventure gear
- ✓ Buy anything you might need

1 Week out:

- ✓ Download Music/Movies
- ✓ Put your mail on hold
- ✓ Send copy of passport to someone you trust and cc yourself
- ✓ Charge all travel electronics
- ✓ Make a physical copy of your passport
- ✓ Notify credit card/ATM banks of your trip
- ✓ Arrange to take care of pets
- ✓ Send itinerary to someone that isn't coming
- ✓ Check the weather at your destination
- ✓ Prepack- make sure you have enough room for your stuff

Departure day:

Things to take:

- ✓ Passport and passport copy (carried in different places)
- ✓ Travel Credit Card and ATM card
- ✓ Cash (\$50-\$100 + ATM card or \$500-\$600)
- ✓ Airplane Snacks
- ✓ Cellphone
- ✓ Luggage
- ✓ Carry on
- ✓ Printout of Itinerary
- ✓ Travel Journal and pen
- ✓ Your book
- ✓ Camera
- ✓ Any medications you need (or should take for stomach issues while traveling ie pepto bismol or Imodium AD)

Things to do:

- ✓ Take out trash
- ✓ Online flight check-in
- ✓ Turn off lights
- ✓ Unplug (turn down) water heater
- ✓ Close/lock windows and doors
- ✓ Turn down thermostat
- ✓ Close garage and lock
- ✓ Leave cabinets open to resist pipes freezing
- ✓ Take care of pets (to the daycare or with friends/family)
- ✓ Set alarm system.
- ✓ Charge phone

Things to consider:

- ✓ Unplug home electronics
- ✓ Workout: it helps you relax on the plane
- ✓ Check the weather of your destination
- ✓ A couple of lights on timers to appear your home
- ✓ Clean your house (its nice to come home to a clean house)

Things to avoid:

- × Excessive alcohol (its proven to make it harder to relax on the plane)
- × Don't bring anything that will get you in trouble at the border (meats, nuts, fruit, illicit drugs)
- × Bringing flashy jewelry, watches or sentimental items.