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# FEARLESS WORLD TRAVELER CHECKLIST

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## **Travel Story – How not to pack for an adventure tour!**

The night before I was leaving for my SE Asia tour, and my sister comes home at 1am from a date. Amanda enters my room, “You don’t even have anything in your suitcase yet! Isn’t daddy coming to pick you up at 5am?”

“Yes, where have you been?? I’ve needed your help!”

Manda begins to roll up my clothes all spread out on my bed and places them in the suitcase. There’s no time left to make decisions, I’m beyond exhausted. The suitcase is overstuffed.

I arrive at the airport, and the suitcase weighs 60 lbs. Now I’m rearranging my clothes and throwing some things in my carry-on.

“Miss, this carry-on weighs too much, you’re going to need to check this”, the airline associate tells me. I gather my essential carry-on items into these plastic bags that is given to me. I end up purchasing this New York tote in an airport shop. Now I’ve got two checked bags, and two carry-ons.

It’s a late arrival that evening in Thailand, 19 hour flight, and the next day, I meet my SE Asia tour mates, who take one look at my suitcase, and bombard me their observations and questions, “You must have not traveled on this kind of tour before,” one says. “How big is that suitcase? And what did you pack in there?” another one asked. The questions keep coming, “Wait, how many bags do you have?”

So I’d like to spare you the embarrassment and frustration of my packing mistakes of not really knowing how to be efficient and practical. Otherwise, you’ll be paying extra money to have porters assist you with your bags and you’ll be working up a sweat lugging that 60 lb bag up steep hills and up flights of stairs! Makes for a serious bicep and quad workout, for sure.

# Travel Story – How not to pack for an adventure tour!

**Here's what to avoid and how to change the approach:**

**1. Laying out your entire wardrobe on your bed, you want to skip that step.**

- Start with looking over the itinerary and the expected weather to be prepared with the right attire for the right activities.
- Instead, go for color themes, and make sure each top can match several bottoms.
- Try on your clothes, take only your favorite items that feel good and comfortable.
- Limit your jeans to one pair, your fave pair. Jeans are heavy!

**2. Strappy high heel Tory Burch shoes, or anything similar, can stay home. It's an adventure tour, only take hiking boots, sneakers, and sandals. Seriously, ladies, this isn't the trip for heels.**

- Wear either the hiking boots or sneakers while on the flight. Save space and again looking to lighten the load.

**3. Finally, taking enough clothes for every day of the trip. Definitely the way to overpack.**

- Rather plan to take clothes for about one-third to half of what you think you want or need.
- Yes, your clothes may get dusty, dirty, muddy. So you'll send your clothes out to be washed say half way through the trip. Get them back even the same day. It's wonderful!

With that being said. May you lose less sleep and breeze through the check-in process. May your adventure tour provide you with those once-in-a-lifetime experiences minus the packing frustrations!

Finally, tell me about your upcoming travel plans. I want to know! Maybe we can exchange travel stories? So write back, simply email me or connect with me on [Instagram](#) and tell me where you'll be going (even if hasn't been booked yet!) and what experiences you anticipate having when you get there.

I deeply honor you. Thank-you for being part of the C&R Self community! Namaste. ~ Sarina

# **Travel Checklist – What to Really Pack (And what to really forget!)**

- Passport, Travel docs folder (2 printed copies / email self electronic copy)
- Money (cash about \$300 - \$500 initially) / Debit card / Credit card)
- Camera and accessories (memory card / battery charger with backup chargeable batteries/adaptor for battery charger/ volt converter)
- Cell phone charger and adaptors
- Travel hairdryer and hairbrush
- Journal with pens (travel notes, memories, personal insights)
- Book(s) or Kindle or Mini iPad
- Watch (everyday watch & sports watch) / Alarm clock (phone alarm)
- Camelbak (backpack, water sack, cleaning kit)
- Flashlight (mini one)
- Travel Pillow (airplane / bus and van rides)
- Snacks (several for each day, think trail mix packs, almond packs, peanut/almond butter packets, Steve's paleo granola bars, Rx Protein Bars, Raw Rev Protein bars, TwoMoms Sprouted Nut bars, GreensPlus protein bars, mini Larabars, Kind bars, Organic Raw Honey packets-hiking/running)
- Supplements/ Vitamins / OTC meds / Scripts renewed and filled (antibiotic just in case)
- Travel Pharmacy Kit (Airborne, Advil Cold & Sinus, Anti-Diarrhea, Anti-histamine/Allergy pills, Motrin, Aspirin, rehydration tablets like Nuun, Salt Stick pills).
- First Aid Kit (band aids, alcohol antiseptic wipes, triple antibiotic ointment or bacitracin ointment)
- Sunglasses / Eyeglasses / Contacts + eye drops
- Hand sanitizer / sanitizer wipes / Baby wipes
- Travel tissues (4 packs) (may be your TP, in certain countries, hiking)
- Mosquito/bug repellent (Repell - Natural lemon and eucalyptus / CDC says effective protection)
- Sunscreen (face / body in sports active formula, find organic types)
- Sunhat (rain hat, running/active hat/ sporty or dressy headbands)

# Travel Checklist – What to Really Pack (And what to really forget!)

- Rainproof/ windproof light jacket / poncho
- Toiletries (travel size items) / Make-up / Mouth retainers or night guards
- Active wear - Hiking/biking/rafting/sightseeing/beach wear (What activities are on the itinerary?)
- Hiking boots / Sneakers, Flipflops (walking / shower), Sandals (Wedge/Thong strappy/Sports) (forget the heels for adventure trips!)
- Shorts (2/3)
- Trousers (2) / Jeans (1 / 2)
- Casual Light Blouses or Shirts / Dressy Tops/Tanks / Cardigans / Sundresses
- Sleepwear / underwear (pack double) / socks (active/hiking)
- Sweater /Fleece shirt/jacket
- Bungee cords, giving the option to attach items to daypack or backpack
- Camping items, like light-weight down sleeping bag, if it's that type of tour
- Luggage or Backpack - decide on appropriate type, size, comfort level, travel destination
- Check Travel Itinerary from agency for any other suggested items
- Additional items
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# Fearless World Traveler Actions

## Travel / Emergency Medical Insurance

- Check with your HR department and Credit Card Company to see if you have this coverage.
- Otherwise purchase through travel agency and may want to get additional emergency medical coverage for peace of mind.
- Research travel insurance options, some may offer year-round coverage, others trip specific coverage. AIG Travel Guard insurance (offers different levels of coverage).

## Doctor visits / Vaccines and flu shot / Fill scripts

- Check Center for Disease Control (CDC) for list of recommended vaccines  
<http://wwwnc.cdc.gov/travel/destinations/list/>
- Travel Doctor visit (at least 4 -6 weeks before for vaccines like Typhoid Fever, Yellow Fever, script for malaria prophylactic etc.). Fill any necessary scripts. <http://wwwnc.cdc.gov/travel/page/find-clinic>

## Passport / Visas

- All countries require at least 6 months validity on passport.
- Apply for any visas before you leave.
- Check with your local embassy or consulate for the latest requirements. Travel agency may know.
- Make 2 copies of everything / also have it saved electronically on email or dropbox drive

## Financial Items

- Bank – notify travel dates and locations (debit card / credit cards)
- Pay Bills - recommend take care of this through end of the trip and first week back before departure

## Notify IT Helpdesk

- About travel dates/ countries and request international travel plan for phone / data
- Recommend you take only one phone with you rather than both personal and work one.
- Less of a hassle and worrying about carrying two phones.

# **Fearless World Traveler Actions**

## **Treat/Spray Clothes** – for protection from mosquitos and ticks

- Hiking/Active Wear spray before you leave for destinations to tropics or rain forests
- Permethrin – only for clothing and gear and never, ever for your skin (Amazon/ Travel doctor)
- See your Travel doctor for this if you can't find in your nearby store with sports /camping section

## **Travel Folder / Docs**

- Travel vouchers (2 copies) / Itinerary (1 copy)
- Travel/Emergency Medical Insurance Card
- Flight tickets
- Make 2 copies of everything / Also have it saved electronically on email or dropbox drive
- Take any necessary vaccination certificates required for visiting countries
  
- Arrange for Airport shuttle or transportation
- Arrange for Airport Transfer or take a Taxi
- Money Exchange at the Airport / Hotel or at Exchange Currency places throughout countries
- Laundry (several days prior to the trip)
- Pack for trip (see what to really pack)

## **Drug Store / Pharmacy / Health Food Store / Beauty**

- Any travel items need, snacks, vitamins, fill any scripts
- Chiropractor – note about supplements (Add to travel folder)
- Beauty Appointments – mani/pedi, waxing, haircut/treatments.

## **House / Pet Arrangements**

- Arrange for your neighbor or family member to take in the mail. Every few days/once a week, if you have locked box. Otherwise daily to be safe or request to hold your mail at the Post Office.
- Leave a key to your place with a neighbor or family member. For just in case reasons or for house-sitting and/or pet-sitting.
- Make arrangements for any pets leaving behind while you travel.