

## Trip Check List Form

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- Passport and copy of passport
- Two extra passport size photos (used to create new passport if lost or stolen)
- Medical insurance card
- Additional travel medical insurance card
- Prescription medication (antibiotics, Zofran, birth control)
- Prescription glasses, extra contact lenses, and sun glasses
- Sanitizers (lotion, wipes)
- Smartphone
- Camera (Ask permission before photos and complete PHOTOGRAPHY RELEASE FORM)
- Small backpack
- Toiletries (soap, shampoo, toothbrush/toothpaste, deodorant, comb/brush)
- Toilet paper
- Snacks (Powerbar, etc)
- Anti-mosquito cream or spray (20 to 40% DEET), or other Insect Repellant
- Sun screen, skin lotion, chap stick
- Over the counter medications: Tylenol ES, Motrin, Imodium, Zantac, & Claritin
- Durable water bottle
- Small flashlight/batteries
- First-Aid kit
- Medical tools, equipment, and supplies