



BEACH + TROPICAL

PACKING & TRAVEL TASKS

TRAVELING TO THE TROPICS OR BEACH CAMPING CAN LEAVE YOU SUN-KISSED AND HAPPY. DON'T FORGET ANY ESSENTIALS BUT YOU DON'T NEED TO BRING THE KITCHEN SINK. THIS IS NAKED TRAVEL, AFTER ALL.

OBJECTIVE: PACK LIGHT THEN UNPACK AND PACK LIGHTER. REMEMBER WE'RE NAKED AT LEAST HALF THE TIME. YOU CAN FIT ALL THIS IN A 35-60 LITER BACKPACK. TRAVELING WITH A BACKPACK IS ALWAYS EASIER THAN A ROLLING BAG. CHECK OUT OPTIONS LIKE [THIS](#) OR [THIS](#) FOR YOUR TRIP.

NOTE: THIS LIST IS INTENTIONALLY EXTENSIVE; NOT EVERY TRAVELER WILL BRING EVERY ITEM ON EVERY TRIP, NOT EVERYTHING IS ESSENTIAL.

THE TRAVELER'S ESSENTIALS

- Passport, VISA - [verify here](#)
- Driver License, other ID
- Cash - in local currency (from Airport ATM)
- Credit Cards/ATM Cards
- Wallet - only essentials
- Medical insurance card
- Travel insurance card
- Emergency Contact Card
- Covered Map or [downloaded](#) on Smart Phone
- Guidebook or digital equivalent
- [Vaccination Records if required](#)
- List of medications & prescriptions
- Actual Medications & Prescriptions
- [Personal First-Aid Kit](#)
- Extra Food/Snacks (protein bar, trail mix)
- Water Bottle or [Hydration Pack](#)
- [Water treatment](#) / anti-diarrhea medication
- Cell phone + International plan
- Electronics chargers, solar if possible
- [Voltage adaptor, USB](#)
- Camera + batteries
- Film/Memory card
- Headlamp or flashlight, extra batteries
- [Alarm clock](#)

BEYOND THE ESSENTIALS

- Backpack
- Backpack [cover](#)
- [Travel Pillow](#) or stuffable pillow case
- [Whistle \(plus signaling mirror\)](#)
- Waterproof Multi Function dive watch
- Energy beverages or drink mixes
- [Packable Solar Lantern](#)

CLOTHING: WARM WEATHER

- Wicking T-shirt or Tank (synthetic or wool)
- Wicking underwear
- Quick-drying shorts/pants (synthetic, no jeans)
- Bathing suit(s) - if we're not naked :)
- Long-sleeve shirt (for sun, bugs)
- Light Sweatshirt for evenings
- [Breathable Raincoat](#)
- One Outfit for Bar/Restaurant
- One Excursion outfit (Hike, Zipline, etc)
- Bandana or Buff
- Hat
- Return Flight Clothing Change

FOOTWEAR

- Shoes for terrain/weather (water resistant)
- Socks (synthetic or wool)
- [Sturdy Sandals](#) (for beach, camp, town)
- Shower sandals

BEACH ESSENTIALS

- Beach Bag / Day Pack - see hydration pack
- Cover-up / Turkish Towel / Sarong
- Beach Towel
- Beach reading
- Sunscreen, lip balm, aloe vera
- Sunglasses

BEACH EXTRAS*

- Extra Towel / Blanket / Turkish Towel
- Mask, Snorkel, Fins
- Water/Reef shoes
- Beach Games - Frisbee, Kite
- Other Sports Equipment - Volleyball, etc.
- Safety/Flotation Devices
- Travel Hammock
- Umbrella/Shade Tent

TOILETRIES

- Quick Dry Compact Towel
- Biodegradable Body Soap
- Deodorant
- Natural Shampoo & Conditioner
- Brush/Comb
- Hair Product
- Moisturizer
- Contact Lenses & Saline Solution
- OTC Medication - Pain Reliever, Laxative, Antihistamine, Anti-Diarrhea, Dramamine
- Shaving supplies
- Travel Toilet paper or Single use wet wipes
- Hand sanitizer
- Nail Clippers
- Personal Douche
- Condoms, lube, etc.

PERSONAL ITEMS*

- MP3/Music player + Headphones
- Small Battery Operated Speaker
- Notebook and pen or pencil
- Glasses & Case
- Extra Flashlight, batteries
- Solar Charging Travel Panel
- Mini Sewing Kit
- Insect repellent - With Deet™
- Travel Mosquito Net
- Various sized Ziplock™ bags

JUST FOR FUN*

- Makeup & Makeup Remover
- Costumes, Wigs, Accessories
- Board Games, Cards, Dominos
- Balloons, Silly String, Streamers
- Pride Flag

BEFORE YOU TRAVEL NAKED

- Notify Banks/Cc Of International Travel
- Get International Bank Contact Info
- Notify Your Embassy Of Travel
- Notify Family/Friend Of Itinerary & Contact
- Make 2 Copies Of Your Passport, Id
- Make A Copy Of Your Credit Cards
- Make A 2nd Wallet W/ Cc, Cash, Passport Copy
- Store Copies, 2nd Wallet, In Separate Bags
- Make A Digital/Cloud File With Id, Itinerary, Emergency Contacts, Etc.
- Confirm Flight Plans
- Arrange For Transportation To/From Airport
- Confirm In-country Airport Transit
- Confirm Hotel Reservations
- Share Flight & Itinerary With Go Naked
- Pick Up Travel Medications
- Arrange For House-sitter/Pet-sitter
- Take Care Of Personal Grooming
- Purchase Travel Insurance
- Make Final Payments to Go Naked
- Get lots of sleep