

Travel

Prior to Departure

- ☐ Inform bank & credit cards of travel dates
- ☐ Update emergency contact information
- ☐ Provide trip details and contact info to emergency contacts

Documents

- ☐ driver's license / international drivers license
- ☐ Immunization Records
- ☐ copies of IACUC approval
- ☐ copies of IRB approval
- ☐ research and collection permits
- ☐ passport valid for duration of trip
- ☐ Prescriptions - Glasses
- ☐ Prescriptions - Medications
- ☐ printout of tickets & boarding passes
- ☐ visa(s)
- ☐ Emergency Contact List

Carry-on Items

- ☐ day pack
- ☐ airplane pillow
- ☐ book
- ☐ cash, debit / credit cards
- ☐ change of socks, underwear, t-shirt
- ☐ e-reader & charger
- ☐ universal adapter plug
- ☐ glasses / spare glasses
- ☐ glasses case
- ☐ gum
- ☐ headphones
- ☐ KN95 masks
- ☐ laptop
- ☐ laptop case
- ☐ laptop charger
- ☐ snacks
- ☐ phone
- ☐ phone charger
- ☐ powerbank / portable battery
- ☐ Prescription medications (for the length of your stay)
- ☐ toothbrush

- ☐ toothpaste
- ☐ translation app
- ☐ wallet
- ☐ watch
- ☐ water bottle
- ☐ sleep mask

Toiletries

- ☐ birth control / protection
- ☐ contact lenses
- ☐ contact solution
- ☐ deodorant
- ☐ dramamine
- ☐ epipen
- ☐ hair products
- ☐ ibuprofen
- ☐ female hygiene products
- ☐ shampoo / conditioner
- ☐ skincare products
- ☐ makeup
- ☐ soap / body wash
- ☐ sunscreen
- ☐ hair ties

Clothing

- ☐ bandannas
- ☐ bathing suit
- ☐ clothing for town, social events
- ☐ pants
- ☐ rain jacket or poncho
- ☐ sandals / flip-flops
- ☐ shirts - lightweight, long-sleeved for the field
- ☐ shorts
- ☐ socks
- ☐ sunglasses
- ☐ sweater/jacket
- ☐ swim goggles
- ☐ swimsuit
- ☐ t-shirts
- ☐ tennis shoes
- ☐ towel
- ☐ underwear

Travel with kids

- ☐ prepare required documents: passports, birth certificates, marriage certificates, immunization records, etc.

Fieldwork

- ☐ backpack
- ☐ batteries (AA, AAA)
- ☐ binoculars
- ☐ books
- ☐ camera
- ☐ camera charger or batteries
- ☐ checklist (for field work)
- ☐ checklist (for interviews)
- ☐ clipboard
- ☐ compass
- ☐ data sheets
- ☐ field guides
- ☐ field notebooks
- ☐ first aid kit
- ☐ forceps
- ☐ games / playing cards
- ☐ GPS
- ☐ hat (wide-brimmed or baseball cap)
- ☐ headlamp / flashlight
- ☐ heat pad / muscle cream
- ☐ hiking boots
- ☐ Insect repellent (Deet, Permethrin for pre-treating clothes)
- ☐ IRB consent forms for interviews
- ☐ latex gloves
- ☐ laundry bags
- ☐ Letter from host institutions
- ☐ maps
- ☐ memory cards
- ☐ mosquito net
- ☐ pens / pencils
- ☐ permits
- ☐ pocket knife
- ☐ portable hard drive
- ☐ questionnaires
- ☐ rain cover for pack
- ☐ recorder
- ☐ safety whistle

- ☐ snacks for field (granola, protein bars, sunflower seeds, almonds, etc)
- ☐ tall rubber boots
- ☐ treats for participants, kids
- ☐ Ziploc bags