

source

## Travel

### Prior to Departure

- ☐ Inform bank & credit cards of travel dates
- ☐ Update emergency contact information
- ☐ Provide trip details and contact info to emergency contacts
- ☐ verify vaccinations required for the region
- ☐ travel & emergency insurance
- ☐ Register with US State Dept. [STEP](#) (for US citizens) or equivalent for citizens of other countries

### Documents

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

### 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
- ☐ menstruation hygiene products <sup>1</sup>
- ☐ shampoo / conditioner
- ☐ skincare products
- ☐ makeup
- ☐ soap / body wash
- ☐ sunscreen
- ☐ hair ties
- ☐ Antihistamines
- ☐ anti-bacterial cream
- ☐ anti-fungal cream
- ☐ OTC treatment for UTIs
- ☐ heat pad / muscle cream

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<sup>1</sup>For more on providing a safe environment for menstruation during fieldwork [see this guide](#)

## Clothing

- ☐ bandannas
- ☐ bathing suit
- ☐ clothing for town, social events
- ☐ pants
- ☐ rain jacket or poncho
- ☐ sandals / flip-flops
- ☐ shirts: long-sleeved for the field
- ☐ shorts
- ☐ socks
- ☐ sunglasses
- ☐ sweater/jacket
- ☐ swim goggles
- ☐ swimsuit
- ☐ t-shirts
- ☐ tennis shoes
- ☐ towel
- ☐ underwear
- ☐ footwear for the field (e.g, hiking boots, rubber boots)
- ☐ hat

## On Arrival

- ☐ Purchase local cell phone / SIM card
- ☐ Exchange cash for local currency
- ☐ Registration with local authorities (*if required*)

## Travel with kids

- ☐ passport
- ☐ birth certificate
- ☐ marriage certificate
- ☐ Required documentation if minor child is traveling with only 1 parent
- ☐ immunization records

## Fieldwork - General

- ☐ backpack
- ☐ AA batteries
- ☐ AAA batteries
- ☐ binoculars
- ☐ spotting scope
- ☐ books
- ☐ camera
- ☐ camera charger or batteries
- ☐ checklist (for field work)
- ☐ clipboard
- ☐ compass
- ☐ machete
- ☐ safety whistle
- ☐ data sheets
- ☐ field guides
- ☐ duct tape
- ☐ field notebooks
- ☐ first aid kit (see [REI's list of recommended items](#))
- ☐ games / playing cards
- ☐ GPS
- ☐ headlamp / flashlight
- ☐ Insect repellent (Deet, Permethrin for pre-treating clothes)
- ☐ latex gloves
- ☐ laundry bags
- ☐ maps
- ☐ memory cards
- ☐ mosquito net
- ☐ pencils
- ☐ sharpies
- ☐ flagging
- ☐ permits
- ☐ pocket knife
- ☐ portable hard drive
- ☐ rain cover for pack
- ☐ safety whistle
- ☐ snacks for field (e.g., granola, protein bars, sunflower seeds, almonds)
- ☐ treats or gmaes to play with kids
- ☐ Ziploc bags

## **Fieldwork - Human Subjects**

- ☐ checklist for interviews
- ☐ IRB consent forms for interviews
- ☐ questionnaires (including extras)
- ☐ compensation for participants (gift cards, etc.) if approved
- ☐ digital audio recorder
- ☐ waterproof folder for storing questionnaires
- ☐ clipboard

## Fieldwork - Botanical

- ☐ pruners (Felco 4)
- ☐ pole pruners
- ☐ plant press
- ☐ whirl packs
- ☐ ethanol

## Fieldwork - Entomological

- ☐ whirl packs
- ☐ ethanol
- ☐ pooter
- ☐ Extraction Tools
  - ☐ Winkler Kits
  - ☐ Berlese Funnels & Lights
- ☐ whirl packs
- ☐ ethanol