

# Amicus Esse

## TRAVEL CHECKLIST

Packing smart makes all the difference!  
Here's what you'll need for a smooth and comfortable expedition:



### OUTFIT PLAN:

- ☐ Quick-Dry T-Shirts & Lightweight Long-Sleeves
- ☐ Hiking Pants & Shorts
- ☐ Rain Jacket or Poncho
- ☐ Swimsuit & Towel
- ☐ Comfortable Walking Shoes or Hiking Boots
- ☐ Sandals or Water Shoes
- ☐ Hat & Sunglasses

### ESSENTIALS:

- ☐ Backpack or duffel bag
- ☐ Reusable water bottle
- ☐ Snacks (high energy like granola or nuts)
- ☐ Notebook & pen
- ☐ Flashlight or Headlamp
- ☐ Beach towel or blanket
- ☐ Underwater/waterproof camera or camera protection
- ☐ Phone & Charger
- ☐ Portable charger for electronic devices
- ☐ Power Adapter & Voltage Converter

### PERSONAL CARE:

- ☐ Broad-spectrum sunscreen (SPF 30 or higher)
- ☐ After-sun lotion or aloe vera gel
- ☐ Bug Spray with DEET or Natural Repellent
- ☐ Personal First Aid Kit
- ☐ Wet Wipes & Hand Sanitizer



### DOCUMENTATION:

- ☐ Passport/ID
- ☐ Travel insurance information
- ☐ Hotel booking confirmation
- ☐ Transportation tickets (plane, train, etc.)

### MISCELLANEOUS:

- ☐ Ziplock or Dry Bags
- ☐ Snorkeling gear
- ☐ Small backpack for day trips