

ADVENTURE TRAVEL Check List



Gear and Equipment:

- Backpack
- Sleeping Bag
- Camping Mat
- Tent
- Cooking Equipment
- Food and Water Supplies
- Navigation Tools
- Multi-tool
- First Aid Kit
- Headlamp or Flashlight plus extra Batteries



Essential Clothing:

- Breathable Base Layers
- Insulating Mid Layers
- Waterproof Outer Layer
- Durable Hiking Boots
- Comfortable Walking Shoes
- Socks
- Hats and Gloves



Personal Items:

- Biodegradable Soap
- Quick-dry towel
- Toothpaste
- Toothbrush
- Insect Repellent
- Sunglasses
- Sunscreen and Lip Balm
- Dry Bags



Luggage and Security:

- Travel Luggage
- Packing Cubes
- Phone Charger
- Power Bank
- Power Adapter
- Security Belt with RFID Protection
- Passport Wallet
- Keys

For a description of each checklist item, head over to 53degreesnorth.ie

