

Emergency Travel Go-Bag Checklist

Documents & Money

■	Passport / ID
■	Visas (if needed)
■	Emergency contact list
■	Cash (local + USD) & credit cards
■	Copies of important docs (store separately)
■	Travel insurance info
■	Guide maps / travel apps downloaded

Clothing & Personal Items

■	Underwear & socks (several pairs)
■	Weather-appropriate clothes (layers)
■	Rain jacket / travel umbrella
■	Comfortable walking shoes
■	Hat, sunglasses
■	Sleepwear
■	Swimsuit (if needed)

Health & Safety

■	First aid kit (bandages, antiseptic, etc.)
■	Prescription medications + copy of prescription
■	Pain reliever, allergy meds
■	Hand sanitizer & wipes
■	Face masks
■	Insect repellent & sunscreen

Tech & Gear

■	Mobile phone + charger & power bank
■	Universal travel adapter
■	Headlamp / flashlight + spare batteries

■	Camera gear (if carrying) & spare memory cards
■	Portable speaker / headphones
■	Waterproof bag or ziplocks for electronics

Food & Water

■	Refillable water bottle
■	Energy bars / snacks
■	Instant coffee / tea packets
■	Collapsible bowl & utensil set

Comfort & Miscellaneous

■	Travel towel & wash cloth
■	Lightweight blanket or scarf
■	Earplugs & eye mask
■	Multi-tool or small pocket knife (check rules)
■	Zip ties, duct tape (small roll)
■	Sewing kit
■	Notebook & pen
■	Spare plastic bags (for laundry / garbage)

Emergency Supplies

■	Emergency whistle
■	Fire starter / waterproof matches
■	Small mirror (signal)
■	Duct tape / repair kit
■	Local emergency numbers & embassy info

Backpack / Bag

■	Durable, comfortable carry bag
■	Rain cover or waterproof lining
■	Lockable zippers / security features