

Travel The Parks

Exploring America's National Parks-One at A Time



Essential National Parks Travel Packing Checklist

- Travel Packing Cubes

Health & Hygiene Essentials

- First aid kit (bandages, tweezers, gauze, etc.)
- Hydrocortisone Cream
- Pain Reliever/Aspirin
- Toothbrush
- Toothpaste/Dental Floss
- Shaving Supplies
- Environmental-friendly Shampoo & Conditioner
- Personal Prescriptions
- Sunscreen/Lip Balm with SPF (environmentally safe)
- Deodorant/Soap
- Sunburn Crème/ Chapstick
- Insect Repellent
- Altitude sickness pills
- Motion sickness pills or Nausea bands
- Hand sanitizer or wet wipes
- Eye Shade/Ear Plugs
- Wash Cloth/Travel Towel

Backpacking Essentials

- Day Pack & Wet/Dry Bag
- Water Purification Tablets/System
- Refillable Water Bottle
- Rehydration Water Pack
- Insulated Coffee Cups
- Collapsible Cooler
- Lighter/Waterproof Matches
- Emergency Blanket
- Trekking Stick/Hiking Poles
- Bear Spray
- Flashlight/Batteries
- Polarized Sunglasses

- Energy snack food and drinks
- Ziploc Bags
- Toilet Paper

Outdoor Gear & Clothing Essentials

- Rain Jacket/Pants
- Sun Hat/Baseball Cap/Gloves
- Moisture Wicking-Long underwear
- Neck Gaiter
- SPF50 Long Sleeve Shirt
- SPF50 Short Sleeve Shirt (DriFit)
- SPF50 Convertible Hiking Pants
- SPF50 Shorts
- Neoprene Socks
- Fleece Jacket
- Hiking Boots/Water Shoes/Sandals

Navigation & Fishing Essentials

- Fishing rods/poles
- Wade Boots/Wader
- Tackle artificial lures/Barbless Flies
- Fishing Line/Tippet/Leaders
- Fishing License
- Scissors/Multitool/Nail Clippers
- Fly Vest/Net

Technology & Navigation Essentials

- Laptop/iPad
- Headphones/Earbuds
- Cellphone charger/accessories
- Camera/GoPro memory card, & chargers
- Extra Batteries
- Binoculars/Carry Strap
- Kindle/E-reader
- Map Apps- GPS App -Downloaded or Laminated Map

