

Surfer's Travel List

black- you'll need it

red: if you don't take it, you'll want it

blue: I'd take it, you might not

Essential Papers

- Passport (for any out of U.S.A. travel) - is it up-to-date (does not expire within 6 months of intended end of travel)?
- Visa (check to be sure you need one or not)
- Address book or emergency contact list
 - Who to contact in event of an emergency
 - Next door neighbors
 - Credit card company (including international numbers)
 - Insurance companies (health, home, life, auto)
 - International access numbers for your long distance provider
 - Contacts for area you are visiting
- Prescriptions for any prescription meds you might need.
- Photocopies of the above for placing in board bags, suitcases, etc. You'll want it. Likewise spare passport photos; you will need them if your passport has to be replaced.
- Guidebook
- Maps (Michelin are good ones)
- Dictionary: Spanish/English, French/English (or whatever/English)

Gear

- Boards - 2 or more for extended stays
- Rash guards - short sleeves & long sleeves. White can be chilly in the wind but cool in sun. Doc sez: *"I suggest white short-sleeved and dark long sleeved or just go with all dark."*
- Sunscreen (waterproof):
 - Aloe Gator Gel SPF45+ for face and
 - Lotion for head, arms, legs (SPF30+)
- Leashes - extras are good trade goods.
- Fin tethers and Fin socks
- Waterproof band-aids for fin blisters
- Wax, several bars, appropriate for the destination's water temp
- Skeys (fins), extra and extra fin box screws and bolt plates, stainless steel
- Ding repair kit, emergency patch. Not solarlop. Emergency patch.
- Duct Tape (take a small roll and save on the weight/bulk)
- Stickers, surf (emergency ding repairs, gifts)
- Soft surf racks & extra long/large tie downs
- Mask, fins, snorkel
- Wetsuits (if the water ever gets below 70F)
- Multipurpose tool. Doc sez: *"Swiss army knife ain't so hot. Take one of the Leatherman variety instead."*
- Rock boots/reef boots or whatever. Doc sez: *"Get the kind with an ankle strap."*

Medical (also see the First Aid Kit List at <http://www.rodndtube.com/surf/info/Medical-1stAidKit-Doc.html>)

- Extra set of eyeglasses Contact lens solution & saline solution
- Antibiotics: pill type. Doc sez: *"Somebody will come down with something—best to be ready for it. Keflex is good."*
- Antibiotic Ointment
- Cortisone Ointment, with topical anesthetic- good for bug bite and stings
- Hydrogen Peroxide or Betadine: Gentle washing with mild soap and water or rinsing a scrape with sterile saline is a better practice.
- Band-Aids - the cloth type stick better.
- Gauze Pads
- Surgical Tape
- Tweezers
- Steristrips or Butterfly Bandages with tincture of benzoin to make them stick reliably
- Medicines:
 - Aspirin
 - Ibuprofen (Advil, Motrin, and Nuprin) - nonsteroidal anti-inflammatory
 - Acetaminophen (Anacin, Exprin, Tylenol) - pain reliever and a fever reducer
 - Pseudoephedrine Hcl (Sudafed) - decongestant for allergies, hay fever, sinus
 - Diphenhydramine (Benadryl) - sneezing, itching, watery eyes, hives, rashes
- Doc sez: *"Most meds, including prescription meds, can be obtained in the country you are going to cheaper and easier than at home. Bring a list with generic equivalents."* Rod adds: *"Just be sure ya don't forget to pick-up what ya need."*
- Ace Bandage
- Q-tips
- Powder... for your feet, for your balls....
- Meat Tenderizer - good for ant stings and some jellyfish stings
- A good first aid book like "Advanced First Aid Afloat" (Eastman & Eastman); "Ditch Medicine" (Coffee); or, "Where There Is No Doctor" (Werner, et al) to get you or whoever is repairing you up to speed. Doc sez: "I have read and used the Eastman and liked it."

Shaving and Personal Hygiene

- Razors
- Soap
- Brush/comb
- Shampoo
- Toothbrush and Toothpaste
- Floss
- Towels (2 - pack in board bag)
- Small Towels (2 - pack in board bag)
- Sewing Kit
- Sunglasses
- Toilet Paper (a roll or two... it's light!)

Clothes

- Walk shorts - canvas
- T-shirts
- Collared shirts (so Latin Americans don't look down on grubby gringos)
- Long sleeve tees
- Long, lightweight pants
- Patagonia pullover-fleece
- Hat - canvas or straw wide brimmed
- Bandanna
- Socks, light cotton
- Flip Flops (cheap, disposable for hiking down the hot sands and thorny paths)
- Hiking boots or slip-on shoes, like boat shoes (some say to skip the hiking boots)

Writing

- Notebook, pens, pencils, photos
- Camera SLR and film (plenty of rolls, fast and slow)
- Camera Digital and memory sticks - with battery rechargers
- Nikonos, with grease
- Tripod, lightweight (e.g. Davis & Sanfords, light and rugged)

Doc sez: *"Okay, if I was going to take one camera it would be the Nikonos. Rugged as hell, with 80mm lens and a light meter if the Nikonos you have doesn't include one. Alternatively, a Minolta 35mm Weathermatic will take perfectly adequate snapshot-quality photos, they are relatively cheap and easy to use. We ain't all pros, ya know? Either alternative is a lot better than the disposables."*

Miscellaneous

- Sharpening Stone
- Bug Repellant – cream type best
- Hammock
- Flashlight- Mini Mag Lite with spare bulbs and batteries.
- Candles (a couple will do)
- Knife
- Binoculars - 8x30 is a good size
- Waterproof Bags and Zip Locks. Doc sez: *"Amazingly useful things, ziplocs."*
- Plastic garbage bags (stuff a few into empty corners of your gear bag)
- Waterproof Backpack – it can get mighty wet on the boat trip
- Insulated Water Bottle and Gatorade Powder
- Clothes Pins
- Parachute Cord
- Mosquito Net – the finer the mesh the better
- Butane Lighters
- Toothpicks
- Gath Helmet
- String or cord (put in your checked luggage) - comes in handy

Personal Entertainment

- Book or other reading material
- CDs?
- Videos
- Shortwave radio and batteries
- MP3 Player/Walkman/Discman and batteries and/or re-chargers

Fishing

- Rod & Reel--Boat rod & reel are good, or a 7' pole & fair sized spinning reel with 16# test line, though for boat fishing a hand line of 80 lb or heavier monofilament line is good.
- Hooks
- Spare line
- Lures - shiny type or Rapala/Rebel type ; use large ones. Small ones for casting.
- Reel Grease

Doc Sez: Overall advice on fishing gear: the best fishing is from boats, so bring a boat rod or heavy handline spool with heavy line. Big, shiny spoon-type lures (Crocodile spoons) are the best and work on the fish you want. Steel leaders, heavy ones. Them fishies got teeth. Near popular fishing spots with rocky bottoms and big tides you can usually find lures hooked into the rocks at low tide.

Doc Sez: Dive stuff - hawaiian sling if you are good with one and it's legal where you're headed. I like spearguns- A.B. Biller wood ones to be exact. Longer than a 36" shaft gun is gonna be awkward around reefs and rocks. Extra spear shafts and tips are a must, extra bands if yours are getting tired.

Some General Notes

- ❖ Best if all electrical stuff, radios, flashlights and all, use the same battery size. AA is good.
- ❖ Silicone spray lube and silicone grease. The first is good for electronics and such, the second is best for o-ring equipped gear. Regular lubes like WD-40 will eat rubber o-rings.
- ❖ Do they have a VCR, stereo, TV? If so, don't bother with a boom box.
- ❖ Panama Island: The food is good, so's the water. The only guys who came down with the shits really bad were those who had used water filters and that sort of thing.
- ❖ Latin America Note: DO NOT wear camo or olive drab stuff. They get kinda antsy down there.

Credits:

- Doc of the alt.surfing newsgroup (version one was based on Doc's PanamASolas Panama Trip List)
- *Surfing Magazine*
- Parise, Mike. *Surfer's Guide to Costa Rica*. 4th Edition. Los Angeles: SurfPress Publishing, 2001.
- rodNDtube

e-Mail suggestions to: [mailto:rod2@rodndtube.com?subject=Surfer's Traveling List](mailto:rod2@rodndtube.com?subject=Surfer's%20Traveling%20List)