

MEXICO ADVENTURE TRAVEL

TRAVEL DOCUMENTS

- **US Citizens**

- US passport and copy
- Or birth certificate and picture ID and copies

- **Citizens from other countries**

- Foreign passport and US resident card
- Or foreign passport and Mexico tourist visa

EQUIPMENT LIST

- **Touring and exploring**

- 1 pair of walking shoes: tennies or hiking boots
- 2 pair of shorts and/ or 1 skirt
- 2 pair of long pants and/ or 1 casual dress
- 3 short sleeve T-shirts/ 2 long sleeve shirts
- Light jacket and/ or sweater
- Hat or sun visor/ sunglasses with strap/ sunscreen
- Camera and film/ batteries
- Small back pack and/ or funny pack
- Water bottle (1 qt. or 1 lt.. capacity)
- Small flash light or head lamp
- Journal/ books (preferably about Mexico)
- Extra set of clean clothes (for the flight home)
- Toilet kit and personal hygiene items
- Small personal first aid items: Band-Aids/ antibiotic cream (blisters), aloe vera gel (sunburn), lotion, analgesic, anti-acid, upset stomach and anti-diarrhea medicine, bug repellent.
- Optional: small food snacks, tea bags, etc.
- \$200 spending fund (for shopping and misc.)

- **Rivers and hiking**

- 1 swim suit/ 1 towel
- 1 pair of tennies or sturdy river sandals
- 1 set of long underwear, not cotton (capilene, polypropylene, silk or similar)
- 1 pair of river shorts (fast drying material)
- Rain gear: wind breaker and light pants
- Waterproof camera (disposables work well)
- Optional: paddling gloves (windsurf or biking)
- Waterproof sunscreen/ bug repellent