

No Limits Adventures - Travel Preparation Checklist

Once you've decided to go on a trip with No Limits Adventures, utilize the checklists below to make preparing for your trip as easy as possible. While we breakdown tasks into timeframes starting with 6 months out from your departure date, we realize many people will register for a trip much closer to the departure date. All tasks should still be relevant and you may just need to adjust the completion of some tasks accordingly.

Trip Decision and Registration Tasks

- Select the trip that you want to join
- Contact our office to ensure there is still room on the trip for the number of travelers in your party
- Review and follow the instructions on the 'Reservations' Page directly below this page, on the right-hand side menu, to reserve you spot(s) on the trip Place your deposit (or make full payment if within 90 days of departure)
- Receive confirmation from No Limits Adventures that your reservation is complete
- Download this trip preparation checklist for easy use while away from your computer
- Confirm your physical fitness compatibility for the trip you want to attend with your doctor. Refer to the 'Fitness Readiness' page for your trip for any physical conditioning requirements associated with your particular trip

6 To 3 Months Before Departure

- Establish Training Regiment (If Required For Your Trip)
- Download the Gear List for your trip
- Confirm the required gear that you don't already have
- Begin purchasing necessary gear (be sure to allow delivery time for gear you may have to order online)
- Book International Flight (See the 'Flights' tab on the 'Travel Information' page for your trip)
- Apply for a passport if you don't already have one
- Contact your Medical Insurance Coverage provider to confirm international coverage
- If Medical Insurance is inadequate for your trip's destination, purchase a plan
- Purchase Medical Emergency Evacuation Insurance
- Purchase Trip Cancellation / Delay / Interruption Insurance

90 To 60 Days Before Departure

- Confirm necessary vaccinations
- Schedule vaccination appointment (See 'Travel Information' page)
- Confirm VISA requirements (See 'Travel Information' page)
- Submit VISA Application
- Continue physical training (If Required For Your Trip, see the 'Fitness Readiness' page)
- Continue acquiring necessary gear

59 To 30 Days Before Departure

- Receive necessary shots and updated immunization record to take with you on your trip
- Receive VISA (If required and you applied to acquire in advance of your departure)
- Continue physical training (If Required For Your Trip, see the 'Fitness Readiness' page)
- Continue acquiring necessary gear
- Send No Limits Adventures a copy of your Passport information pages
- Send No Limits Adventures your travel/flight schedules
- Make arrangements for any pets being left at home
- Review current levels of any prescriptions that you'll be bringing with you
- Schedule appointment with doctor to update and inadequate prescriptions

Last Week Before Departure

- Inform home security company that you will be out of town
- Arrange someone to pick-up newspapers if no one will be home
- Arrange for someone to look after your home/plants while you are gone
- Ensure necessary people have a copy of your house keys
- Arrange for the post office to hold your mail or for a trusted neighbor to collect it for you

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Last Week Before Departure - *Continued*

- Contact credit card companies and banks to tell them that you'll be traveling abroad to avoid cards/accounts being frozen
- Cut back on training routine to allow your body a few extra days of recovery
- Check with airlines regarding their latest baggage weight limitations and current checkin requirements for their international departures

Day Before Departure

- Pack everything you will need for your trip avoiding any 1 bag weighing more than current airline weight limitations to avoid excess weight baggage fees. (a simple check is to get on a home bathroom scale holding a bag and then subtracting your body weight)
- Ensure you have some cash for miscellaneous expenses while in route to your destination country
- If you are driving yourself to the airport, avoid departure day delays by ensuring your car has adequate gas to get to the airport
- If taking a mass transit system, call or reference their website for any service disruptions or maintenance plans on the day of your departure

Departure Date

- Adjust thermostats to ensure minimum energy consumption while gone. Note: If your home will be vacant while you're gone you may save some money by also turning down the temperature setting on your hot water heater
- Lock house and arm alarm system
- Ensure you have passport, ticket/itinerary, VISA(Note: be sure you have extra headshot photos of yourself if you are applying for a VISA at the airport of your destination country) and immunization history record card, some pocket money and luggage**