



## **ASSUMPTIONS**

Here are the assumptions of this Overland Adventure trip list:

- Assumes you will be driving a newer, dependable vehicle with a functioning spare tire (and that it's loaded with Front Runner gear!).
- Assumes you're the type of traveler who will NOT end up under the hood doing a valve repair job (our tool list is basic).
- Assumes you don't plan on any serious off-roading (rock crawling, etc.)
- Assumes you are not going to be gone more than a few weeks or ever be more than half a day drive away from civilization.
- Assumes no more than 3 continuous days camping away from water, food supplies and power.
- Assumes you can choose your own clothes appropriate for your climate. (And think twice about the amount of clothes. Keep it simple, basic, sturdy, breathable and layered.)
- Assumes you don't want to devote your life to finding items on the list (all this stuff is easily sourced).
- Assumes you want to travel LIGHT, COMPACT and SMART.
- Assumes you know what you are capable of cooking and what you want to eat. This author certainly doesn't know you can't stomach canned asparagus - but he does suggest you always carry at least 3 days of food supplies for each person.

## **1 INFRASTRUCTURE**

- tent with mattress or sleeping pad
- refrigerator/freezer
- chairs
- awning
- solar shower
- cook top - propane stove
- cooking grate - for campfire cooking
- table
- portable toilet if camping without bathrooms. (If you're isolated enough and comfortable squatting, save the space and skip this item.)
- water storage containers (your vehicle must be capable of holding AT LEAST 1 gallon per person per day AWAY from a water source)

**NOTES:**

## **2 LIFE OR DEATH** (don't leave home without these!)

- water - for drinking, cleaning kitchenware and body, Always carry 1-2 gallons per person per day you are away from a water source. (we carry 2 10 gallon water tanks, 1 stores the drinking water)
- food - 3 days supply per person
- matches/lighter
- flashlight
- axe (for chopping firewood)
- vehicle rescue gear - tow rope, emergency flares
- first aid kit
- GPS
- multi-function cell phone - for emergency communication, alarm clock, maps, music, etc. (it is advisable to regularly check cell service strength, and if you're out of range, make sure you know the closest location where you had a signal.)  
Charging cables for 12v car outlet and for solar charger.
- SPOT - or other GPS satellite safety system
- printed maps (in case there are power problems and the GPS doesn't fire up.)
- driver's license, passport and copies stored in alternate location
- emergency contact list
- spare set of car keys
- vehicle registration and copies to store in alternate location
- Mmoney - paper and plastic
- extra fuel
- vehicle safe

## **3 TOOLS**

- basic socket set (metric and SAE)
- screwdrivers (flat head and phillips)
- vice grips
- wire cutters
- duct tape
- rope
- hammer
- tire gauge
- air compressor
- tire repair kit
- jumper cables
- spare vehicle fuses

**NOTES:**

## **4 KITCHEN**

- BBQ tools - skewers for smores and meat, tongs, long fork
- salt and pepper
- cooking oil
- dish soap
- water bottles
- frying pan
- pot with lid
- plates, mugs, cups, utensils
- trash bags
- can opener
- scrubbing brush
- dish towels
- kettle and or stove top coffee maker
- cutting board
- bucket/wash basin
- cutting/chopping knife
- potato peeler
- wine screw
- bottle opener
- sealable storage containers (should double as serving containers)
- ziplock bags (for food and other item storage)
- tin foil

**NOTES:**

## **5 COMFORT. SUPPORT. LEISURE**

- clothes line
- lantern - LED, rechargeable
- books - to read then trade
- camera - digital SLR with HD video features. Spare SD cards, battery charger (12v)
- solar powered charger
- binoculars
- clothes detergent
- music / music player / audio books
- sleeping bag or other bedding
- pillow
- firewood/charcoal
- candles
- sewing repair kit
- deck of cards
- journal/pens/pencils

## **6 TOILETRIES**

- sunscreen
- toothpaste
- toothbrush
- floss
- soap - bar
- body soap/shampoo combo
- deodorant
- aspirin/pain relievers
- cough drops
- toilet Paper
- eye support (drops, contact lens solution, etc.)

### **NOTES:**

## **ECO TIPS**

Repel bugs naturally - oil of eucalyptus has proven to be a better repellent than soy and citronella based products. Although, if traveling in Malaria areas, nothing beats DEET. Just don't get it near rubber. This author lost a watch strap to it on a trip to Africa.

Use Sun Power - heat your evening water and brew sun tea during the day. You should charge cell phones, laptops and other small appliances with solar chargers.

Swap out all your camping lights to LEDs -- you'll use 50-80% less energy than incandescent bulbs and they last 50,000 plus hours (versus 8000 hours of a "classic" lightbulb).

And please recycle batteries properly - don't just toss them in the trash. Check with your city/ country recycling center on the best way to dispose of them.

Make sure you haul out everything you brought in to your campsite. Even that marshmallow that fell on the ground the night before.

If you have any suggestions on what we should add, please email them in!