

MEANINGFUL TRAVEL TIPS AND TALES

FIRST-TIME ADVENTURE TRAVELERS



An Initiative to Make Travel More Accessible



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WHY WE CREATED THIS BOOK FOR FIRST-TIME ADVENTURE TRAVELERS

A NOTE FROM GOABROAD



Embarking on adventure travel abroad for the first time can seem overwhelming and no one knows that better than we do. That's why we scoured our expert articles directory to come up with a comprehensive resource of the best tips for first-time adventure travelers.

Adventure travel abroad is more than just your run-of-the-mill all-inclusive vacay. You're there to have a meaningful experience, get your heart pumping, and learn—about yourself, about your host culture, about the landscape, and about the world at large. You're going to work hard, play hard, and explore far and wide. It won't be easy, but we think you're up to the task.

So, ask yourself:

- **Are you ready for adventure travel abroad?**
- **What are your first steps? How do you make the most of this experience?**
- **How important is knowing the language before you get there? Etc.**

The list of questions to ask before preparing for adventure travel abroad just gets longer and longer the more you think about it. But, we've already thought about it. In fact, at GoAbroad we've thought about it for 20+ years in the field, and we've learned a thing or two in all that time.

As part of GoAbroad's mission to provide the best and most comprehensive resources for meaningful travelers, our writers share their best adventure abroad tips every step of the way—from deciding between a program or solo travel, to funding your experience, and anything and everything you might need. We did the legwork so now you can go out into the world and really soak it all in!

Interested in joining this initiative? [Partner with us!](#)

OUR CONTRIBUTORS



Lauren Kubik has popped around the globe since high school graduation through 20+ countries. She has studied abroad in Europe, volunteered in Ukraine, taught ESL in Korea, backpacked SE Asia, and did a solo trip in Iceland. She's always planning her next adventure on a low budget. Whether "home" in the PNW or nomad-ing about, she loves hiking snowy mountains, reading on a beach, talking to strangers, and eating questionable street food.



Joe Santini emits a distinct enthusiasm that echoes across borders. Having recently graduated from Colorado State University with a bachelor's in business marketing, Joe spent much of his undergraduate career pursuing a worldly perspective, whether that was studying abroad in Prague, mentoring exchange students, or co-founding CSU's first international business organization. Joe aspires to learn how to surf, fight crime, and find the world's best milkshake.



Kerianne Baylor is a curious world wanderer and a lover of languages, journaling, and random dancing. Studying abroad in Spain for a year wasn't enough, so she set her sights on South America. After teaching English on the Colombian coast, she headed to an equally-as-hot coastal city in Brazil to do the same. You'll find her scoping out ice cream spots, checking out yet another Brazilian beach, and snapping tons of pics along the way.



Erin Oppenheim is a news and current events junkie, all about that #IntlEd life, and is also the funniest person she knows. She just wants to be a guest on a podcast— doesn't matter which one.



← This could be you! Want to share your own travel tips and tales? [Give us a shout!](#)



HOW TO FIND & BOOK ADVENTURE TRAVEL PROGRAMS

By Lauren Kubik

It's very common at one point or another to feel the urge to book a ticket across the world and kiss the daily routine goodbye. We all get into a slump at one point or another and ache for adventure. Getting insta-envioust at everyone else's #travelsaroundtheworld doesn't make it much easier while sitting in the back of a lecture class or in a freezing cubicle. So why hold back? Grab your backpack and passport and start researching how to find adventure.

What is adventure tourism?

Adventure tourism is jetting off solo to a remote location in the middle of nowhere with a box of matches and figuring out the best mode of survival. Joking! Forget "Castaway," and let's be real. Adventure tourism is traveling with purpose by engaging in new cultures, spending time smelling the flowers in the great outdoors, and learning new skills while abroad. It is not necessarily ticking off a checklist of "beers around the world."

Typically, adventure tourism can consist of giving back to the community you head off to by volunteering in some sort of capacity along the way.

Although some travelers enjoy the luxuries of all-inclusive resorts, partying on the beach, or snapping pics from tour buses, adventure tourism will shape your life for the better. You will not go back to your home country as the same person. All life perspectives after heading off on your adventure will inevitably change. Whether you choose to learn how to surf in Cape Town, study European history, or perfect the art of Thai cooking, there must be a meaningful reason to go forth on this adventurous escapade.

The 6 steps to finding student travel programs

Consider each of the following steps before booking your ticket abroad or finally picking the right travel abroad program for your personality and priorities.

1. Know your purpose.

Why do you want to go abroad? Are you looking to enhance your resume by volunteering or wanting to take some personal time to namaste all day? Make sure that you have a goal when planning your trip overseas. Having a set goal in mind makes the following steps go much smoother.

2. Pick a location.

Where do you want to go? Once you narrow down your goal, you can select a country or particular area in the world! If your goal is to go diving and play with dolphins, you likely won't choose to go to New York City. Are language barriers a concern or are you seeking out a specific language that you want to learn? Is there a new culture or landscape that is a must on your travel checklist?

3. Plan a timeline.

When do you want to go? Likely, not tomorrow. Planning a timeline in advance is important so that you can get your "to-do's" all in line. Are you graduating soon? Do you have a job that will give you time off? Are you quitting your job? When you have decided on a location, check their best seasons to visit so that you can get an idea of peak and non-peak travel times.

Furthermore, how long will your adventure last? Do you have a week, a month, a year? Each country has different visa requirements and rules for entry. Through adventure programs, you usually will have some flexibility on your trip duration.

4. Save money and budget.

Money really doesn't grow on trees. Sad. How will you fund your travels? Have you started saving for your trip abroad? Have you spent too much money lately on clothes and lattes? Start a budget and a travel savings account so that you can work on prioritizing your adventure abroad. There are lots of ways to travel that won't necessarily mean purging your life savings.

5. Search for programs.

Hooray! It's time to click away at all of your adventure options. Be picky and do your research. Although you may say HECK YES to the first travel abroad program that you find, compare prices and package inclusions. Read through the reviews so that you can hear from people who have experienced the real deal.

6. Apply and go!

Apply and communicate with program staff. Ask all your questions that you have leading up to the trip. Most programs have full on support so that you can be in constant communication while going through the process of securing all of the important details prior to setting off on your meaningful adventure abroad.

[KEEP READING FOR MORE ADVENTURE TRAVEL TIPS](#)



ADVENTURE TRAVEL ABROAD PROGRAMS VS. SOLO ADVENTURE TRAVEL

By Kerianne Baylor

You're up for an adventure (always, of course!), but you're contemplating all of your travel options. You've got to think about how you'd like to go about this whole group or solo travel thing. So, let's embark on an adventure—the fun, research-based kind—before the actual, even-more-fun international adventure travel.

We're here to help you duel it out between solo and group adventure travel abroad programs. Ultimately, the choice is yours, but we'll be giving you tons of info to help you decide—pros, cons, and some wise words of advice. Here's to figuring out which experience is the one for you!

All about adventure travel programs

Everything is just more fun with friends, right? Adventure group travel is just that; it's a way to insert yourself into a community of fast friends. For those extroverts out there, the social and outgoing aspect of making connections is big when traveling on a tour.

The fact that y'all opted for the same, out-of-this-world trip means you'll connect with like-minded adventurers—and they'll be full of adventurous stories and tons more travel bucket list ideas for fellow wanderers like yourself.

There is strength in numbers, and opting for adventure group travel provides you with the safety and support of other travel-minded, adventure-seekers. During the trip, you've got a social outlet, and after the trip, you've got a network of wanderlust-craving humans. Pretty cool, huh?

When booking a group trip, planning is a no-brainer. There's usually an itinerary laid out for you with logistics locked in (score!). They've got you covered, they have the local connections and expertise, they've laid the groundwork, and they can figure out all the logistical details necessary to access more difficult-to-reach destinations. Especially when you're hoping to hit a bunch of places in a short amount of time, group adventure travel is a great way to schedule all that in without the hassle.

It's definitely worth it to look into the details of travel abroad programs for small groups to check out how authentic the trip is, how much you really do get to see, and how much down time there is. Do they connect you with locals, local organizations, and demonstrate expertise in the region? Do they incorporate much-needed down time? Do they allow wiggle room for spontaneity? Aligning the travel program abroad with your travel goals *is* the goal, you know? Spend some extra time making sure the adventure travel program makes your eyes widen and your heart beat fast—like these sick adventure travel programs.

Explore your options before exploring the world!

Tips: Whether you're down to do one of the most famous trek in the world, the Inca trail, or you're ready to dive into the Great Barrier Reef, there's an adventure travel group for you. It all comes down to finding the right fit and soon enough you'll set off on a journey alongside global-minded adventurers who may just become your best friends.

The skinny on solo adventure travel

If you're more of an introverted traveler, groups may be too draining. You might want to pace yourself and decide the who, what, where, when, and how of your adventure. As a solo adventure traveler, you're in charge. If you're knowledgeable about whichever city or country you're visiting, you're golden—you can pop in and go for immersion. Or if you'd like to pave your own way by adventuring to off-the-beaten-path places in Europe, you can do so on your own.

It's about challenging yourself, leaving your comfort zone, and going for that intense personal growth. You'll get to know the real you because you'll be spending tons of time by yourself. Of course, you'll meet people and make friends, but overall, it's up to you to decide what your goals are for your solo adventure travel extravaganza!

Following your own itinerary (if you even have one!) means you don't have to worry about balancing multiple travelers' opinions, wants, and needs. It's up to you. And that's pretty cool. You choose where you go, when you go, how you go, and, most importantly, what you eat—food is life, of course.

Now, planning for trips can be a gift and a curse. If you're up for the research-intensive pre-planning, go for it! If you're spontaneous and like you decide on the go where you're headed next, do it up. Figuring out logistics can be stressful, but if you want to be in control of all the little details, do you and dive into solo adventure travel!

In getting comfortable with being with yourself, you may find yourself confronting loneliness. You design your own schedule and can prioritize you, but if you don't enjoy eating alone or riding solo, solo adventure travel may not be for you. As a solo traveler, you'll be more in tune with your surroundings because you can't rely on others. It's a matter of taking those extra precautions to feel comfortable and safe in whichever environment you choose to explore.

Tips: Traveling alone is challenging, yet rewarding. Depending on your previous knowledge of your destination, you may lack the expertise and know-how offered by group travel abroad programs. But the great thing is, you're in the driver's seat and you decide what it is that you want!

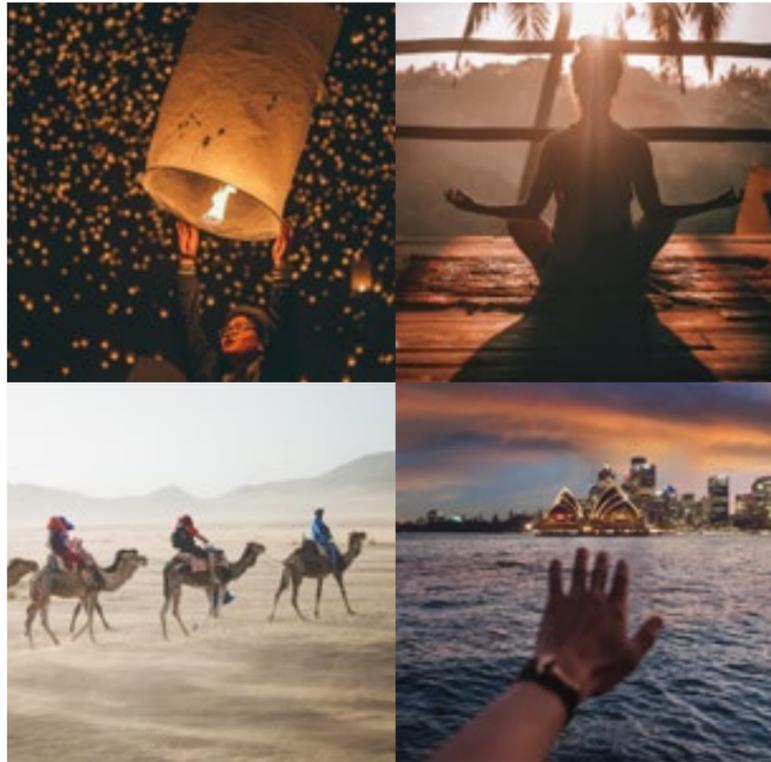
Coin toss: Which is right for you?

Solo adventure travel and group adventure travel have their pros and cons, but it's totally up to you! Think about your travel style and how you like to get out into the world.

Whether you're a solo adventurer or looking to go with a group, fellow travelers will be your best sources of advice. Read reviews, and reach out to providers and program alumni!

THE WORLD'S 10 MOST ADVENTUROUS PLACES TO VISIT

GoAbroad Official Travel Report 2018



When you travel, are you more of an all-inclusive resort kind of guy/gal or do you prefer to sign up for a homestay with a local family? Do you take the road less traveled rather than follow the crowd? Would you peek behind the curtain to see the real wizard of Oz or be too chicken to do so? Do you like to challenge yourself and step outside your comfort zone in a foreign country? If yes, then you are an adventure traveler hands down.

So what exactly is adventure travel? Although it sounds like a neat little summary of certain travel experiences, it covers a wide range of activities. Think mountain trekking, bungee jumping, canoeing, scuba diving, ziplining, sandboarding, snowboarding, and more. Anything that gets your heart pumping harder than a walk in the park. It also includes overland travel on a bus or truck, urban exploration, communing with nature through eco-friendly adventures, and participating in local festivals abroad.

Have you decided where you want to spend your next travel escapade? What are your top adventure destinations? Instead of spinning a globe with your eyes closed and going wherever your index finger lands, why not check out our list of the world's most adventurous places to visit in 2018? **Here are the best places to travel for adventure around the world!**

[1. Thailand](#)

The land of smiles remains one of the top adventure travel destinations for backpackers and with good reason too! It's got it all: white sand beaches, full moon parties, golden temples, misty mountains, elephants, crazy nightlife, and crazy-delicious (and cheap!) street eats. Adventure seekers usually base themselves in centrally-located Bangkok and take a train, bus, or motorbike to the best adventure destinations. Meditate with the monks in Chiang Mai or get PADI certified in the turquoise ocean off many of the Thai islands.

[2. Australia](#)

If you're heading to the land down under for the best places for adventure travel, remember to pack your sunscreen! There are so many activities that make Oz one of the world's top adventure destinations. From the Outback to the Great Barrier Reef, Cape Tribulation to Uluru, there's so much to explore that you'll never want to leave. Adventure seekers can surf, hike in the bush, feed (or eat!) kangaroos, and even snowboard (yes, there's powder in Straya). Don't miss Cairns, adventure capital of Australia for snorkeling, scuba diving, bungee jumping, or white water rafting.

[3. India](#)

Did you know India is one of the most adventurous places to visit? One of the reasons why India's so addictive for first-time and repeat travelers is that it's so darn vast. Some of its top adventure destinations include exploring the mountains and villages in the Himalayas, the deserts of Rajasthan, the chaotic cities of Mumbai and Delhi, the backwaters of Kerala, and the beaches of Goa. India is definitely one of the best adventure travel destinations because there's something for everyone: camel rides, animal safaris, mountain trekking, skydiving, foodie tours, and photography outings.

[4. New Zealand](#)

If you google "top adventure travel destinations" one of the first hits is bound to be New Zealand. The undisputed adventure travel leader does not disappoint. What makes NZ one of the best places for adventure travel? For starters, zorbing, bungee jumping, flying by wire, and jet boating were invented by the crazy Kiwis! Adrenaline junkies should definitely visit Queenstown, extreme sport capital of the world for all the above and more!

[5. Spain](#)

Why is Spain one of the best adventure travel destinations in the world? Do you even have to ask? This is the country that gave us bull and tomato fighting! Spain has top adventure destinations like hiking the Pyrenees or walking the Santiago de Compostela. Stay with a Spanish family and learn to habla español and take a siesta like the locals!

[6. Costa Rica](#)

What other country in the world is known for pura vida? This Central American country is teeming with adventurous places to visit. The best adventures in the world await in Costa Rica, whether it's pounding the waves, lounging on a beach, or ziplining above cloud forests. Hardcore adventurers can also try extreme hiking through the jungles of Manuel Antonio, cave exploration, and bungee jumping.

[7. Morocco](#)

Thinking of one of the best adventure travel destinations in the world? Think Morocco. Ride camels across the sand dunes of the Sahara, hike the Atlas mountains, or try some of the best foods you'll ever eat from a tagine in one of the best places for adventure travel. Explore the noisy and colorful souks in Marrakech's medina to up your Instagram game or sign up for a local homestay to practice your French or Arabic. It's your call.

[CHECK OUT THE FULL LIST](#)
+
[PROGRAM RECOMMENDATIONS](#)



6 LEGIT ADVENTURE TRIPS ABROAD YOU'LL WANNA TAKE SOON

By Erin Oppenheim

Things to consider when choosing adventure trips abroad

Even famed adventurer Ranulph Fiennes (Google him, he's rad.) had to think about all of these things before traveling to both the North and South poles, so you should think about them, too.

Activity level. You're amazing. The human body is amazing. It can do amazing things. And yes, you can do anything you set your mind to, but you should also be realistic about what you can and should be doing.

The adrenaline factor. Are you looking to hear the ca-thunk ca-thunk of your blood pumping in your ears as you... jump off the side of a mountain or something? Cool. Yoga retreats abroad are not for you.

Overall cost of the trip. This is a given. You also need to factor in the cost of your gear. Will your trip include things like renting climbing shoes and other necessary equipment? Do you have your own gear? Will that help cut costs? All things to have a think on.

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Popular adventure trips abroad—what are you even waiting for?

Itchy feet of the metaphorical variety? Check. (If you have actual itchy feet, get that sorted.)

Nalgene? Check, check.

One of those quick-dry towels that pack really small? Check, check, check.

Cool. You're ready to go. So what are you waiting for? Check out these six legit adventure trips abroad and go find the adventure travel program that answers your call of the wild.

1. Backpacking excursions for you mountain men and women

If the only things you love more than your muddy old hiking boots are your carbon fiber trekking poles and frame-pack, backpacking group trips abroad are exactly what you've been looking for. Trekking across the Swiss alps? Yes please! Staring in awe at the Himalayas in Nepal? Sounds like a dream to me!

2. Rock climbing trips for you chalk-covered dirtbags

SEND IT, BRUH. In fact, send it all the way across the world. Whether you're clipping in to top out a 5.10 in the Dolomites or you've got your crash pad ready to solve a V8 (no, not the tomato juice...), there are like-minded climbers looking for a multi-pitch to run beta with you on rock climbing trips abroad.

3. Photography trips abroad for you shutterflies

You shooting film or digital? What glass do you use? Aperture. Shutter speed. More photography lingo. Yeah. Nice shot! If you're less interested in adrenaline and more interested in framing up the perfect postcard or getting a once-in-a-lifetime telephoto shot of a lion hunting, photography trips abroad are right up your alley. Who knows, maybe you're the next Ariana Lindquist!?

4. Surfing holidays for you wave riders

Hang 10! Nice cutback. Sweet board. Wax on, wax off. I might be mixing surfing metaphors here, but you're cool either way, right? Cool. If you're looking to shred some truly gnarly waves you've gotta start looking for surfing holidays abroad. Whether it's along the coast in Australia, finding world-class waves in Indonesia, or hitting all the famous boardwalks after a morning surfing in the U.S.—you will shred. Just maybe don't go during Shark Week (that's how that works, right?).

5. Yoga retreats abroad for you yogis and Lululemon-ites alike

When life starts to feel like a big ol' downward dog, take the time to slip into your favorite yoga pants, roll out your mat, center your breathing, and give a nice sun salutation—then, move your hands to keyboard/heart center and start searching for yoga retreats abroad. Get to the roots of yoga and your own mind and body with yoga retreats abroad in India or Indonesia. There are also tons of opportunities in Central America to help you center yourself.

6. Multisport adventure trips for you indecisive adventurers (i.e. me)

Uhhmm... Por que no los todos? AM I RIGHT? Why pick ONE adventure abroad when you can have ALL OF THEM?! Take on the world by land, by air, AND by sea. Spend one day hiking, the next biking, then hop in a kayak or canoe and paddle your little heart out. No adventure is too big or too small for you! The whole world is your oyster! Stick a pin anywhere in the map and there's an adventure to be had. Get out there, fellow adventurer. Go. Now. I'm serious.

[KEEP READING FOR THE FULL RUNDOWN ON THESE ADVENTURE TRIPS ABROAD](#)

It happens to the best of us. You're sitting at your desk and your mind starts to wander, then all of a sudden you're booking flights across the world and packing up your backpack. We all get itchy feet from time to time. It's best to fully give into our adventurous spirit. That way no one gets hurt.

How do you combat acute adventure-itis? Well, the only cure is to embark on adventure trips around the world. Opt outside. Make sure your hiking boots have been properly mudded up this month, their sole needs it just as much as yours does.

We lay out the six best adventure trips abroad to cure those itchy feet and distracting daydreams. But, first...



HOW TO FUND A TRIP ABROAD

By Lauren Kubik

“How to pay for traveling the world” is a thought that goes through your wanderlusting mind as you plan to embark on your overseas adventure. You are constantly distracted by your checklist of what needs to get done to go abroad and you inevitably can't help but stress about money for travel. As you narrow down your to-dos by deciding a location, obtaining a passport and a visa, booking your flight, and updating your daily countdown, your heart flutters as the time gets nearer. What will you eat? What animals will you see? Will you learn the language? Will you make new friends?!

Although getting caught up in all of the hype of planning is making you seem like an overcaffeinated puppy, there is one teeny tiny detail that needs to be brought up when going abroad that may make you cringe: mula, money, dinero, dolla bills. So bust out that travel fund jar and start saving for a trip of a lifetime!

What can I expect my cost to travel the world to be?

It is important to make a financial plan when saving to travel the world. Before you even start browsing programs abroad, know your budget range and stick to it. Adventure tourism programs have a wide range of costs and it is possible to find cheap travel abroad programs. Before blindly sending in your deposit, make sure to consider all of the following expenses.

Flights! This will likely be the most expensive part of your trip. If you are flexible on your arrival and departure dates, you could end up saving a few hundred bucks. Try using websites like Skyscanner or Scott's Cheap Flights to check the cheapest days to fly and save some money for travel.

Country type. Countries come in all different shapes and prices and you need to know how to fund. A trip to Europe will likely be more expensive than a trip to southeast Asia. Check out the cost of living in the area that you are heading to so that you can get an idea of what day-to-day costs will look like.

Program type. What kind of adventure are you planning? Finding cheap travel abroad programs is simple if you stay open minded. Volunteering or doing a homestay could also save you a bit of money.

Program inclusions. Does your program include meals, accommodation, transportation, visas, or health insurance? Many do! So research, research, RESEARCH! Otherwise you will need to add those to your list of expenses as well.

Program length. When it comes to budget, you will need to be practical about how long you are going to be able to travel. Obviously, the longer the trip, the more you will spend. Weigh the importance of money vs. time.

Spontaneous-ness. Plan on bringing some extra money for travel to take weekend excursions with fellow adventurers. It's no fun having to say no just because you didn't plan your budget in advance. The most memorable moments abroad can be the ones that weren't planned.

Extras. Let's be real. Even if you are the minimalist type who hates buying souvenirs, you WILL buy Thai pants. Don't deny it. Also, keep into account the little details such as ATM fees, exchange rates, and sim cards.

So now that you understand some basic expenses you wonder, “How will I fund my trip abroad?” Get out that travel fund jar and take some notes on how to fund a trip abroad!

Strategy #1: Fundraising

Remember when you were a little seven year old and posted up on the street corner selling lemonade and art? Yes, it was adorable. Same idea-ish when it comes to knowing how to fund a trip abroad. There are many ways to get the word out about your adventures and obtain cash by travel funding. Send out letters or emails to people in your network and tell them about what you will be doing and why. Let them know which organization your program is through and the project you will be working on. Are you helping build houses? Volunteering as an English tutor? Working on a conservation project? Your reason to go abroad is to help make the world a better place!

Start up a blog or website before you head out so that people can follow your travels. If you update your stories of traveling abroad regularly, then people can see where their money went and its influence. You can also create a FundMyTravel or GoFundMe page to seek out donations for your trip abroad. A strong campaign and statement about why you are choosing to go abroad will give people more reason to donate money for travel.

Overall, BE CREATIVE. Host a fundraising dinner and share your story about why you are going abroad. Have a yard sale and purge of things you don't need. Sell your arts and crafts online. Sing karaoke at a bar in hopes of becoming the next YouTube sensation! Think outside of the box as there is no end in sight when it comes to creative travel funding.

Additional resources: [FundMyTravel](#)

Strategy #2: Start a travel fund piggy bank

Time to dust off the old travel fund jar and make some deposits. Although donations are wonderful, it is ultimately up to you to save up for your adventure to travel the world. Open a savings account that is separate from any other current accounts that you have. Set a dollar amount for how much you will save each day, week, or month. This is your travel fund, not your "I need new shoes though" fund. Start saving and make it happen! If you don't have much disposable income at the moment, try to get a part time job, second part time job, or even a third part time job. Every little bit of cash adds up and soon your travel funding will be exploding with mula.

Goals, goals, goals. Do you really need to eat out five times a week? Do you even use that gym membership? It's a bit excessive to have Hulu, Amazon Prime, and Netflix. Get rid of things in life that you don't need and try to live a more minimalist lifestyle so that you can save to travel. Sell what you don't need on Craigslist or Offer Up to get some extra bucks in "fund my trip" account. If it's really your goal to get abroad, it is crucial to start saving to travel the world.

Additional resources: [How to save money for your adventure](#)

Strategy #3: Find cheap travel abroad programs

It's a common misconception that traveling is for those who roll around in money pinky up with a glass of bubbly champagne. However, going abroad through an adventure program does not mean you have to break the bank. There are plenty of resources to save cash and still travel the world through cheap travel abroad programs. Keep in mind that most programs have many added perks which could possibly include airport pickup, accommodation, meals, and besties.

If you look into spending your travels by volunteering, au pairing, doing a work exchange, or a language immersion program you can cut your travel costs and gain unique experience.

BONUS! Recommended low cost and cheap travel abroad programs include: [Cross Continental](#), [International Volunteer HQ](#), [Love Volunteers](#), and [GoCambio](#).

Additional resources: [Cheap volunteer abroad destinations](#)

Strategy #4: Apply for travel scholarships

Travel scholarships? As in free money to travel the world? Yes, yes, YES! Depending on the adventure you are seeking you could easily be eligible to get sponsored to go overseas. If you plan to teach or want to do some research abroad, look into the **Fulbright Program Scholarship**. This program will pop out for future employers that scan your resume. If you want to volunteer, you can apply for the **International Volunteer HQ Scholarship**. Plan on learning a new language? Apply for the **Boren Award Scholarship**.

Additional resources: [7 travel abroad scholarships](#)

Cha-ching! Figuring out how to pay for traveling the world is as simple as that. Now you know that it is possible to know how to fund a trip abroad and rake in cash for your adventures across the world! With some discipline, research, and kicking those binge shopping sprees, you will be across the globe before you can say "I can't afford it!" Prove your pals wrong and snag that scholarship, start a fundraiser, and pinch those pennies to go on a trip of a lifetime!



15 MUST-HAVE ACCESSORIES FOR TRAVELING ABROAD

By Joe Santini

We're sharing the best gear for traveling abroad in hopes that you'll be prepared and even more excited for that next big trip. Even pro-travelers will find something useful in our guide thanks to ever-changing trends in technology and travel.

Whether you're looking for some serious packing inspo or need to start checking off items ASAP, be sure to review our must have travel accessories. Maybe scrolling through this guide will spark some new travel ideas too!

Where to buy your accessories for traveling abroad

Knowing where to start is half the battle. Budget travelers can find most travel necessities and outdoor essentials at retailers like **Sierra Trading Post** and **REI Co-op Brand**. We're talking everything from backpacks to phone cases to functional footwear for ~relatively~ low prices.

Pro tip: don't shun those in-store experts away. They can help customize the perfect haul based on your itinerary and make some solid suggestions.

Looking to splurge a bit? Brands like **Patagonia** and **Columbia** have earned their cult following by providing top-quality gear, specifically outerwear, that last longer than most marriages these days. Many of their products have amazing warranties that may justify spending the extra bucks. If you're more of a hardcore adventurer, check out **Mountain Hardware** for specialized equipment and apparel perfect for a longer stretch in the great outdoors.

As expected, online shopping is the reigning champ of convenience and variety. Just don't wait until the last minute! All the aforementioned brands have reputable online stores we swear by. Although it'll soon be apparent how much we love **Amazon**, be wary of fake reviews and too-good-to-be-true prices. Make sure you have ample time to return any subpar products too.

The travel gear you've already got on lock

Just a friendly reminder that you probably own a lot of primo travel gear already. Suitcases, daypacks, water bottles, light jackets, etc.—a new destination rarely requires brand new accessories for traveling abroad. Go ahead and reuse your favs. In the meantime, let's review some travel basics:

- Smart phone, laptop, tablet + accompanying chargers
- Travel apps that will help with directions, language, or money
- Electric converters or adapters
- Headphones
- Journal/notebook and Pens
- Toiletries, hand sanitizer, medications, sexy stuff—no, not that stuff (well, maybe?). But definitely condoms and birth control.
- Passport (E S S E N T I A L)

Before you start shoving your clothes into suitcases, take a quick glance at your airline's website to see your luggage allotment. There's nothing worse than starting your journey with lofty oversized baggage fees.

Your personal bag or carry-on must be able to fit all of your valuables. Do not check your phone, passport, wallet, or any items that will make for a nightmarish arrival if your luggage gets lost or stolen.

Be smart about the number of clothes you bring—most of us have the tendency to overdo it! Choose garments that go easily with a number of different outfits and layer up! Some lightweight clothing and a few sweaters can keep most backpackers comfortable for months. Try to plan around the forecasted weather at your destination and, generally speaking, the amount of times you'll dress up is less than you think.

The travel accessories we're going ape for this year

1. Yoga mat

Not a yogi? Not a problem. The yoga mat is a multi-purpose travel tool even if you can't touch your toes. It's great for on-the-go exercise or extra sleep padding. From airport floors to hostel dorms, the yoga mat is added comfort to any space. Check out the [Manduka Eko Superlite Travel Mat](#) for a lightweight (2lbs.) mat that folds easily into duffels or backpacks. You can pick one up at Sierra Trading Post or online for about \$24.99.

2. Passport photos

Passport photos rarely make online listicles yet these simple snapshots may be a total lifesaver. Some countries require a passport photo for entry visas, national park passes, or even purchasing a local sim card. There's a number of apps and websites that offer cheap DIY photos but your safest bet is to use an in-store service to meet specific photo standards. It'll save you some time and money if you do it beforehand. If you have the pleasure of being a Costco member, you can pick up four passport photos for \$5.34 and two large jars of nutella for \$11.99.

3. Insulated Water Bottle

At the bare minimum, you should always have a water bottle to stay hydrated and prevent unnecessary plastic use. If you're ready to step up your H2O game, check out [Klean Kanteen's insulated bottles](#). They're eco-friendly and keep drinks cold for 24 hours or hot for 6 hours. Just imagine trekking around Southeast Asia with ice-cold water at hand or maybe strolling through your favorite European streets with hours of pipin' hot coffee. The double-walled, stainless steel bottles may be heavier than your average water bottle, but it's worth the weight and super easy to clean. The classic 20oz is \$30.95 online and you can find them stocked in popular retailers like Target.

4. To-Go Utensils

For many, the norm of travel is to dine out for most meals. It's arguable the best part of life abroad—new cuisines and stunning restaurants—but damn does that bill start to add up. Rather than routinely starving and splurging, make cheap eats convenient with unique travel accessories like to-go utensils. Having a set of silverware at the ready opens a whole world of possibility—fruits, yogurts, cereals, spoonfuls of peanut butter—from the comfort of your hotel to snacks on the go. [To-Go Ware by ChicoBag](#) are highly reviewed bamboo flatware that comes with a handy carabiner. Trusted by brands like Patagonia and REI, these long-lasting, food-safe utensils run for about \$12.95 online.

5. Hammock

Less of an essential but one you won't regret, hammocks are perfect for... wait for it... hanging out. They're super comfortable and quickly turns any space between two trees into your own personal bedspace. From urban parks to deep wilderness, catch Zzzs for free by carrying along a hammock. With a name like [Eagles Nest Outfitters Sub6](#), you know this hammock is up to specs. It's incredibly light and highly packable. For \$69.95, it's pricier than what one might expect but it's durability makes it the best gear for traveling abroad. Can't say that about your iPhone, can ya?

6. Packing cubes

There are two types of travelers: Those who swear by packing cubes and those who haven't tried them yet. Seriously, they are the holy grail of travel packing and can make life on the road easier—especially for backpackers. If you've ever had to unpack then pack a backpack or suitcase, over and over, then you'll understand why we're all obsessed with packing cubes.

[The Gonex Luggage Organizers](#) are one of the most popular brands of packing cubes. The standard set comes with a large, medium, and small packing cube as well as a laundry bag. These come in a variety of sizes, sets, and colors starting at \$18.99 on Amazon.

7. Lonely Planet Guides

As cliché as it is useful, Lonely Planet guidebooks are an accessories for travelling abroad found in the hands of newbie nomads or in the packs of seasoned globetrotters. These guidebooks have become so widely used that many mock their abundance, but you can't deny how relevant and up-to-date they are. Lonely Planet features far more than accommodation and food—language tips, cultural insights, and authentic experiences can be found cover to cover. They also make for a personal souvenir! Order a hardcopy for around \$24.99 online.

Don't want to lug around a book? We hear ya! [Lonely Planet's website](#) allows you to purchase entire guides or even the individual chapters as Ebooks. Get exactly what you need for \$4.95 per chapter or full guides as eBooks around \$15-20.

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