

Your Travel Adventure Kit!

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From a “magic shirt” to the world’s ugliest but most useful shoes, our adventure experts Karen Catchpole and Eric Mohl share the 9 essential items in their travel kit.



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JOURNEY

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1. KINeSYS sunscreen

Non-greasy, non-stinging (even in Karen’s ultra-sensitive eyes), non-aerosol and extremely sweat and water resistant. We’ve used **KINeSYS** every single day since our road trip through North, Central and South America started back in 2006 and we haven’t been sunburned once.

2. Sea-Bands

Sure Dramamine fights seasickness, but it’s also like taking a mild sedative. Plus you have to have the foresight to take Dramamine *before* you feel seasick. Forget that. **Sea-Bands**, a stretchy wrist band with a plastic knob sewn into it, use acupressure to curb feelings of dizziness and nausea. They’re drug free, reusable and effective.



3. ExOfficio Bugsaway clothing

Bugs are bad. This line of lightweight, durable active clothing permeated with insect repellent, is good. Essentially, your favorite [ExOfficio](#) pants, shirts, socks and hats have been treated with Insect Shield technology that binds repellent to the fabric for up to 70 washes. When we're losing the battle against mosquitoes, sand flies and other little biters (which is often) we put on our Bugsaway clothes.

4. SteriPEN water purifier

The best adventures often take place in areas where the water isn't safe to drink. It's not financially smart or ecologically smart to buy bottled water and leave a trail of empty plastic bottles in your wake (and we've got scary stats to back us up on this [on our blog](#)). Instead, we rely on our [SteriPEN Adventurer](#) which uses UV light to purify a liter of water in 60 seconds. No chemicals. No empties. No big water bill. There's even a new SteriPEN model that recharges via a USB cable which eliminates the need for batteries.

5. point6 socks

The [point6 sock company](#) was actually started by former Smartwool employees who are now producing high-performance merino wool socks with a kinder price tag than those other guys. We have point6 socks, available in men's, women's and kids' sizes, for everything from city strolling to serious hiking.

6. Crocs

They are the ugliest shoes on the planet but [Crocs](#) are also lightweight, sturdy, great in the water and they've got decent tread. We did at least half of the [tough jungle trek to the El Mirador](#) archaeological site in Guatemala in our Crocs instead of our hiking boots.



7. Dermatone

Dermatone lip balm has SPF protection and won't freeze (they tested it on Mount Everest). It's not supposed to melt either but sizzling Central American temperatures in our glove compartment have come *close* once or twice.

8. Patagonia Capeline 3 midweight zip-neck top

We don't call these our "**magic shirts**" for nothing. They keep us warm when it's cold and cool when it's hot and they're indestructible. We've been wearing ours for more than 10 years through more than 20 countries.

9. On Call International medical evacuation coverage

It's all adventure and adrenaline until someone falls into a crevasse or puts their hand on a poisonous centipede. We breathe easier knowing that if a medical emergency happens our **On Call** coverage will get us out no matter where we are and deliver us to the hospital of our choice.

Look for **Karen Catchpole and Eric Mohl's Just Add Adventure!** **series** every Wednesday and Friday all summer long on Travel and Escape!

KAREN CATCHPOLE AND ERIC MOHL OF THE TRANS-AMERICAS JOURNEY



In April of 2006, journalist Karen Catchpole and photographer Eric Mohl left their jobs and apartment in New York City and embarked on the **Trans-Americas Journey**, a 200,000-mile working road trip through all 23 countries in North, Central and South America. After many years on the road they are still nowhere near their goal of Tierra del Fuego at the tip of South America where the road literally ends. Until then, their slow and steady overland exploration of The Americas continues.

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