

Countries Visited Checklist

1 / 2

195 countries, grouped by continent. Tick every one you've been to.

Name _____

Countries visited: _____ / 195

EUROPE

____ / 45

- | | |
|---|--|
| ☐ Albania | ☐ Luxembourg |
| ☐ Andorra | ☐ Malta |
| ☐ Austria | ☐ Moldova |
| ☐ Belarus | ☐ Monaco |
| ☐ Belgium | ☐ Montenegro |
| ☐ Bosnia and Herzegovina | ☐ Netherlands |
| ☐ Bulgaria | ☐ North Macedonia |
| ☐ Croatia | ☐ Norway |
| ☐ Cyprus | ☐ Poland |
| ☐ Czechia | ☐ Portugal |
| ☐ Denmark | ☐ Romania |
| ☐ Estonia | ☐ Russia |
| ☐ Finland | ☐ San Marino |
| ☐ France | ☐ Serbia |
| ☐ Germany | ☐ Slovakia |
| ☐ Greece | ☐ Slovenia |
| ☐ Hungary | ☐ Spain |
| ☐ Iceland | ☐ Sweden |
| ☐ Ireland | ☐ Switzerland |
| ☐ Italy | ☐ Ukraine |
| ☐ Latvia | ☐ United Kingdom |
| ☐ Liechtenstein | ☐ Vatican City |
| ☐ Lithuania | |

NORTH AMERICA

____ / 23 (+1*)

- | | |
|---|---|
| ☐ Antigua & Barbuda | ☐ Haiti |
| ☐ Bahamas | ☐ Honduras |
| ☐ Barbados | ☐ Jamaica |
| ☐ Belize | ☐ Mexico |
| ☐ Canada | ☐ Nicaragua |
| ☐ Costa Rica | ☐ Panama |
| ☐ Cuba | ☐ Puerto Rico * |
| ☐ Dominica | ☐ St. Kitts & Nevis |
| ☐ Dominican Republic | ☐ St. Lucia |
| ☐ El Salvador | ☐ St. Vincent & the Grenadines |
| ☐ Grenada | ☐ Trinidad & Tobago |
| ☐ Guatemala | ☐ United States |

ASIA

____ / 47 (+1*)

- | | |
|--------------------------------------|---|
| ☐ Afghanistan | ☐ Mongolia |
| ☐ Armenia | ☐ Myanmar |
| ☐ Azerbaijan | ☐ Nepal |
| ☐ Bahrain | ☐ North Korea |
| ☐ Bangladesh | ☐ Oman |
| ☐ Bhutan | ☐ Pakistan |
| ☐ Brunei | ☐ Palestine |
| ☐ Cambodia | ☐ Philippines |
| ☐ China | ☐ Qatar |
| ☐ Georgia | ☐ Saudi Arabia |
| ☐ India | ☐ Singapore |
| ☐ Indonesia | ☐ South Korea |
| ☐ Iran | ☐ Sri Lanka |
| ☐ Iraq | ☐ Syria |
| ☐ Israel | ☐ Taiwan * |
| ☐ Japan | ☐ Tajikistan |
| ☐ Jordan | ☐ Thailand |
| ☐ Kazakhstan | ☐ Timor-Leste |
| ☐ Kuwait | ☐ Turkey |
| ☐ Kyrgyzstan | ☐ Turkmenistan |
| ☐ Laos | ☐ United Arab Emirates |
| ☐ Lebanon | ☐ Uzbekistan |
| ☐ Malaysia | ☐ Vietnam |
| ☐ Maldives | ☐ Yemen |

SOUTH AMERICA

____ / 12

- | | |
|------------------------------------|------------------------------------|
| ☐ Argentina | ☐ Guyana |
| ☐ Bolivia | ☐ Paraguay |
| ☐ Brazil | ☐ Peru |
| ☐ Chile | ☐ Suriname |
| ☐ Colombia | ☐ Uruguay |
| ☐ Ecuador | ☐ Venezuela |

* Not a UN member or observer state. Many travelers count it anyway; it is not part of the 195.

Countries Visited Checklist

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Continued. Add up each continent, then fill in your total on page 1.

AFRICA

____ / 54

- | | |
|--|--|
| ☐ Algeria | ☐ Liberia |
| ☐ Angola | ☐ Libya |
| ☐ Benin | ☐ Madagascar |
| ☐ Botswana | ☐ Malawi |
| ☐ Burkina Faso | ☐ Mali |
| ☐ Burundi | ☐ Mauritania |
| ☐ Cabo Verde | ☐ Mauritius |
| ☐ Cameroon | ☐ Morocco |
| ☐ Central African Republic | ☐ Mozambique |
| ☐ Chad | ☐ Namibia |
| ☐ Comoros | ☐ Niger |
| ☐ Congo | ☐ Nigeria |
| ☐ DR Congo | ☐ Rwanda |
| ☐ Côte d'Ivoire (Ivory Coast) | ☐ São Tomé and Príncipe |
| ☐ Djibouti | ☐ Senegal |
| ☐ Egypt | ☐ Seychelles |
| ☐ Equatorial Guinea | ☐ Sierra Leone |
| ☐ Eritrea | ☐ Somalia |
| ☐ Eswatini | ☐ South Africa |
| ☐ Ethiopia | ☐ South Sudan |
| ☐ Gabon | ☐ Sudan |
| ☐ Gambia | ☐ Tanzania |
| ☐ Ghana | ☐ Togo |
| ☐ Guinea | ☐ Tunisia |
| ☐ Guinea-Bissau | ☐ Uganda |
| ☐ Kenya | ☐ Zambia |
| ☐ Lesotho | ☐ Zimbabwe |

OCEANIA

____ / 14

- | | |
|---|---|
| ☐ Australia | ☐ Palau |
| ☐ Fiji | ☐ Papua New Guinea |
| ☐ Kiribati | ☐ Samoa |
| ☐ Marshall Islands | ☐ Solomon Islands |
| ☐ Micronesia (Fed. States) | ☐ Tonga |
| ☐ Nauru | ☐ Tuvalu |
| ☐ New Zealand | ☐ Vanuatu |

MY TALLY

Africa	____ / 54
Asia	____ / 47
Europe	____ / 45
North America	____ / 23
Oceania	____ / 14
South America	____ / 12
Total (UN list)	____ / 195

MY RULE FOR WHAT COUNTS

- ☐ Left the airport
- ☐ Went through immigration
- ☐ Ate a meal there
- ☐ Slept there at least one night

Pick one and use it for every trip.

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