

Countries Visited Checklist

All 195 countries, by continent. Tick the ones you have been to, then write your count on the right.

COUNTRIES VISITED

of 195

AFRICA 54		☐ Rwanda	☐ Mongolia	☐ Iceland	☐ Haiti
☐ Algeria	☐ São Tomé and Príncipe	☐ Myanmar	☐ Ireland	☐ Honduras	☐ Jamaica
☐ Angola	☐ Senegal	☐ Nepal	☐ Italy	☐ Mexico	☐ Nicaragua
☐ Benin	☐ Seychelles	☐ North Korea	☐ Latvia	☐ Panama	☐ Saint Kitts and Nevis
☐ Botswana	☐ Sierra Leone	☐ Oman	☐ Liechtenstein	☐ Saint Lucia	☐ Saint Vincent and the Grenadines
☐ Burkina Faso	☐ Somalia	☐ Pakistan	☐ Lithuania	☐ Trinidad and Tobago	☐ United States
☐ Burundi	☐ South Africa	☐ Palestine *	☐ Luxembourg		
☐ Cabo Verde	☐ South Sudan	☐ Philippines	☐ Malta	SOUTH AMERICA 12	
☐ Cameroon	☐ Sudan	☐ Qatar	☐ Moldova	☐ Argentina	☐ Bolivia
☐ Central African Republic	☐ Tanzania	☐ Saudi Arabia	☐ Monaco	☐ Brazil	☐ Chile
☐ Chad	☐ Togo	☐ Singapore	☐ Montenegro	☐ Colombia	☐ Ecuador
☐ Comoros	☐ Tunisia	☐ South Korea	☐ Netherlands	☐ Guyana	☐ Paraguay
☐ Congo	☐ Uganda	☐ Sri Lanka	☐ North Macedonia	☐ Peru	☐ Suriname
☐ Côte d'Ivoire	☐ Zambia	☐ Syria	☐ Norway	☐ Uruguay	☐ Venezuela
☐ Djibouti	☐ Zimbabwe	☐ Tajikistan	☐ Poland	OCEANIA 14	
☐ DR Congo	ASIA 48		☐ Portugal	☐ Australia	☐ Fiji
☐ Egypt	☐ Afghanistan	☐ Timor-Leste	☐ Romania	☐ Kiribati	☐ Marshall Islands
☐ Equatorial Guinea	☐ Armenia	☐ Türkiye	☐ Russia	☐ Micronesia	☐ Nauru
☐ Eritrea	☐ Azerbaijan	☐ Turkmenistan	☐ San Marino	☐ New Zealand	☐ Palau
☐ Eswatini	☐ Bahrain	☐ United Arab Emirates	☐ Serbia	☐ Papua New Guinea	☐ Samoa
☐ Ethiopia	☐ Bangladesh	☐ Uzbekistan	☐ Slovakia	☐ Solomon Islands	☐ Tonga
☐ Gabon	☐ Bhutan	☐ Vietnam	☐ Slovenia	☐ Tuvalu	☐ Vanuatu
☐ Gambia	☐ Brunei	☐ Yemen	☐ Spain		
☐ Ghana	☐ Cambodia	EUROPE 44		☐ Sweden	
☐ Guinea	☐ China	☐ Albania	☐ Switzerland	NORTH AMERICA 23	
☐ Guinea-Bissau	☐ Cyprus	☐ Andorra	☐ Ukraine	☐ Antigua and Barbuda	☐ Bahamas
☐ Kenya	☐ Georgia	☐ Austria	☐ United Kingdom	☐ Barbados	☐ Belize
☐ Lesotho	☐ India	☐ Belarus	☐ Vatican City *	☐ Canada	☐ Costa Rica
☐ Liberia	☐ Indonesia	☐ Belgium		☐ Cuba	☐ Dominica
☐ Libya	☐ Iran	☐ Bosnia and Herzegovina		☐ Dominican Republic	
☐ Madagascar	☐ Iraq	☐ Bulgaria		☐ El Salvador	
☐ Malawi	☐ Israel	☐ Croatia		☐ Grenada	
☐ Mali	☐ Japan	☐ Czechia		☐ Guatemala	
☐ Mauritania	☐ Jordan	☐ Denmark			
☐ Mauritius	☐ Kazakhstan	☐ Estonia			
☐ Morocco	☐ Kuwait	☐ Finland			
☐ Mozambique	☐ Kyrgyzstan	☐ France			
☐ Namibia	☐ Laos	☐ Germany			
☐ Niger	☐ Lebanon	☐ Greece			
☐ Nigeria	☐ Malaysia	☐ Hungary			
	☐ Maldives				

Territories and other areas (optional). Counted separately from the countries above.

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UNITED KINGDOM 14		☐ Saint Helena	☐ Wallis and Futuna	☐ Sint Maarten	NEW ZEALAND 2
☐ Anguilla	☐ South Georgia	☐ Turks and Caicos Islands	UNITED STATES 5	AUSTRALIA 2	☐ Cook Islands
☐ Bermuda					☐ Niue
☐ British Indian Ocean Territory	FRANCE 7	☐ American Samoa			☐ Heard and McDonald Islands
☐ British Virgin Islands		☐ Guam			☐ Norfolk Island
☐ Cayman Islands		☐ Northern Mariana Islands	CHINA 2		
☐ Falkland Islands	☐ Puerto Rico	FINLAND 1			
☐ Guernsey	☐ U.S. Virgin Islands			☐ Åland Islands	
☐ Isle of Man				LISTED ON THEIR OWN 4	
☐ Jersey	☐ French Polynesia		☐ Antarctica		
☐ Montserrat	☐ French Southern Territories	☐ Kosovo			
☐ Pitcairn Islands	☐ New Caledonia	☐ Taiwan			
	☐ Saint Barthélemy	NETHERLANDS 3	DENMARK 2	☐ Western Sahara	
	☐ Saint Martin			☐ Aruba	
	☐ Saint Pierre and Miquelon			☐ Curaçao	
				☐ Greenland	

The 195 countries are the 193 member states of the United Nations and its 2 observer states, marked *. Continents follow the United Nations' statistical regions: Russia is under Europe; Türkiye, Cyprus, Armenia, Azerbaijan and Georgia are under Asia; Central America and the Caribbean are under North America.

Territories are grouped under the state responsible for them. Listing a place on its own line says where you have travelled, not what its political status is.