

Countries Visited Checklist

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

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AFRICA 54

- ☐ Algeria
- ☐ Angola
- ☐ Benin
- ☐ Botswana
- ☐ Burkina Faso
- ☐ Burundi
- ☐ Cabo Verde
- ☐ Cameroon
- ☐ Central African Republic
- ☐ Chad
- ☐ Comoros
- ☐ Congo
- ☐ Côte d'Ivoire
- ☐ Djibouti
- ☐ DR Congo
- ☐ Egypt
- ☐ Equatorial Guinea
- ☐ Eritrea
- ☐ Eswatini
- ☐ Ethiopia
- ☐ Gabon
- ☐ Gambia
- ☐ Ghana
- ☐ Guinea
- ☐ Guinea-Bissau
- ☐ Kenya
- ☐ Lesotho
- ☐ Liberia
- ☐ Libya
- ☐ Madagascar
- ☐ Malawi
- ☐ Mali
- ☐ Mauritania
- ☐ Mauritius
- ☐ Morocco
- ☐ Mozambique
- ☐ Namibia
- ☐ Niger
- ☐ Nigeria
- ☐ Rwanda

- ☐ São Tomé and Príncipe
- ☐ Senegal
- ☐ Seychelles
- ☐ Sierra Leone
- ☐ Somalia
- ☐ South Africa
- ☐ South Sudan
- ☐ Sudan
- ☐ Tanzania
- ☐ Togo
- ☐ Tunisia
- ☐ Uganda
- ☐ Zambia
- ☐ Zimbabwe

ASIA 48

- ☐ Afghanistan
- ☐ Armenia
- ☐ Azerbaijan
- ☐ Bahrain
- ☐ Bangladesh
- ☐ Bhutan
- ☐ Brunei
- ☐ Cambodia
- ☐ China
- ☐ Cyprus
- ☐ Georgia
- ☐ India
- ☐ Indonesia
- ☐ Iran
- ☐ Iraq
- ☐ Israel
- ☐ Japan
- ☐ Jordan
- ☐ Kazakhstan
- ☐ Kuwait
- ☐ Kyrgyzstan
- ☐ Laos
- ☐ Lebanon
- ☐ Malaysia
- ☐ Maldives
- ☐ Mongolia

- ☐ Myanmar
- ☐ Nepal
- ☐ North Korea
- ☐ Oman
- ☐ Pakistan
- ☐ Palestine *
- ☐ Philippines
- ☐ Qatar
- ☐ Saudi Arabia
- ☐ Singapore
- ☐ South Korea
- ☐ Sri Lanka
- ☐ Syria
- ☐ Tajikistan
- ☐ Thailand
- ☐ Timor-Leste
- ☐ Türkiye
- ☐ Turkmenistan
- ☐ United Arab Emirates
- ☐ Uzbekistan
- ☐ Vietnam
- ☐ Yemen

EUROPE 44

- ☐ Albania
- ☐ Andorra
- ☐ Austria
- ☐ Belarus
- ☐ Belgium
- ☐ Bosnia and Herzegovina
- ☐ Bulgaria
- ☐ Croatia
- ☐ Czechia
- ☐ Denmark
- ☐ Estonia
- ☐ Finland
- ☐ France
- ☐ Germany
- ☐ Greece
- ☐ Hungary
- ☐ Iceland
- ☐ Ireland

- ☐ Italy
- ☐ Latvia
- ☐ Liechtenstein
- ☐ Lithuania
- ☐ Luxembourg
- ☐ Malta
- ☐ Moldova
- ☐ Monaco
- ☐ Montenegro
- ☐ Netherlands
- ☐ North Macedonia
- ☐ Norway
- ☐ Poland
- ☐ Portugal
- ☐ Romania
- ☐ Russia
- ☐ San Marino
- ☐ Serbia
- ☐ Slovakia
- ☐ Slovenia
- ☐ Spain
- ☐ Sweden
- ☐ Switzerland
- ☐ Ukraine
- ☐ United Kingdom
- ☐ Vatican City *

NORTH AMERICA 23

- ☐ Antigua and Barbuda
- ☐ Bahamas
- ☐ Barbados
- ☐ Belize
- ☐ Canada
- ☐ Costa Rica
- ☐ Cuba
- ☐ Dominica
- ☐ Dominican Republic
- ☐ El Salvador
- ☐ Grenada
- ☐ Guatemala
- ☐ Haiti
- ☐ Honduras

- ☐ Jamaica
- ☐ Mexico
- ☐ Nicaragua
- ☐ Panama
- ☐ Saint Kitts and Nevis
- ☐ Saint Lucia
- ☐ Saint Vincent and the Grenadines
- ☐ Trinidad and Tobago
- ☐ United States

SOUTH AMERICA 12

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

OCEANIA 14

- ☐ Australia
- ☐ Fiji
- ☐ Kiribati
- ☐ Marshall Islands
- ☐ Micronesia
- ☐ Nauru
- ☐ New Zealand
- ☐ Palau
- ☐ Papua New Guinea
- ☐ Samoa
- ☐ Solomon Islands
- ☐ Tonga
- ☐ Tuvalu
- ☐ Vanuatu

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

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UNITED KINGDOM 14

- ☐ Anguilla
- ☐ Bermuda
- ☐ British Indian Ocean Territory
- ☐ British Virgin Islands
- ☐ Cayman Islands
- ☐ Falkland Islands
- ☐ Guernsey
- ☐ Isle of Man
- ☐ Jersey
- ☐ Montserrat

- ☐ Pitcairn Islands
- ☐ Saint Helena
- ☐ South Georgia
- ☐ Turks and Caicos Islands

FRANCE 7

- ☐ French Polynesia
- ☐ French Southern Territories
- ☐ New Caledonia
- ☐ Saint Barthélemy
- ☐ Saint Martin
- ☐ Saint Pierre and Miquelon

- ☐ Wallis and Futuna

UNITED STATES 5

- ☐ American Samoa
- ☐ Guam
- ☐ Northern Mariana Islands
- ☐ Puerto Rico
- ☐ U.S. Virgin Islands

NETHERLANDS 3

- ☐ Aruba
- ☐ Curaçao
- ☐ Sint Maarten

AUSTRALIA 2

- ☐ Heard and McDonald Islands
- ☐ Norfolk Island

CHINA 2

- ☐ Hong Kong
- ☐ Macao

DENMARK 2

- ☐ Faroe Islands
- ☐ Greenland

NEW ZEALAND 2

- ☐ Cook Islands
- ☐ Niue

FINLAND 1

- ☐ Åland Islands

LISTED ON THEIR OWN 4

- ☐ Antarctica
- ☐ Kosovo
- ☐ Taiwan
- ☐ Western Sahara

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.