



## Suggested "What to Bring" Checklist

### **Clothing:**

- Shirts – short and long sleeved shirts in breathable or lightweight fabric, like cotton or cotton-blend
- Pants – light weight cargo type pants
- Sandals – Texas or Crocs for walking around the lodge
- Shoes/Boots – hard bottom hiking boots or trekking shoes
- Socks – light weight boot socks
- Lightweight jacket
- Poncho – rain jacket/windbreaker with hood, poncho is preferable
- Swimsuit
- Underwear

### **Daily Essentials:**

- Toothbrush/toothpaste/floss
- Hairbrush/comb
- Shaving items
- Deodorant
- Shampoo/Conditioner (bar of soap with towels and washcloths provided)

### **Other Items:**

- Broad-brimmed hat
- Sunglasses
- Buff – Tube cloth for the head/neck/face
- Sun and Bug protection/Sunscreen – SPF 15 or stronger
- Insect repellent (some people suggest 99% Deet)
- Moisturizer and sun-blocking chapstick
- Spare eyeglasses/contact lenses
- Small tissue pack
- Moist towelles and/or anti-bacterial hand cleanser
- Flashlight or headlamp and extra batteries/bulbs
- Large and small Ziploc bags to protect camera/clothing from humidity
- Waterproof pouch or Dry Bag to protect camera/phone if caught in a rainstorm
- Backpack – small, lightweight
- Binoculars
- Travel alarm
- Camera gear with extra batteries or battery charger – equipment may be charged each evening
- Notebook for journaling
- Empty plastic water bottle (example CamelBak)
- Basic sewing kit

**Meds and First Aid:**

- Visit with your doctor to discuss medications for antimalarial, antibiotics and vaccinations
- Prescription meds
- Headache and pain relief
- Anti-diarrhea and laxative tablets
- Pepto Bismol or something else for an upset stomach
- Antibiotic cream
- Band-Aids
- Cream for bug bites (such as Benadryl or Hydrocortisone cream)
- Sunburn salve (such as aloe vera gel)

**Money:**

- If USD - Bills must not be damaged (no tears, no marks, no creases, or worn out)

**Miscellaneous**

- Travel document copies: passport, travel insurance, medical insurance card, etc.