

JUNGLE PACKING LIST AMAZON

Jungle: Hot and humid.

Washing is available in all of the cities. Generally, just take clothes for one week. All quantities include clothes you're wearing on the plane.

Clothing

Underwear - one week supply
Nice shirt or blouse
3 t-shirts
2 long sleeve shirts
Socks - one week supply
2 pairs long pants. Nylon preferred for jungle. No jeans in jungle.
Shorts
Swim suit (optional)
Light weight hiking boots or shoes
Tennis shoes or sandals
Sun/rain hat
Rain jacket/poncho
Small towel (optional)

First Aid Kit/Medication

Aspirin/Ibuprofen
Foot powder
Cortosone cream
Bandages
Insect repellent
Throat lozenges
First aid cream
Imodium/Pepto Bismal
Sun screen
Lip Screen
Medication
Vitamins

Toiletries

Typical stuff, use small bottles

Miscellaneous

Backpack - you will carry own luggage, therefore convertible backpack is better.
Binoculars
Book light - flash light/batteries
Books
Business cards - optional
Calculator - small
Camera equipment w/ min 500 MB compact flash memory or film for 300 photos. 220 V for charging.
Credit card & debit card
Daypack - used for jungle hikes to carry camera, water, guide book etc. Also used for airplane carry-on.
Ear plugs
Eyeglasses/contacts (extras)
Money - \$200 in small bills, 5's, 10's, & 20's - new bills better
Money belt worn inside clothing - no wallets or purses
Passport
Photocopies of passport & tickets
Plastic bags
Sunglasses
Swiss army knife (not in carry-on)
Watch with alarm (water resistant)