



Packing List

Going to the...

AMAZON

Clothing:

- Lightweight, earth or dark-coloured, long-sleeved shirts and T-shirts
- Shorts (for the lodge)
- Underwear (we recommend 2 pairs per day)
- Gore-tex jacket (optional)
- Lightweight rain jacket / windbreaker (Rain ponchos will be provided for lodge activities when necessary.)
- Sunhat or cap
- Swimwear
- 1 pair of comfortable walking shoes / sneakers
- Waterproof sandals such as Tevas
- Cotton socks (We recommend tall socks that do not slip easily inside rubber boots. 2 pairs per day are ideal.)

Personal Care:

- Sunscreen (waterproof, SPF 45 or higher and, if possible, all natural)
- DEET-free insect repellent
- Sunglasses with strap
- Extra eye glasses / contact lenses
- Small day pack
- Personal medication to last for the duration of your trip
- Personal first aid kit (optional)

Equipment:

- Camera with additional camera gear (charger, rechargeable batteries, etc.)
- Additional flash memory
- Binoculars (one pair can be shared by a small group)
- Strong headlamp (or flashlight / torch) plus extra batteries (We ask that you bring rechargeable batteries, thus not contributing to the contamination of the forest.)



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Equipment (continued):

- Rubber boots / Wellies – normally lodges supply sizes 35 to 44 (European) or 5 to 10.5 (USA). (Should you require a larger size you may consider bringing your own.)
- Water bottle (some lodges supply them) Please do not introduce disposable plastic water bottles into the rainforest.
- Small, packable umbrella (can be useful in light rain)
- Zip-lock bags for wet clothing and electronic equipment

Money & Security:

- Passport and color copy
- US cash in small denominations (\$1 – \$20) for bar services, tips and souvenirs (Some lodges accept Visa and MasterCard – please verify with us beforehand.)
- Travel insurance

Notes:
