

## **Brief Amazon Packing Checklist\***

### **Clothes:**

Several T-Shirts (or tank tops)  
2 long sleeve Lightweight Shirts  
Underwear  
Several pairs of Socks (lightweight wool or other type that dries quickly)  
2-3 Pairs of long lightweight Convertible Pants (*the pants that zip off to shorts*) plus a pair of lightweight pants to wear around lodge at night and an extra pair of Shorts OR 3 pairs of shorts & 3 pairs of long lightweight pants  
PJs or large T-Shirt to wear at night  
Bathing Suit  
Hiking Boots (*Gore-Tex suggested*) or shoes with waterproof soles that can be rinsed off when muddy (*or 2 pairs of old sneakers*)  
1 Pair of Flip-flops or Tevas to wear around lodge  
Rain Poncho; Hat or Bandana  
Lightweight jacket  
(*Save a set of clean clothes to wear the last day of the workshop and your trip home*)

### **Other Items:**

Insect Repellent (30% deet ok) pump spray bottle suggested (pack in plastic bag in checked luggage)  
Sun Screen, Sunglasses  
Flashlight or Headlamp  
Camera (if digital: charger, extra batteries & desiccant packs, always keep in ziploc)  
Binoculars  
Journal, Pen & Pencil, Playing Cards for airport down time  
Day Pack or Back Pack to bring on daily hikes (can double as carry-on luggage) or you may bring a Back Pack for the plane and smaller Day Pack for day hikes  
Alarm clock (watch is fine)  
Water Bottle  
Money - smaller US Dollar Bills (students: \$150-\$200 for airport and souvenirs)  
Toiletries (toothbrush/paste, face wash, shampoo, small wash cloth, deodorant, etc)  
Moist wipes for face and bathroom (*or better anti-bacterial gel/wipes*)  
Garden gloves and old clothes to wear during the Service Project Day  
Items to Trade with the Yagua Tribe – bring lots of used T-Shirts (*see page 4 of your detailed packing list*)  
Granola bars, trail mix, or some snacks (*though there are 3 large meals each day*)

### **Medical:**

Prescription Meds (e.g. Cipro and Malarone)  
Other meds to consider: Benadryl, Pepto, Imodium, AfterBite, Aloe, Advil  
For Teacher Leaders: Travel First Aid Kit, Electrolyte/Gatorade powder

### **Packing Tips:**

- Pack all items in Gallon-Sized aip-Lock Bags
- In Carry-On: Ear Plugs (& sleep mask for the plane), Medicines, 1 day extra clothes, Journal, \$Money, Passport, Travel Documents, Cell Phone, Camera, other Valuables)
- Pack Extra Plastic Bags for dirty clothes & boots for trip home

\*Please use Detailed Packing List for specifics.