



## COLOMBIA ADRENALINE & ADVENTURE PACKING LIST

This exciting trip takes you to some wonderfully diverse climates for a wide variety of exciting activities. You will need clothing and equipment for a variety of climate conditions and will want to be prepared for them all! The following list is designed specifically for this trip.

The two key elements we advise you to consider when packing for this trip are comfort and ability to layer for the varied weather conditions. The altitudes at your activity locations vary from 4,058 ft (1,237 meters) to 11,810 ft (3,600 meters). At such altitudes the temperatures can vary drastically between day and night.

<b>CLOTHING</b>	<b>FOOTWEAR</b>	<b>MISCELLANEOUS</b>	<b>TOILETRIES/FIRST AID</b>
<input type="checkbox"/> Fleece jacket <input type="checkbox"/> Light rain jacket <input type="checkbox"/> Hiking pants & shirts <input type="checkbox"/> Long sleeve travel shirt <input type="checkbox"/> Hiking socks <input type="checkbox"/> Sleeping clothes <input type="checkbox"/> Hat <input type="checkbox"/> Swimsuit <input type="checkbox"/> Sunglasses <input type="checkbox"/> Business casual attire for Bogotá (jeans are ok, with button down shirt for men)	<input type="checkbox"/> Hiking boots <input type="checkbox"/> River shoes or sandals <input type="checkbox"/> Casual but dressy shoes for walking around Bogotá (no sneakers!)	<input type="checkbox"/> Waterproof camera <input type="checkbox"/> Headlamp with spare batteries <input type="checkbox"/> Energy bars or other snacks <input type="checkbox"/> Protective (waterproof) case for phones <input type="checkbox"/> Hiking poles (for Iguaque Park trek)	<input type="checkbox"/> Personal toiletries <input type="checkbox"/> Bug repellent <input type="checkbox"/> SPF 30+ sunscreen & lip protector <input type="checkbox"/> Personal drug kit (include motion sickness medication if you think this may be an issue)

**All safety gear required for activities will be provided by Untamed Path (harnesses, ropes, helmets etc.)**

### A few notes:

The altitudes at your locations are:

- Bogotá: 8,675 ft; (2,644 meters)
- Villa de Leyva: 7,000 ft (2,133 meters)
- Iguaque Park: 11,810 ft (3,600 meters)
- Barichara: 4,058 ft (1,237 meters)