



## DEEP AMAZON ADVENTURE PACKING LIST

You will need clothing and equipment for conditions ranging from hot and humid and/or wet in the Amazon to potentially warm/hot/cold/wet in Quito. The following list is designed specifically for this trip.

In Quito and around the highlands it is usually comfortable and spring-like (60's-70's) during the day but can drop to the 40's-50's at night. Regardless of the season rain can occur at any time in both regions. In terms of cultural respect, shorts are not normally worn in Quito or the highlands.

**NOTE:** Your flight into the rainforest in a small aircraft allows a limited total number of pounds. Typically, you can only bring 22 (10 kgs) pounds per person including the weight of your luggage bag so lightweight gear is critical! We recommend weighing your bag on a scale at home when you think you have finished packing to make sure it is in an acceptable range. You will be able to leave 1 bag/person with all your extra belongings in locked storage in Quito during the trip.

CLOTHING	FOOTWEAR	MISCELLANEOUS	TOILETRIES/FIRST AID
<ul style="list-style-type: none"> <li><input type="checkbox"/> Light long underwear top</li> <li><input type="checkbox"/> 2-3 pairs of lightweight nylon trekking pants</li> <li><input type="checkbox"/> 1 pair of comfortable pants for camp</li> <li><input type="checkbox"/> Swimsuit and shorts</li> <li><input type="checkbox"/> 4 short sleeve T-shirts</li> <li><input type="checkbox"/> 2 long sleeve 'travel shirts'</li> <li><input type="checkbox"/> Thick fleece jacket</li> <li><input type="checkbox"/> Wide-brimmed sun hat</li> <li><input type="checkbox"/> Sunglasses</li> <li><input type="checkbox"/> Mosquito head net</li> </ul> <p><b>NOTE:</b> For shirts and pants, earth-tone colors are better for wildlife observing.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Rubber boots (you will receive these at group meeting)</li> <li><input type="checkbox"/> Comfortable walking shoes</li> <li><input type="checkbox"/> Sport sandals</li> </ul> <p><b>NOTE:</b> Consider bringing large trash bags and/or Ziploc bags for keeping easily damaged items dry in the rainforest!</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Headlamp (with extra batteries)</li> <li><input type="checkbox"/> Small flashlight</li> <li><input type="checkbox"/> Internal frame backpack or dry bag with shoulder straps (~50 liters or less)</li> <li><input type="checkbox"/> Small daypack or dry bag with shoulder straps.</li> <li><input type="checkbox"/> Travel cover/rain cover for backpack</li> <li><input type="checkbox"/> Snacks</li> <li><input type="checkbox"/> Binoculars</li> <li><input type="checkbox"/> Camera!</li> <li><input type="checkbox"/> Watch</li> <li><input type="checkbox"/> Anti-fog wipes for camera lenses/glasses</li> <li><input type="checkbox"/> Mid-sized travel towel</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Small toiletry kit</li> <li><input type="checkbox"/> Small personal first aid/medical kit/insect repellent</li> <li><input type="checkbox"/> Anti-malarial medication</li> <li><input type="checkbox"/> Back-up prescription medications for any daily medications</li> <li><input type="checkbox"/> SPF 30 or higher sun block and SPF 15 or higher lip protector</li> <li><input type="checkbox"/> Earplugs...Quito can be noisy at night.</li> </ul>

Quito is a large metropolitan city but the areas that you will be visiting in the rainforest are rural and remote. Please take this opportunity to travel light and simple, bringing modest clothing and leaving jewelry and other valuables at home.

### Important paperwork:

- \_\_\_ Passport and 2 color copies of passport.
- \_\_\_ Yellow fever inoculation card & photocopy of card...*Bring with you when you go to the rainforest.*
- \_\_\_ Spending money...*We recommend US dollars in cash and an ATM bank card.*
- \_\_\_ Credit card with a 4-digit pin.