



Packing List

Check off item as you pack

Clothing:

- Short sleeved cotton shirts (4-5)
- Shorts (4-5)
- Long sleeved shirts for sun protection (1-2)
- Lightweight pants/sweats (2)
- lightweight jacket or sweatshirt for cool evenings (2)
- Under garments
- Swim suit (2)
- Hats, bandanas (or whatever suits you for keeping hair out of your face)
- A pair of walking shoes with a good support and tread
- If you have a pair of hiking shoes...bring them. No need to purchase a pair if you have a good pair of walking shoes.
- Sport sandals with straps are recommended (flip flops can be worn while traveling but not recommended for daily activities)
- Foot wear for water sports (a water shoe or crocks...something with a strap)
- A light water proof jacket
- Wool socks (great for hiking and reduces blisters) (4-5)
- Cotton socks (4-5)
- One "nice/casual" outfit in the event your group will go to a nice restaurant. Shorts are indeed permitted!

Misc Items:

- Sunglasses/Sunglasses Strap (May be wise to bring 2 pair of cheap glasses as it is easy to lose a pair)
- A string backpack
- A few large zip lock plastic bags to keep passport or electronics in. (If valuables are in your backpack, they risk getting wet as it rains off and on.)
- One large plastic bag if in the event your clothes are wet and you need to pick up and move to our next location.
- Ipod/MP3 Player...Something for your long plane ride/bus rides
- Hair Products/Brush, Toiletries/Tooth Brush, Sunscreen/Chap Stick (Should be kept in zip lock bags)
- A small package of wipes
- Camera /extra memory cards/ batteries for your camera
- Small binoculars if you have them
- Any medications which you see fit for yourself (I will have medicine kit/deet spray with me also)
- Snacks for the trip