



## List of equipment and material

*Here is one list comprehensive equipment and other objects also optional but mandatory for your stay.*

### Individual equipment necessary.

- Repellent with DEET (the other repellents do not have the same efficiency for now)
- Universal adapter for your electronic devices
- Photocopy of your passport and your important documents
- Address and number of your contacts
- Credit card (Visa work better Peru)
- Cash (always useful when banks are closed)
- One or more flashlights (prohibition on leaving the night without light!)The best is a rechargeable led front lamp coupled with a lamp just in case basic same crank.
- A backpack for trips from 15 to 20L is sufficient.
- A gourd or a water pocket.
- A waterproof bag (especially for your passport and your electronic items)

### Optional material recommended

- Some garment city if you decide to get out weekend
- A pair of walking shoe
- A hammock mosquito net to sleep under the stars or if you are preparing an expedition (Panthera-Sanctuary recommend [www.junglehammock.com](http://www.junglehammock.com))
- Camera
- A good book for rainy days.
- iPod
- Rechargeable batteries and their chargers for your electronic equipment, indeed to the Peru some batteries are impossible to find
- Spanish Dictionary
- A good guide of Peru
- A pair of binoculars (comments are mainly thanks to them, do not forget!)

### Clothing and linens

- Light, loose clothing in cotton are preferred to stay in the Centre
- For excursions in the jungle provide more covering clothing to protect you from thorns and insects
- Old clothes that you won't be afraid to get dirty
- Some warm clothes, cold sometimes without warning (min 9 ° c).
- A simple bed net
- Sheets for your bed
- A (light) blanket for nights sometimes fresh or sleeping bag

- Swimsuit
- Towels
- A pair of boots required for excursions in the Woods but banned from port in boats

- Hat or Cap
- A pair of sandals or / and basquets to inside Centre and sport

## Hygiene and care

- Sunscreen
- personal hygiene products (tampons, napkins, etc.)
- Toiletry Kit: toothbrush, toothpaste, SOAP, shampoo, razor, nail cutter, pliers tweezers.

- First aid kit: bandages, disinfectant, rehydration salts, other medications that you may need (with their orders). **To the Peru medications are particularly difficult to find or non-existent so forget anything before you go.**