



Packing List

Tip→Pack clothing or shoes you don't mind getting dirty or stained. When working outdoors, clothing or other material may get covered in things such as dirt or plant sap. If you have highly cherished or expensive apparel you don't want to damage, leave it at home!

Text marked in **RED** are **required** during April-October months, when cold spells are most prevalent (**temperature drop that can dip as low as 9°C at night**). Outside of these months, personal blankets and warm clothing are optional but always recommended.

Required:

- A durable water bottle of 32 fl oz or 1 liter or more
- A headlamp (recommended) or handheld flashlight
 - Note: If it is not rechargeable, make sure to bring extra batteries!
- Comfortable outdoor walking pants
- Short-Sleeve in addition to thin long-sleeve shirts (to protect you from mosquitoes)
- **A pair of warm clothes and a jacket to keep you comfortable during unpredictable cold spells**
- **Sleeping bag or personal blanket (for added warmth during cold spells)**
- Raincoat and/or rain poncho
- A pair of durable rain boots
- An outdoor backpack for carrying personal items (with waterproof tarp or water resistant properties recommended)
- Towel
- Shampoo/Conditioner
- Soap
- Mosquito spray (those with DEET are the most effective in protecting yourself against mosquitoes)

Optional but Highly Recommended:

- A portable power bank for charging phones or other small electronics
- Sunscreen
- Sandals or slip-on shoes (for lounging in the dorm or for showering)
- Lounging clothes (to wear when you are aren't on activity)
- Dry-bag or waterproof pouch for any sensitive equipment you wish to keep dry
- Hat
- Binoculars (for viewing beautiful birds and other wildlife)
- Small sealed container for keeping personal snacks (open food products left in dorm rooms can attract unwanted guests such as ants and are therefore not allowed to be stored in rooms unless in sealed containers)
- A camera for taking photos on camp or in the jungle
- First Aid Kit: bandages, disinfectant, rehydration salts, or other medications you may need