

PACKING LIST

Please use this list as a general guideline to help you prepare for your expedition.

Carry-on:

- Wallet or purse with credit cards and cash
- Passport and inoculation record or waiver
- Antibacterial gel and spray
- Bug spray
- Lip balm
- Sunscreen
- Masks

Clothing:

- Three pairs of long, lightweight pants for touring
- Two pairs of shorts and/or a long skirt
- Sweater or sweatshirt and a rain jacket
- Four short-sleeve button down shirts (at least one in a light, neutral color)
- One long sleeve button down shirt (treated with permethrin if available)
- Two casual tees or polos
- Swim attire and cover up
- For festive dinners: Two pairs of slacks/khakis and a jacket, or two smart-casual dresses, or two pairs of dress-pants and a blazer or cardigan
- Nightclothes
- Undergarments
- Socks of varying thickness

Accessories:

- Spare eyeglasses and/or contact lenses and case
- Sunglasses
- Belt
- Scarves or costume jewelry
- Small bag or purse with a strap

Shoes:

- Two pairs of broken in walking shoes with good tread
- One pair of dressier shoes and/or sandals (please avoid high heels)
- Sports sandals or flip-flops

Toiletries:

- Toothpaste and toothbrush
- Personal grooming/hygiene products
- Moisturizer and after-sun lotion

Medications:

- A month's supply of any personal prescriptions
- Malaria prophylaxis
- Over-the-counter cold and flu medicines
- Diarrhea treatment kit

Other:

- Binoculars, camera and cellphone
- Chargers and extra batteries
- Reusable dry bags of various sizes (to prevent moisture on electronics, books and notebooks)
- Collapsible umbrella
- Collapsible walking stick, if needed
- Photocopies of your passport
- COVID vaccination card