

PACKING CHECKLIST

Jungle & Adventure Expedition



CLOTHING

- ☐ Long pants (3-4 pairs) - lightweight, quick-dry
- ☐ Long-sleeve shirts (3-4) - light colors
- ☐ Quick-dry t-shirts (3-4)
- ☐ Underwear (5-7 pairs)
- ☐ Hiking socks (5-7 pairs)
- ☐ Fleece or warm jacket
- ☐ Swimsuit



GEAR & EQUIPMENT

- ☐ Headlamp with extra batteries
- ☐ Binoculars (8x42 or 10x42)
- ☐ Water bottle (1-2 liters)
- ☐ Daypack (20-30L)
- ☐ Camera with zoom lens
- ☐ Extra memory cards and batteries
- ☐ Power bank
- ☐ Walking sticks (optional)



FOOTWEAR

- ☐ Hiking boots (waterproof, broken in)
- ☐ Sandals or Crocs (for lodge)
- ☐ Rubber boots (optional, can rent)



DOCUMENTS

- ☐ Passport (original + photocopy)
- ☐ Yellow fever vaccination certificate
- ☐ Travel insurance proof
- ☐ Tour confirmation
- ☐ Emergency contact information



RAIN PROTECTION

- ☐ Rain jacket (waterproof, breathable)
- ☐ Rain pants
- ☐ Waterproof dry bag (10-20L)
- ☐ Ziplock bags (for electronics)



SUN & INSECT PROTECTION

- ☐ Sunscreen (SPF 30-50, reef-safe)
- ☐ Insect repellent (DEET 20-30%)
- ☐ Wide-brimmed hat with chin strap
- ☐ Sunglasses with strap
- ☐ Permethrin-treated clothing (optional)



HEALTH & SAFETY

- ☐ Personal medications (full trip + extra)
- ☐ First aid kit
- ☐ Anti-diarrhea medication
- ☐ Pain relievers (ibuprofen)
- ☐ Antihistamines
- ☐ Altitude sickness medication (if needed)



MONEY

- ☐ Cash (Peruvian Soles) - no ATMs in jungle
- ☐ Credit card (emergency only)
- ☐ Tips budget (\$10-20 per day)