AMAZON REGION RECOMMENDATIONS FOR PERSONAL PACKING

IT'S A GOOD IDEA TO PACK YOUR CARRY ON WELL, JUST IN CASE YOUR SUITCASE DOES NOT ARRIVE ON THE SAME FLIGHT AS YOU DO. HERE IS A SUGGESTED LIST OF ITEMS TO BRING WITH YOU:

Essentials & personal items

- Duffel bag instead of hard sided suitcases with wheels
- Sheets/Lightsleeping bag
- Towels
- backpack
- Personal RX Medicines and OTC medicines as needed (suggestions are Cipro, Imodium, Bonine, Pepto-Bismol, Advil/Tylenol)
- Powdered Gatorade (electrolyte replacement)
- Re-usable wide-mouth water bottle
- Snacks
- Contact lens stuff (if applicable)
- Hand Sanitizer - Pocketsize
- Soap/Shower gel
- Shampoo/Conditioner
- Flip flops
- Washcloths / Hand towel
- Repellent (at least 30% deet) – Canadian legal limit is 30% (higherin US)
- Sunscreen
- Sunglasses
- Pen / Clipboard
- Backpack for day & weekend
- Kleenex & Toilet Paper – travel pack size
- Camera/extra batteries or charger
- Flashlight or penlight & extra batteries
- Ear plugs
- Baby wipes

CLOTHING

- T-shirts/Tops (quickdrying are great, such as scrubs)
- Light weight long sleeveshirt for eveningswhen the mosquitos are out
- Light weight pants (quick dryingare great, such as scrubs)
- Shorts (can be worn while in Leticia, but not recommended to be worn in the villages.
- Comfortable shoes (2 pair in case of one gets wet)
- Dress outfit for church or final dinner
- Bathing Suit
- Rain Jacket/poncho
- Rain boots
- Hat
- Socks calf height (not ankle socks due to mosquitos/chiggers