

Amazon Region Project Packing Suggestions



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:

Supplies

- Duffel bag instead of hard sided suitcases with wheels
- Sheets/Light sleeping bag
- Air mattress/sleeping pad
- 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 - Pocket size
- Soap/Shower gel
- Shampoo/Conditioner
- Flip flops
- Washcloths / Hand towel
- Repellent (at least 30% deet) – Canadian legal limit is 30% (higher in 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
- Clothesline/pins and soap for hand washing
- Baby wipes
- Clear nail polish for chigger bites

Clothing

- T-shirts/Tops (quick drying are great, such as scrubs)
- Light weight long sleeve shirt for evenings when the mosquitos are out
- Light weight pants (quick drying are 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)