



# Amazonas

## PACKING CHECKLIST

### CLOTHING & FOOTWEAR

- Quick-drying short and long-sleeved shirts
- Quick-drying and loose-fitting long trousers and shorts
- Light rain jacket or poncho
- Closed-toe water-repellent shoes
- Sandals
- Underwear and socks
- Swimwear and towel
- Sunhat/cap

### ELECTRONICS

- Mobile phone + charger
- Power bank
- Headlamp/torch
- Travel adapter

### TOILETRIES

- Toothbrush and toothpaste
- Deodorant
- Insect spray
- High SPF sunscreen
- Lip balm with SPF
- Earplugs and sleeping mask
- Shower gel/shampoo

### MEDICINE

- First-aid kit
- Blister plasters
- Painkillers
- Diarrhoea relief pills
- Antihistamines
- Hand sanitiser

### MISCELLANEOUS

- Passport
- Insurance certificate/card
- Cash
- Binoculars
- Daypack
- Possibly a waterproof bag/dry bag
- Sunglasses
- Reusable water bottle

Please note that when you visit the lodge in the Amazon rainforest, you can bring max. 10 kg of luggage per person. The rest of your luggage can be stored at the lodge office.