



# Pantanal

## PACKING CHECKLIST

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### 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

### TOILETRIES

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

### MISCELLANEOUS

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

### ELECTRONICS

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

### MEDICINE

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