



# PACKING LIST FOR Borneo's rainforests

## CLOTHING & SHOES

- Quick-drying and loose-fitting long trousers and shorts
- Quick-drying short and long-sleeved tops
- Light rain jacket or poncho
- Closed, water-repellent shoes
- Sandals
- Underwear and socks
- Swimwear and towel
- Sun hat/cap

## TOILETRIES

- Toothbrush and toothpaste
- Deodorant
- Insect repellent
- High SPF sunscreen
- Lip balm with SPF
- Sleep mask
- Ear plugs
- Shower gel/shampoo
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## MISCELLANEOUS

- Passport
- Insurance certificate/card
- Cash
- Binoculars
- Daypack
- Optional waterproof bag/dry bag
- Sunglasses
- Reusable water bottle
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## MEDICINE

- First aid kit
- Blister plasters
- Painkillers
- Anti-diarrhea tablets
- Antihistamines
- Hand sanitiser

## ELECTRONICS

- Mobile phone and charger
- Power bank
- Headlamp/torch
- Travel adapter
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## OTHER

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