The following packing list should help you prepare for the program. These are simply our suggestions; you will want to make your own variations.

CLOTHING
> comfortable, broken-in lightweight hiking boots or hiking shoes
> long pants
> shorts (zip-off pants allow for flexibility)
> long-sleeved shirts
> short-sleeved shirts
> sweatshirt or light jacket
> socks and undergarments
> sleepwear
> light weight rain/wind-proof jacket
> swimsuit

MISCELLANEOUS
> medium-size day pack or backpack large enough to hold a snack, water, sunscreen, walking stick(s), camera and jacket. It can also serve as your carry-on.
> wide-brimmed hat and sunglasses
> a bandana or handkerchief
> refillable water bottle
> camera equipment, extra batteries/charger and memory cards/film*
> voltage converters and plug adapters
> small flashlight or headlamp
> travel alarm clock
> extra passport photos
> “International Certificate of Vaccination” or “Yellow Card” - REQUIRED* (only if coming from outside US)
> passport and air tickets*
> photocopies of credit cards*

TOILETRIES, MEDICATIONS & FIRST AID
> shampoo, conditioner and soap (these are also provided at our hotels and lodges)
> toothbrush and toothpaste
> sunblock and lip protection
> unscented insect repellent
> travel sewing kit
> insect bite and sunburn relief products
> anti-bacterial lotion or towelettes
> tissues (small travel packs)
> alcohol wipes
> antibiotic ointment
> Band-Aids®
> Aspirin®/Tylenol®, etc.
> cold remedies
> anti-diarrheals (Imodium AD® or Pepto Bismol®)
> prescription medications (in their original containers)*

OPTIONAL
> small brush for cleaning mud or dust off boots
> wash cloth
> earplugs and/or eyeshade (for light sleepers)
> money belt
> journal and pens
> hand laundry supplies (for laundering your own garments)
> TSA-approved luggage locks
> extra pair of eyeglasses or contacts*

SPECIAL EQUIPMENT
> binoculars (one pair per person)

* Pack these items in your carry-on luggage

Luggage Restrictions:
1 piece of soft sided luggage, not to exceed 33 lbs and
1 carryon not to exceed 11 lbs

A laundry service included