

PACKING LIST:

Clothes

- A t-shirt
- Sweat shirt or sweater
- Warm jacket (e.g. fleece)
- Waterproof windbreaker jacket
- Long trousers
- Shorts
- Light hiking boots or shoes / walking shoes
- Sandals (for example TEVA)

What to bring for a trip to the jungle?

- Long trousers that dry easily; NOT jeans, since those are more difficult to dry. (In Ecuadorian markets it's possible to buy thin cotton trousers for 6-7 US\$.)
- 1 shirt with long sleeves and a light trouser (as sunprotection on the hikes and for snorkelling)
- Rubber boots (they are often provided in the jungle lodges)
- Rain poncho
- Flashlight

Don't forget / Must bring

- Sun glasses
- Hat

- Sufficient sun-block with a high protection factor
- Mosquito spray for tropics
- First Aid Kit
- Stationary and pen
- Reading
- Small backpack
- Digital and/or video camera (electricity 110V)
Note: in parts of the jungle there could be no electricity Flashlight
- Adapter for flat pins (for electrical outlets)
- Waist strap or neck bag for money and passport