



Packing List

Essential

- 2x T-Shirts
- 3x Pair of Socks
- 3x Underwear
- 1x Pair of Shoes
- 1x Warm Long Sleeve Top
- 1x Pair of Long Pants
- Toilet Paper
- Sunscreen
- Water Bottle
- Mosquito Repellent
- Passport
- Camera

Recommended

- Alcohol-based Hand Gel
- Sunglasses
- Plastic Bags/Dry Bags
- Nopiquex (Mosquito Repellent Soap)
- Insect Bite Cream
- Flashlight/Head Lamp
- Sports Sandals
- Towel
- Toiletries
- Personal Medication
- Money

Nice to Have

- Mosquito Repellent Clothing
- Treated Inner Sheet
- Water Purification Tablets/Iodine
- Talcum Powder
- Hiking Poles
- Pillow
- Basic First Aid Kit
- Thin Sleeping Bag
- Swim Wear

**Packing list courtesy of LaCiudadPerdida.com.
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