

## Packing List and Equipment for Jungle

Equipment /Clothing	Need	Comments
<b>Wellington Boots Provided at the lodge</b>	Essential	Experience has taught us that Wellies are by far the most appropriate footwear for your time in the Jungle. We will provide them on the first day of travel at Guadalupe Lodge or Atalaya Port, However, please be aware that is difficult to get Wellington boots over European size 43 so if that's you please ensure you bring some with you.
<b>Flip flops</b>	Essential	Useful for use in the bathrooms and for walking around the lodges.
<b>T-shirts, cotton shirts and a light sweatshirt</b>		You should bring a mix of short and long sleeved to protect your arms from mosquito bites
<b>Underwear</b>	Essential	Cotton is recommended rather than nylon.
<b>Socks</b>	Essential	These should be long and made from breathable wool to ensure optimum comfort inside your boots.
<b>Insect Repellent Sunblock Cream Sun Glasses Fleece/Sweatshirt</b>	Essential	at Least 40 % DEET
<b>Trousers &amp; shorts</b>	Essential	It's important to be wearing long bottoms for protection from bugs and sun. We recommend full cut khaki bottoms or khaki type pants that can be zipped into shorts. Lighter
<b>Waterproof raincoat/poncho</b>	Essential	Even in the dry season the rain can be heavy so it's good to come prepared!
<b>Flashlights</b>	Essential	For night activities such as night walks , Caiman Search and for using when the power from the lodges runs off.
<b>Hiking Shoes</b>	Essential	For walking along trails that are dry and nearby the lodge or while travelling by car and boat
<b>Power Chargers</b>	Essential	There will be electricity at Guadalupe lodge and the other lodges (the system depends of solar panels , limited on clouded days )