

## ADVISED PACKING LIST FOR JUNGLE TREKKING

### Trek Duration 3hrs to 1 day

- ▶ **Suitable walking shoes** – For uneven, muddy and sometimes steep terrain  

Your shoes will get wet and we advise against Gore-Tex waterproof shoes as they tend to get wet through and cause discomfort.

Boots can be too hot for the jungle conditions. Lightweight walking shoes are a good option.
- ▶ **Lightweight clothing** – Cotton or 'quick dry technical' material.

You can choose either long or short clothing, longer clothing will protect you from the sun and mosquitoes, but they must be a lightweight material. The temperature is approx. 30C with humidity close to 100%. Temperature at night drops to approx. 22C.

- ▶ **Refillable water bottle** – 1 litre per person advised as a minimum
- ▶ **Mosquito spray / Insect repellent**
- ▶ **Sun cream**
- ▶ **Toilet paper**
- ▶ **Camera and/or binoculars**
- ▶ **Swimming costume** – If you are rafting back
- ▶ **Suitable bag to carry above items**
- ▶ **Your sense of adventure!**

### OPTIONAL

- ▶ **Waterproof jacket**
- ▶ **Waterproof dry-bag**
- ▶ **Hat or bandana**
- ▶ **Personal first aid kit and medicine** such as: anti-diarrhoea medicine, dehydration salt, aspirin, antibiotic cream, plasters

### Trek Duration: 2 days or more

Same as 3hrs & 1 day above, plus the following additional items:

- ▶ **Change of clothes** – To wear when relaxing at the jungle camp
- ▶ **Flip flops** – To wear in the jungle camp
- ▶ **Torch**
- ▶ **Basic personal toiletries as required**
- ▶ **Towel**
- ▶ **Suitable bag to carry above items**

### PLEASE NOTE:

- ▶ **You only carry your water supply and personal items**
- ▶ **All the equipment and food for your treks is supplied and carried by the trekking staff**
- ▶ **Please do not carry any food products on your person as it can attract wild animals to you**
- ▶ **Please listen to and respect the guide team as they are trained to care for you and the jungle**

*Take nothing but photo's, leave nothing but footprints*