



Amazonas

PACKING CHECKLIST

CLOTHING & FOOTWEAR

- Quick-drying short and long-sleeved shirts
- Quick-drying and loose-fitting long trousers and shorts
- Light rain jacket or poncho
- Closed-toe water-repellent shoes
- Sandals
- Underwear and socks
- Swimwear and towel
- Sunhat/cap

ELECTRONICS

- Mobile phone + charger
- Power bank
- Headlamp/torch
- Travel adapter

TOILETRIES

- Toothbrush and toothpaste
- Deodorant
- Insect spray
- High SPF sunscreen
- Lip balm with SPF
- Earplugs and sleeping mask
- Shower gel/shampoo

MEDICINE

- First-aid kit
- Blister plasters
- Painkillers
- Diarrhoea relief pills
- Antihistamines
- Hand sanitiser

MISCELLANEOUS

- Passport
- Insurance certificate/card
- Cash
- Binoculars
- Daypack
- Possibly a waterproof bag/dry bag
- Sunglasses
- Reusable water bottle