



AMAZON EXPEDITIONERS

NOMADIC SURVIVAL EXPEDITIONS

WHAT TO PACK

We suggest you consider every item mentioned on this page, at the same time have a lot of common sense in the quantity and size of each of the products you obtain considering the amount of days of your expedition. Remember, that the more compacted you pack, the lighter your load will be during long strenuous hikes through the jungle. **In a few words "PACK LIGHT AND SMART".**

GEAR PROVIDED BY PARTICIPANTS

Personal Gear:

- Hiking pack **(55L to 65L approx.)**
- Tent or mosquito net
- Light sleeping bag or blanket
- Light sleeping mat
- Waterproof bags for general items
- Waterproof poncho or jacket
- Rubber boot **(sizes available in Peru are 10.5US or 44EU and below for 12 USD approx.)**
- Personal hydration bottles with incorporated water filters
- Head torch/flashlight with extra batteries
- Personal whistle
- Sun hat with neck protection
- Binoculars **(optional)**
- Power bank or solar charger (optional)
- Photo/video camera **(optional)**
- Comfortable non-synthetic hiking pants
- Thick long sleeve cotton shirts
- Thick cotton t-shirts
- Cotton socks
- Underwear
- Bathing suit
- Waterproof trekking shoes in case your rubber boot breaks
- Sandals
- Microfiber towel
- Basic leather sewing/stitching kit
- Items recommended only for Retreat Participants **(inflatable camping pillow or cushion to be used for seated meditation and a mosquito hat)**

