



Packing List

Clothes	Food
<ul style="list-style-type: none"> • 3 Pair Scrub Pants • Sweatshirt or Light Jacket • Hat • Basketball Shorts (2-3) • Swimming Shoes • Flip Flops • Tennis Shoes • T-Shirts (7-9) <ul style="list-style-type: none"> ○ Moisture-wicking are the best • Swimsuit <ul style="list-style-type: none"> ○ Girls: One piece with shorts (some villages are very modest) • Jean or Khaki Shorts (2) <ul style="list-style-type: none"> ○ Modest length • Socks & Underwear <ul style="list-style-type: none"> ○ Enough for every day 	<ul style="list-style-type: none"> • Plastic Spoons <ul style="list-style-type: none"> ○ Dependent on the food you are bringing • Snacks (Bring enough to share with the Peruvians) <ul style="list-style-type: none"> ○ Peanut butter (Can't bring on carry on!) ○ Apple sauce (Can't bring on carry on!) ○ Granola Bars ○ Granola ○ Nuts ○ Dried Fruit ○ Trail Mix ○ Beef Jerky ○ Crackers ○ Chex Mix
Toiletries	Medications
<ul style="list-style-type: none"> • Brush or Comb • Shampoo • Body Wash <ul style="list-style-type: none"> ○ Bars of soap do not work well • Thin Towel (2-3) • Wash Cloth (2) • Toothbrush (2) • Toothpaste • Face Wipes • Baby Wipes • Deodorant • Hair Bands/Headbands/Bandannas • Razor 	<ul style="list-style-type: none"> • Anti-Malarial <ul style="list-style-type: none"> ○ Doxycycline or Malarone • Ciprofloxacin • Probiotic • Benadryl or Tylenol PM • Ibuprofen • Other <ul style="list-style-type: none"> ○ Medications your regularly take ○ Anticipate anything: Diarrhea, migraines, allergies, etc.

Miscellaneous	Bag For Lima/Cusco
<ul style="list-style-type: none"> • Hand Sanitizer <ul style="list-style-type: none"> ○ Small containers that fit in fanny pack • Head Lamp <ul style="list-style-type: none"> ○ With red & white lights • Ear Plugs • Chapstick (with sunscreen) • Sunscreen • Traveler's Pillow • Light Blanket or Sheet • Pens • Pencils • Bible (if desired) • Journal • Water Bottle (2)(1000mL Nalgene) <ul style="list-style-type: none"> ○ One for plain water ○ One for Gatorade • Fanny Pack <ul style="list-style-type: none"> ○ You do need this for necessities in the jungle • Ziplock Baggies (Quart & Gallon) • Trash Bags (4) • Cash <ul style="list-style-type: none"> ○ Amount is up to you, maybe \$100 for Iquitos and the same for Lima • Debit Card <ul style="list-style-type: none"> ○ For emergencies. Notify your bank you are traveling to Peru, South America • Passport & Documentation • Vaccination cards (Yellow Fever, Covid) • Photo ID • Kleenexes (Travel Size) • Sunglasses 	<ul style="list-style-type: none"> • Set of Clothes <ul style="list-style-type: none"> ○ Team t-shirt ○ Pair of Jeans ○ Underclothes ○ Light Jacket • Clothes to Sleep In • Money for Souvenirs (\$50-100) • Electronics <ul style="list-style-type: none"> ○ Phone, Computer, eReader, etc. • Chargers <ul style="list-style-type: none"> ○ For electronics