

# Packing List

## Amazon Expedition

Are you ready for your expedition? You are going to have a great time, but you must prepare. In the weeks before departure, check the weather forecast for your destination by visiting the *Travel Lounge* on our website at [www.joshuaexpeditions.org](http://www.joshuaexpeditions.org) and clicking on Travel Links. Weather can be very unpredictable, so be prepared for a variety of conditions.

**When packing for a trip to the Amazon, pack lightly!** The fewer things you bring the more carefree and enjoyable your trip will be. During your stay you will travel down the Amazon in a canoe, so it is important that you pack light. You will also be responsible for carrying your luggage from the boat to the Jungle Lodge. Remember to pack lightweight clothes and the following items:

### Sun Protection

- Cap or Wide-brim hat
- Light cotton scarf to protect your neck
- Sunglasses
- PABA sunscreen (at least #30) –  
*bring a lot as you will be on the Equator!*
- Sun block
- Lip salve or ointment
- Long-sleeve light cotton shirt
- Light cotton pants

### Clothing

- 2 pairs of walking/trekking shoes  
(one to keep dry, the other for wet landings)
- Sandals
- Light cotton socks
- Long-sleeved blouses or shirts
- 2 pairs of shorts
- 2 pairs of lightweight long pants
- Light short sleeve shirts
- Light poncho or rain jacket
- Sweater or sweatshirt
- One-piece swimsuit

### First-Aid

- Insect repellent
- Pepto Bismol or Kaopectate for stomach upset and mild diarrhea
- Immodium or Lomotil for more severe diarrhea
- Band-Aids + antibiotic cream
- Aloe Vera cream or gel for sunburn
- Tylenol or other mild pain reliever
- Dramamine or similar medication for motion sickness

### Money & Security

- Passport
- Copy of passport
- Passport Pouch
- Credit card(s)
- US Cash
- Money belt

### Cameras and Other Gear

- Waterproof bag for gear
- Stuff sacks to organize your gear
- Plastic bags for wet items
- Small day pack
- Camera and extra film or memory cards
- Video camera and extra tapes
- Extra batteries
- Travel Alarm Clock
- Flashlight with extra batteries
- Binoculars
- Spare pair of prescription glasses + strap for glasses, if you wear them
- Water bottle (1 litre)
- Personal Toiletries
- Shampoo

### Student Travelers

- Notarized letter from non-traveling parents, authorizing travel with your group
- Bible, pen and journal
- Snacks
- Books