



Gear Checklist – What To Bring

Official Papers

- Valid passport
- Airline tickets

Casual Clothing

- Lightweight, easily washable items for evening wear or when traveling

Luggage

- Duffel bag (wheels and retractable handle are fine), sturdy and large enough to hold clothing and gear
- Passport security pouch or belt
- Daypack to carry raingear, camera, water and snacks
- Luggage tags and luggage locks

Clothing

- T-shirts, synthetic
- Lightweight, long-sleeve shirt(s) for sun/insect protection
- Hiking shorts, synthetic, quick-drying
- Hiking pants, synthetic, quick-drying
- Hiking socks and liners
- Swimsuit

Clothing Accessories

- Sun hat
- Bandana

Outerwear

- Rain jacket (or poncho), waterproof and breathable
- Rain pants, waterproof and breathable, side zippers highly recommended
- Lightweight windbreaker

Footwear

- Lightweight hiking boots or trail shoes, broken-in
- Comfortable walking shoes or sandals
- Water sandals or booties

Travel Accessories

- Sunglasses and retainer strap
- Sunblock and lip balm
- Insect repellent with Deet
- Small binoculars
- Handi-wipes
- Toiletry kit
- Hand sanitizer gel
- Watch with alarm or travel clock
- Headlamp/flashlight with extra batteries/bulb
- Personal first-aid kit
- Small towel and washcloth

Optional Field Gear

- Camera, film and spare batteries
- Pocket knife or multi-tool
- Reading and writing materials
- Ziploc bags for easy storage
- Mosquito head net

Medication

- Personal medication
- Anti-malaria tablets
- Allergy medication

Things to Consider

- Please remember to always pack essential items such as your passport, money, eyewear, hiking boots, a pair of shorts/shirt/fleece top/sandals and medications in your carry-on baggage, in case your luggage is delayed.
- Cotton is wonderful in warm weather. However, once it becomes wet, it will drain your body heat. Bring wool or synthetics such as Capilene®, MTS® and Thermax®.
- Bring clothing that is lightweight and protects you from the sun. Muted earthtone colors are best for wildlife viewing. It is always good to have a lightweight, long-sleeve jacket, especially for the evenings.
- Always test your layers before a trip. Your outer layer should fit easily over the inside ones without binding and bunching up.
- Make sure boots are broken-in. Bring moleskin for foot treatment. Thin liner socks worn under regular hiking socks may minimize the risk of blisters. The liner sock should be synthetic, not cotton. Test your sock combination before you go on the trip.
- Stuff sacks are great for sorting gear. Use different sizes/colors to differentiate contents.
- Plastic bags are great for keeping clothing and gear dry. Use Ziploc bags to keep wet clothes separate from dry clothes.
- If you wear prescription glasses, use a safety cord and bring an extra pair if possible. Contact lens wearers should also bring an extra set, or bring eyeglasses for a backup.
- Rubber boots are provided at the Camp.

