

## FIELD TRIP PREPARATION

Some of our tours involve travel to National Parks where you will stay in accommodation such as a jungle lodge or tent, travel by boat go jungle trekking and spend time outdoors. You may spend a couple of nights in these places before returning to a town. For these trips it is advisable to bring certain things such as good walking shoes, sun block, mosquito repellent, etc. The following checklist provides some suggestions of what to bring.

- Small backpack
- Light comfortable clothing (shorts, loose fitting shirts, T-shirts, Long sleeved shirt, long trousers, etc
- Good hiking shoes
- Rain coat or Poncho
- Swimwear
- Waterproof sandals / Flip flops
- Thin towels (they dry quicker in the humid climate)
- Sun Hat and Sun block
- Personal toiletries (shampoo, soap, toothbrush etc)
- Insect repellent (DEET)
- Plastic bags (or dry bag) to keep clothes and electronic dry in case of rain
- Water bottle
- Head torch / Flashlight
- Small water resistant bag or daypack
- Any medications and prescription drugs you need
- Leech socks (for tours that include jungle trekking)