

Tropics Packing List

Required

Passport and 2 color copies of it
Plane tickets
Daily medications you require with prescriptions
Debit and credit cards (call and tell them you will be traveling)
Driver's license or secondary ID
Vaccination certification
Cash; \$200 in small bills
Emergency kit including cold & diarrhea medicine
Bug repellent*

Recommended

Antibiotics prescribed by your doctor that would be useful for travel ailments

Not Recommended

Carrying large amounts of cash is **not** recommended
Traveler's checks are **not** recommended. (You will get a better exchange for your dollar at a cash machine)

Luggage

In Central and South America a backpack works best. Rolling luggage will work, but is not recommended because of poor road and sidewalk surfaces or lack of sidewalks. We personally travel light. We travel with 45 – 55 liter backpacks. Additionally we carry a medium size (8 liter) fanny/lumbar pack which when we are traveling can be worn in the front and then also used as a day pack on location. We also pack a feather weight waterproof stuffable daypack**

Clothes

We personally don't bring a lot of clothes because we do laundry along the way and also purchase clothes as we go. Clothes make great souvenirs.

Suggestions

1 pair hiking boots or very supportive walking shoes that are well broken in
1 pair of waterproof sandals such as Tevas or Keens
1 - 2 pairs of pants, zip-offs are convenient as a additional pair of shorts
1 - 2 pairs of shorts
2 short sleeve shirts
1 long sleeve shirt
1 rain/wind jacket
2 pair socks
2 pair underwear
Sleeping/comfy clothes
Swimsuit
Hat

Personal items you might want to bring

Binoculars
Camera/film and spare batteries/charger
Day pack**
Field Guides
Gifts for local communities (see the packing page)
Hairbrush/comb
High powered flashlight & extra batteries
High powered head lamp
Log book or diary
Mosquito proof clothing
Plastic bags (freezer bag quality) for all paper items and books
Rain poncho
Scissors, tweezers and nail clippers
Silk travel sheet liner
Small towel
Small waterproof dry sack
Spanish phrase book
Sunglasses
Swiss army knife or Leatherman
Travel alarm clock
Travel health insurance card
Umbrella
Watch
Water bottle – 1 liter

Toiletries

Shampoo/conditioner
Tooth brush/toothpaste
Sunscreen
Lip balm
Deodorant

*There are numerous brands of bug repellent that are natural and work very well and contain no pesticides. If Mosquitoes seemed to always especially like you, repellents with pesticides might be better for you. One highly recommended brand that contains no pesticide and works very well is Repel's plant based lemon eucalyptus insect repellent lotion www.repel.com. It can be purchased at stores like REI and Target.

**Several gear companies make feather weight waterproof stuffable daypacks. Recommended is Mont-bell's Versalite Pack 20, zero-point. www.montbell.us