NAKU Journey Packing List

Please use this list as your basic guide for packing. The NAKU Center is located in the Ecuadorian Amazon Rainforest. The weather varies during the day (cooler in the mornings and evenings and warmer and sunnier during the day). Depending on the month, it can also be very rainy throughout the day. Most groups will come in less rainy times, but there will still likely be a bit of rain in the night or mornings - it is a rainforest! We suggest dressing in lightweight and quick drying layers for sun and bug protection. We will be active in the jungle so comfortable activewear is best. If you have any specific packing questions, please email us at info@naku.com.ec.

NOTE ON LUGGAGE

We recommend that you pack lightly and only what you need. There is a 25 lb weight limit for each person's luggage for the small plane into the rainforest.

We recommend that you bring two bags: one large duffle bag, backpack or suitcase that can hold everything and a light daypack to carry water, rain jacket, bug spray, sunscreen, etc. If you own a dry bag, this is helpful but not essential.

CLOTHES

- Three pairs of lightweight, loose fitting, quick dry pants – synthetic work best. (no jeans)
- Five light-weight, long-sleeved synthetic or cotton-blend, hemp or linen shirts
- Tank or t-shirts
- Seven pair of socks and underwear
- Two sports bras
- Light sweater or fleece for evening
- 2 bathing suits
- Sun hat
- Two bandanas, headbands or neck scarves
- Leisure lightweight clothes for downtime (leggings or sweatpants)
- Sarong for swimming and bathing (optional)
- Pajamas (lightweight pants, t-shirt)

SHOES

- Strap-on sandals (Tevas, Keens, Earthrunners) * (mostly for swimming)
- Tall rubber rain boots **will be provided for you** in the rainforest and will be worn throughout the time you are there.
- You can also bring an old pair of tennis shoes/runners for camp which gives you a chance to get out of your rubber boots and still keep your feet covered.

SUPPLIES

- Daypack or mini-backpack
- Separate lightweight 20 litre dry sack for laundry
- Quick dry towel
- Light rain jacket
- Sunglasses (strap may be useful)
- Headlamp
- Journal and pen/pencil
- Refillable water bottle
- Handiwipes or small packages of tissues (optional)
- Binoculars (optional)
- Small pocket knife (optional)
- Ear plugs (optional)
- Sea bands or other for motion sickness (optional)

TOILETRIES

Keep in mind that the less we introduce into the jungle, the better. Biodegradable and organic is essential. We will be bathing in the river.

- Personal toiletries
- Sunscreen
- Bugspray
- Optional: afterbite or relief for bug bites
- Optional: tylenol, neosporin, bandaids, etc. Whatever you need!
- Optional: Personal supplements, probiotics, activated charcoal

Places to purchase biodegradable personal care products:

- **Fat and the Moon -** biodegradable shampoo & conditioner bars, first aid, deodorant etc.
- **Dr Bronners** multipurpose liquid soap
- **Package Free Shop** - sunscreen, shampoo, conditioner, oral care, bug spay and more!

DOCUMENTS & PERSONAL ITEMS

- Passport
- A photocopy of the photo page of your passport
- Copy of travelers insurance
- Copy of personal health insurance information
- Airline tickets
- A copy of yellow fever immunization card is necessary only if you are entering Ecuador from any country with active yellow fever
- Money-belt or vest pouch for money, documents, etc
- Cash: US Dollars for spending money

In addition, have one complete set of clean clothes for your trip out of the rainforest in a separate plastic bag. We will have an opportunity to do laundry in Banos as soon as we get there. Don't forget clothing for travel other than in the rainforest. You can leave your extra bags securely at the airport.

While in the rainforest, care must be taken to keep your clothes and belongings as dry as possible. Care is given to keep luggage dry especially when traveling by canoe but we recommend that you pack all your belongings in a dry bag. Books, documents and journals are best packed in zip-lock bags as additional protection.