

# Amazon Region Project Packing Suggestions



It's a good idea to pack your carry-on well, just in case your checked bag does not arrive on the same flight as you do. Here is a suggested list of items to bring with you:

## Supplies

- Duffel bag or suitcase (no higher than 22 cm so it will fit under the bunk bed)
- Backpack for day & weekend
- Towels, washcloths & hand towels
- Personal RX Medicines and OTC medicines as needed (suggestions are Cipro, Imodium, Bonine, Pepto-Bismol, Advil/Tylenol)
- Powdered Gatorade (electrolyte replacement)
- Reusable wide-mouth water bottle
- Snacks
- Spare Glasses/Contact lens & supplies (if applicable)
- Hand Sanitizer - Pocket size
- Soap/Shower gel
- Shampoo/Conditioner
- Flip flops
- Insect Repellent (at least 30% deet) – Canadian legal limit is 30% (higher in the US)
- Sunscreen
- Sunglasses / Hat
- Pen / Clipboard
- Kleenex & Toilet Paper – travel pack size
- Phone/Camera & extra batteries/charger
- Flashlight/penlight & extra batteries
- Ear plugs for sleeping
- Clothesline/pins and soap for hand laundry
- Baby wipes
- Clear nail polish for chigger bites

## Clothing

Please refer to "[Professional Dress Code for Projects](#)" found on our Resources web page

- T-shirts/Tops (quick drying are great, such as scrubs)
- Lightweight long-sleeve shirt when the mosquitos are out.
- Lightweight pants (quick drying is great, such as scrubs)
- Shorts (can be worn while in Leticia, but not recommended to be worn along the river)
- Nicer outfit for church or final dinner
- Calf Height Socks (not ankle socks due to mosquitos/chiggers)
- Bathing Suit
- Rain Jacket/poncho
- Rain boots
- Comfortable shoes (2 pairs in case one gets wet)