

Camps International Expedition Packing Checklist

You should consider that whatever you pack, you will have to carry with you. Therefore, be careful not to get too excited and take too much. Ideally you should have a 60-80 litre rucksack (Holdalls and suitcase are NOT suitable) and a small day sack (30-35 litres). You may want to pack a bum bag for use when you are there. You should use the following checklist as a guide:

Essential Items

- q☐ Photocopies of your passport and cash cards in case the originals are lost or stolen; the copies should be packed separately from the original documents
- q☐ Passport
- q☐ Spending money & ATM card

Suggested Items

Bags – Backpack & Day Sack

q☐ Backpack (60-80 litres) – this will be your hold bag on the plane and your main bag on the expedition. It is a good idea to get one with a waist strap for ease when carrying it. This is the bag you will carry during your time in the jungle but you will not have to carry all your kit for the whole trip during that phase. You will be provided with a secure location to leave unnecessary kit that you will pick up after the jungle – sometimes rucksacks come with an outer bag which protects the rucksack during travel in planes etc. – this bag can be used as a “spare kit bag”. It is essential that this bag has either a waterproof liner or a dry bag that will sit inside the bag and keep all your kit dry. The waterproof liners are usually not effective so an internal waterproof liner is recommended – these can be expensive specialist bags or simply sturdy rubbish bags. When it rains in the jungle it really rains, you will want to make sure your kit stays dry! In addition you can also buy smaller dry bags or “stuff sacks” which can be very useful to “compartmentalise” all your clothing and equipment, rather than having one enormous jumbled up mess!

q☐ Small day sack/rucksack (30-35 litres) – this is the bag you will carry on the plane as hand luggage and that you will carry with you daily. It needs to be big enough to hold the items you will need throughout the day e.g., spare clothing, sun cream, water, camera, insect repellent, small first aidkit etc. It is also worth either getting a bag with a waterproof lining or a dry bag so that your kit stays dry in case it rains, this will also protect cameras, iPods etc. from the humidity

Clothing/Footwear for Project work

- q☐ 2-3 sets of lightweight, quick drying, loose fitting long-sleeved tops and trousers for evenings
- q☐ 3 pairs of long shorts or cropped trousers (you will wear these for the project work, you will have

the opportunity to wash them! These don't need to be expensive since they will get ruined!)

q☐ 5 loose-fitting t-shirts (the same as the shorts or cropped trousers you will be wearing T-shirts nearly everyday, make sure they are loose fitting)

q☐ Well worn, comfortable and sturdy walking shoes or boots

q☐ 2 lightweight fleece for cool evenings and early morning

q☐ 1 pair of heavy duty gardening/work gloves

q☐ Socks

q☐ Lightweight Waterproof jacket or Poncho

q☐ Hat, ideally with wide brim to protect head, face and neck from the sun, and/or bandana

q☐ Sunglasses (with high UV protection)

Please note that you may be working in areas where the locals expect a certain dress code. In these cases you are asked to respect their customs and wear the appropriate levels of dress, e.g. long sleeves and excessive Camouflage/military clothing is not suitable.

Clothing/Footwear for Leisure and Beach

q☐ 1-2 nice sets of clothing for going out in the evening or to save for the end of your expedition

q☐ Girls: 2-3 vest tops (these are for R&R days & when you are in camp not for project work)

q☐ Shorts

q☐ Flip flops

q☐ Swim wear

Project Supplies

q☐ Notebook and pens or pencils

q☐ Insect repellent spray (ensure contains DEET or equivalent)

q☐ Sunscreen lotion with a minimum SPF 30

q☐ Water bottles (min 1 litre capacity). A bladder system of 1–2 litres is ideal for drinking as you move

with a spare bottle or bladder

q☐ Antibacterial hand sanitiser

q☐ Head torch with batteries (including spares)

Bedding and Bathing

q☐ Sleeping bag liner or tailored sheet from home (cheap cotton is best)

q☐ Pyjamas/Nightwear

q☐ Personal washing kit (we recommend bringing biodegradable soaps and shampoos)

q☐ Lightweight travel towel

q☐ Sleeping bag, 1- 2 seasons only (cheap, lightweight & synthetic type) – Please note, not everyone

will need a sleeping bag; some people will feel the cold more than others, therefore space could be saved in your kit.

Personal Supplies

- q Personal Mess kit - Plate/Mess Tin, mug (plastic, tin or a hardy travel mug are best), Cutlery (could be a “Spork” or a multi-tool type or just a plain old knife, fork and spoon from home).
- q Underwear – enough for at least 7 days, possibly more
- q Anti-malarial tablets
- q Travel wash for clothes
- q Sanitary products
- q Personal first aid kit (see below for suggested contents)
- q Earplugs & eye mask if you are a light sleeper
- q Lip Balm with high SPF
- q Wet wipes/Baby wipes/Tissues
- q Talcum Powder –
- q Contact lenses & solution (if applicable)

Personal First Aid Kit

Below is a suggested contents list. However, this is only a guide and you should consult a GP should you have any questions. You should also consider sharing a kit between 2 or 3 of you or at least share specific items.

- q Personal medication e.g. prescription drugs/inhalers
- q Plasters
- q Steri-strips for wound closure
- q Crepe bandage 7.5cm
- q Painkillers
- q Antiseptic wipes & Iodine Solution for wound/bite cleaning/sterilising
- q Antihistamine cream and tablets
- q Anti-diarrhoeal tablets (e.g. Loperamide, Imodium)
- q Decongestant (e.g. Sudafed) & throat sweets
- q Re-hydration sachets X 10 (e.g. Diarolyte)
- q Tweezers
- q Scissors
- q Antacids

Optional Items

- q Diary or journal
- q Camera with batteries/battery charger
- q Mobile phone
- q Personal stereo/MP3 player
- q Binoculars (if you have them, 10x40 are best for wildlife viewing)
- q Wildlife field guide
- q Books
- q Adapter - Important
- q Sewing kit
- q Spare batteries and film/Memory card
- q A roll of twine and several bungees for setting up hammocks and tarpaulins/washing lines etc
- q A pocket knife although make sure it is small and packed in your hold luggage