



GEAR LIST - CAPYBARA

N.B. Items and amounts are intended as a guide for your 14 day trip, but what you bring is really up to you. You will need the cold weather items – even in summer!

Please read the gear list carefully. We want you to be warm and happy when it's cold and rainy – and cool and relaxed when we're in the jungle! While the sections of Peru where we'll be travelling are in the tropics, and therefore officially fall into a wet (October till March) and dry (the rest of the year) climate pattern, **the reality is much more unpredictable!** There is no such thing as bad weather just the wrong clothes. You'll need to be prepared for anything.

ESSENTIAL GEAR

- 1 x duffle bag/backpack/suitcase - medium to large.
- 1 x daypack or camel bak™ (large enough for water, lunch, raincoat, camera and fleece and to double up as your overnight bag)
- 1 x Overnight bag - if your daypack is not large enough. You can leave excess items at the hotels when on the Home stay and Amazon Rainforest parts of the trip.
- 1 x waterproof jacket –medium to heavy weight with hood (without padded lining is best)
- 2 x fleece or wool sweater
- 1 x hiking boots
- 1 set of long thermal underwear – top and bottom (e.g. polypropylene, capilene™)
- 1-2 x pair of long pants/trousers - the zip-off kind that convert to shorts is really convenient.
- 2-3 x t-shirts (non-cotton and quick-drying – see fabric note below)
- 2-3 x long-sleeve shirts (non-cotton and quick-drying recommended)
- 1-2 x pair of shorts (non-cotton and quick-drying recommended)
- 1-2 x lightweight cotton shirts (for the Amazon rainforest)
- 1 x warm hat (e.g. wool/fleece ski hat)
- Underwear
- Socks
- 1 x swim suit
- 1 x sun hat (e.g. baseball cap)
- 1 x sunglasses
- 1 x camera, film/memory cards and batteries/charger
- Insect repellent containing DEET
- Sun-block – SPF 15-30 UVA/UVB broad spectrum minimum recommended
- 2 x 1 litre water bottle (if you don't have a Camelback)
- 1 x torch/flashlight (headlamp type are ideal)
- Toilet paper – not provided in public facilities in Peru, so you need to carry it with you at all times! (**IMPORTANT NOTE** – Do NOT flush toilet paper in Peru – use the rubbish/trashcan provided!!)
- 1 x toiletries/basic first aid kit – you'll need your own shampoo/conditioner, soap, toothbrush/paste, prescription medications/lenses, razors, feminine hygiene products etc. If you have preferred medication brands, it's best to bring them from home as brands vary in Peru. High-grade blister products such as second skin are also unavailable in Peru.

FABRIC NOTE: If possible, we recommend some pants, shorts and t-shirts made from quick-drying, non-cotton fabrics for the activities on our trips. This is because cotton clothing tends to retain water when wet (due to rain, humidity or perspiration) which usually results in making you cold and uncomfortable - the last thing we want you to be. If you don't already own some, at least one or two quick-dry t-shirts would be a worthwhile purchase for this trip.

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ESSENTIAL PAPERS

- Passport
- International and domestic air tickets
- Travel insurance papers
- Capybara Family Trip Itinerary
- ACTIVE SA Trip Summary - Printed from "*Step 7: My Final Trip Summary*" (this includes the emergency contact numbers)
- Credit cards

OPTIONAL ITEMS

- Money belt/pouch for valuables (For transit only; you can always leave your valuables in the hotel safe)
- Hairdryer
- Adapter plug (voltage is 220 volts)
- Reading material, pocketknife, alarm clock, binoculars etc.
- 1 pair of cycle shorts
- 1 x waterproof trousers – lightweight nylon or polyester
- Camping towel - Only cold showers available at the jungle lodge.
- Potable water treatment tablets - Only necessary if you want to drink tap or stream water. Boiled or bottled water is available every day.
- 1 x sports sandals
- Energy snacks and drinks – your favourite brands may not be available in South America.
- Walking poles
- Antiseptic wipes or hand sanitizing gel
- Ear plugs – in case there are any snorers nearby!
- Knee supports – a good idea if you have weak knees or could otherwise do with extra support while hiking.

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