

Packing List

At Camp

- 1 two-man tent
- Thermarest
- Sleeping bag
- Wash-kit (toothpaste, toothbrush, razor, soap, etc.)
- Towel
- Torch
- Personal medication, contact lenses, etc.
- Sarong or Kikoy - *these are great as extra blankets or towels, or simply to provide some privacy when changing outside.*
- Insect repellent
- Small first aid kit

General Clothing

- 2 to 3 pairs of shorts
- 2 pairs of trousers
- 4 to 5 t-shirts
- 2 light-weight shirts
- 7 pairs of underwear
- 7 pairs of socks
- 1 pair of tennis shoes for wearing at camp.
- 1 light-weight rain jacket
- 1 fleece jacket
- 1 hat or buff

For the River

- 2 pairs of board shorts
- 3 thermal tops, long-sleeved or short-sleeved
- River sandals – *we recommend Chaco or Keen*
- Water bottle (Halogen type)
- Sun cream
- Sun glasses with chums so as not to lose them
- Thermal tights, especially if you want to be protected from the Equatorial sun (strongly recommended!)

Please note: In addition to these items, river guide trainees will be expected to bring **their own professional river equipment** (please see attached list – River Equipment Package).