

Personal Packing List

Pack your personal belongings in one carry-on roller bag and backpack. Mark personal items with your initials for easy identification. Use your 50 lb checked bag for liquids over 3oz (sunscreen, insect repellent, shampoo) and village supplies. Ask your trip leader about potential checked bag fees. Visit your airline's website for the most up-to-date information on bag dimensions. Review the Dress Code Pictures on the website, [Resources | Amazon Outreach](#) and watch our How to Pack video [How To Pack Your Bag - Amazon Outreach Luggage Information](#)

Travel Essentials

- Passport and eVisa with digital copies and two photocopies kept in different locations
- Copy of flight itineraries with locator numbers

Clothing

- Shirts: (3) T-shirts or sleeveless shirts, but with wide straps only (no spaghetti strap tanks)
- Shorts: (3) mid-thigh
- Socks (4-5): colorful or identifiable to easily find
- Underwear: (4-5), Bras (3)
- A light jacket or thin sweatshirt: airports, planes, and nights on the river can get VERY cold
- Travel clothes: Compression socks are good for long flights
- Church clothes: can be the same as travel clothes (Women—casual skirt or dress/ Men—Cargo shorts or pants)
- Pajamas: appropriate for mixed company - usually knit pants, shorts, T-shirts
- Sturdy village shoes: recommend, enclosed athletic shoes
- Sturdy Flip-Flops: for boat wear, not for the villages
- Swimsuit: one piece or wear a shirt over a full-coverage tankini
- Hat
- Sunglasses

Personal Care

- 8 oz Sunscreen: (preferably lotion, spray makes the floor slick)
- 8 oz Insect repellent spray (30% DEET is suggested, but please test pre-trip for reactions)
- Optional Lysol wipes for chiggers prevention when returning to the boat
- Toiletries: in a hanging bag to hang from your hammock
- Soap for bathing: useful to put shower items in a mesh lingerie bag with drawstrings
- Five-gallon large Zip Lock bag with a handle for keeping your clothes dry in the shower
- Loofah: bath towels provided, but not washcloths
- Carabiners for hanging items from the hammock
- A water bottle (if you can attach a carabiner, all the better)

Comfort and Entertainment

- Travel pillow, small travel blanket (Blankets are provided, but it is nice to have an extra)
- Flashlight or headlamp, preferably with red light (this keeps bugs away)
- Earplugs, or wireless EarPods, for white noise
- Earphones for in-flight movies
- Sleep mask
- Bible, small journal, devotional, pen/pencil
- Travel snacks (individually wrapped or in a baggie)
- Individual packs of powdered electrolytes

Electronics and Money

- Phone charger
- Three-plug electrical adapter and 8 ft extension cord (optional) or an extra-long charger
- Spending/Travel Money: \$100+ in small denominations, recommended for travel expenses. A suggested donation of \$50 per person is optional for the translators and crew. Some airports don't accept cash, and most souvenir shops accept credit cards.

Medicines

- Personal prescription medicines
- Malaria pills

Note: Pack all personal and travel essentials in your backpack/tote. Keep in mind that if the plane is full, they may require you to check your carry-on items at the gate.