



## Gear List for the Amazon Volunteer Trip

### INTRODUCTION AND WEATHER

The key to staying comfortable while on an active trip is layering. To get maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. This gear list has been created to help you choose your equipment for the trip. Try to bring only what is necessary. Average daytime temperatures in the Amazon are expected to range from 73 – 87 degrees F. Days are generally clear and pleasant, with occasional showers. All day rain is unusual. Volunteers work unless there are unusually severe weather conditions. Please come prepared for all possibilities, with good lightweight raingear.

### RECOMMENDED GEAR

#### OFFICIAL PAPERS

- ☐ Airline itinerary and confirmation number
- ☐ Valid Passport
- ☐ Proof of emergency medical and evacuation insurance

#### LUGGAGE

- ☐ Soft-sided suitcase. **Our baggage limit is one checked bag at 40 lbs.** Excess weight fees will be charged.
- ☐ Small Daypack (approx. 2,000-2,500 cu. in.) to carry your lunch, camera, water bottles, extra clothing
- ☐ Passport pouch and money belt

#### OUTERWEAR

- ☐ Hooded lightweight rain/wind jacket, waterproof and breathable
- ☐ Rain pants, waterproof and breathable
- ☐ Rain cover or large plastic bag for your daypack

#### FOOTWEAR

- ☐ Sturdy low or medium hiking boots or walking shoes, waterproof, broken in, aggressive tread.
- ☐ Comfortable shoes for travel

#### CLOTHING

- ☐ A few lightweight, casual, easily washable items for travel and wearing after work
- ☐ Hiking shorts, lightweight and synthetic
- ☐ Hiking pants you can work in, lightweight and synthetic
- ☐ Long-sleeve shirt(s), lightweight and synthetic for cool evening and sun protection
- ☐ T-shirts, quick dry
- ☐ Hiking Socks (synthetic or wool) and liner socks
- ☐ Socks and Underwear
- ☐ Sleepwear

#### CLOTHING ACCESSORIES

- ☐ Sun hat
- ☐ Bandana
- ☐ Leather gloves for work
- ☐ Safety glasses (or similar eye protection)
- ☐ Clothesline and washing detergent packets

#### OPTIONAL CLOTHING

- ☐ Swimsuit and sun protective swimwear (such as Rashguard)
- ☐ Watersport sandals
- ☐ Beach towel

#### TRAVEL ACCESSORIES

- ☐ Two (2) one-quart water bottles or hydration system
- ☐ Flashlight or headlamp
- ☐ Sunglasses and retainer strap
- ☐ Sunblock and lip balm
- ☐ Face masks, hand sanitizer gel, personal wipes
- ☐ Toiletry kit
- ☐ "Quick-dry" towel
- ☐ Personal prescription medication
- ☐ Personal first aid kit including motion sickness remedies
- ☐ Insect repellent
- ☐ Electrical plug adapter

#### OPTIONAL FIELD GEAR

- ☐ Camera, and accessories
- ☐ Small binoculars
- ☐ Dry Bag
- ☐ Watch or clock with alarm
- ☐ Spare contact lenses or glasses
- ☐ Earplugs (for sleeping)
- ☐ Reading and writing materials
- ☐ USB Flash Drive
- ☐ Small 12 V. fan
- ☐ Small rechargeable lamp or solar lamp
- ☐ Tablet or Smart phone

## **Gear List for Amazon Volunteer Trip (Cont'd.)**

### **Things to Consider**

- Always pack essential items such as your passport, money, eyewear, medications and one set of spare clothes in your carry-on baggage, in case your luggage is delayed.
- The sun is particularly strong on the equator, so a good sun hat and a long-sleeved, light-colored shirt are important. Bring plenty of water-resistant sunscreen.
- Swimming from the canoe may be an optional activity. If you think you would like to do that, please bring the optional clothing gear.
- The volunteer trip involves travel on small airplanes and boats. Those who tend to get motion sickness should bring their favored remedy: medication, patch or wristbands.
- The baggage weight limit for flights is 40 pounds. Pack lightly to keep baggage to a minimum and under the 40-pound limit
- Cotton can initially feel wonderful in warm weather. However, once it becomes wet, it will drain your body heat. Consider bringing wool or synthetics such as Capilene®, MTS® and Thermax®.
- Always test your layers before a trip. Your outer layer should fit easily over the inside ones without binding and bunching up.
- Always make sure boots are broken in. Bring moleskin for foot treatment. Thin liner socks worn under regular hiking socks may minimize the risk of blisters. The liner sock should be synthetic, not cotton.
- Remember to notify your credit card companies about your travel to Ecuador

We are looking forward to enjoying this trip with you. If you have any questions about the gear list, please contact us at [info@conservationvip.org](mailto:info@conservationvip.org)