

Items to bring:

Clothing: (8 days, 7 nights)

comfortable clothing that may get a little wet. It can be cool, hot and rainy all in the same day.

Pants

Shorts

T-Shirts

Swim Shorts / Bathing Suit (2)

Sturdy walking shoes

Sandles (with heel strap), water shoes for rafting – no flip flops.

Rain Jacket

Personal Items – ex. medication

Toiletries - towel, deodorant, personal items, toothbrush and toothpaste is a must!

Other:

Day pack

Headphones for airplane

Water Bottle

Bible

Hat

2 pens

Sunglasses

Flashlight

Watch/Phone

Sun Block / insect repellent

Camera - with memory cards

Batteries or Chargers – (electrical outlets are the same as US)

Plastic Bags for storage of liquid items and transporting wet clothing