

PACKING FOR THE AMAZON

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1. Personal packing list.
2. Comfortable hiking boots and canteen.
3. Wash cloth, small bath towel, hand towel
4. Sheets for twin bed, pillow & pillow case
5. Soap & shampoo (lice shampoo, also)
6. I strongly suggest that you use a digital camera if you plan to take pictures.
7. A small LED flashlight. Walmart has one or about \$6.00 that uses only one AAA battery f. It will run all day on one battery.
8. Lip balm and sun screen (minimum protection of 30)
9. Cortizone for itching from chigger bites.
10. Work gloves for construction.
11. Insect spray w/deet (The very best and strongest)
12. Hat; caps are ok, but a hat with a brim is better.
13. Snack food (see Required Reading)
14. Any medications you may require.
15. A small notebook and pen to record the events & names of the places visited.
16. Kleenex, 2 rolls of toilet paper & wet wipes.
17. Candy for the children; individually wrapped; about 5 pounds.
18. Luggage and straps to secure the luggage.
19. A good **inexpensive** watch and alarm clock.
20. Adapter plug that will allow you to plug your electrical items into their style of plugs. (Radio Shack #273-1406 or equivalent)
21. Motion sickness medication if needed.
22. Money for souvenirs and offerings.
23. Clear, antiseptic gel to disinfect hands.
24. Neosporin and Band-aids for small cuts.
25. Duck tape for luggage
26. Name tags filled out on each piece of luggage. .
27. Leave valuables such as credit cards, money, drivers license, etc., at home.
28. Small pouch for carrying passport. Should go around neck and hang under clothes. You may put your money in this also. The pouches are available at Walmart in the travel section.
29. 5 or 6 small zip lock bags to keep passport, etc. dry.
30. Tins such as the ones cookies and fruit cakes come in are very useful for putting your snacks into so they will not be crushed. Plastic containers are good, also.
31. **Keep a ball point pen in your pocket while on airplane to fill out forms. (very important)**
32. An AT&T phone card work in South America however you will NOT have much opportunity to use phone. Some phone cards do not work. Also you can get phone cards online at "www.nobelcom.com". You can Google "phone cards" on the internet and find others.
33. 8-10 Kitchen sized garbage bags for dirty clothes, etc..
34. **Any money that you plan to spend in Peru should be in small denominations...** 1's, 5's, 10's and 20's... unmarked, clean bills. New bills if possible. .
35. **For trips into the jungle I strongly suggest long pants and hiking boots for protection.** Flip flops and more comfortable clothing may be worn at other times if you like. Please keep the clothing modest.
36. I will be photographing this trip with a professional level camera. I will shoot hundreds of pictures. If you would like a copy of these pictures you should bring a USB "jump drive" or "flash drive" of about 4gig size. Walmart is the best place to buy these.

VERY IMPORTANT ITEMS

Hair dryers, curling irons and etc., should be capable of switching from 110 to 220-240 volts. **110 will not work.** You will not be able to use hair dryers and other electrical devices that pull a lot of power on boat. (see Required Reading for details)

IMPORTANT IMPORTANT IMPORTANT

LIQUIDS; I.E., deodorant, tooth paste, perfume, hair spray, etc., can only be carried in your carry-on under these very strict conditions. The containers must only be capable of holding 3 ounces. Note; A 4 oz container with 3 oz of liquid will not be permitted. You can only carry as many 3 oz containers as will fit in a 1 quart zip-lock bag. It must be a zip lock bag. LARGER AMOUNTS OF LIQUIDS MAY BE CARRIED IN YOUR CHECKED LUGGAGE!

You may not carry any knife or sharp instrument onto the aircraft. No matches or cigarette lighters. You may be arrested if you do so. You may put these items in your "checked luggage."

No Laptop computers in checked luggage.

Jokes about bombs and terrorism are expressly prohibited in airports and could cost you imprisonment and cause costly delays for the entire group.

NOTE: In keeping with the traditions of the people, one should be careful to ask before taking pictures. It is always correct to be polite and respectful of the people we visit.

Any questions do not hesitate to call me at home... 423-728-5425 or my cell..423-309-5217