



Kit List

Firstly, try and pack as lightly as possible to reduce the overall weight of your luggage, which in turn will reduce the amount of petrol/gasoline the boat motor will require to get us all up to the lodge – thus reducing the course's carbon footprint.

Clothes

Ensure that these are in neutral colours that will camouflage well against the jungle backdrop. Also, please be aware that you will be working closely with mist-nets, so few if any no buttons on sleeves, hats and so forth. Thanks!

- Light long-sleeved shirts for field use (they will get dirty and may get destroyed) (4)
 - Short sleeved, comfortable t-shirts (for lectures and relaxing around the lodge) (4)
 - Shorts or cropped trousers (pants) (for use in the lodges during the day) (3)
 - Durable long cotton trousers (pants) (the ones that dry quickly are the best) (4)
 - Plenty of underwear and socks
 - Fleece jacket (for occasional cold snaps – Frijajes) (1)
 - Bandannas (optional) (2)
 - Swim wear (optional) (1)
 - Sandals or flip-flops, for use in the lodges (1)
 - Pair of light hiking/ walking boots (leather boots are not very useful and may end up rotting away) (1)
 - Pair of wellington/rubber boots (for those occasionally muddy trails) (1)
 - Broad brimmed hat or cap (1)
 - Rain coat or poncho (ponchos are recommended as they keep daypacks dry as well) (1)
 - Respectable clothes (for day of arrival, final evening, and departure) (1)
- [Note: For a small fee, clothes can be sent down to Puerto Maldonado for laundering]

OTHER EQUIPMENT

- Binoculars (waterproof) – recommended magnification: 10 x 42.
- Field guides (Birds of Peru, by Thomas Schulenberg et al.).
- Digital camera (and spare batteries).
- Head-torch (this is best) or torch (flashlight) (with spare batteries and bulb).
- Small crochet needle (to help extract tangled birds in mist-nets).
- Pocket knife (one with a locking blade is best) (remember to pack this in)

your hold luggage!

- Insect repellent (DEET-based is best, though read application guidelines)
- Sunscreen (SPF 25+)
- Sunglasses (the glare of the sun on the river when in the boat can be uncomfortable).
- Wash bag and toiletries (biodegradable soap and shampoo would be best)
- Travel games and books (good novels are always appreciated, and can be swapped with those available at the lodge).
- An alarm clock (loud enough to wake you up!)
- Zip-lock bags (for general storage and to keep things as dry as possible).
- If you wear contact lenses, please also bring your glasses, as contacts can sometimes lead to eye infections.
- Compass (vital, learn how to use it) (trail maps will be given out to everyone on arrival at the lodge).
- Notebook, pens and pencils.
- Waterbottle (the Platypus water 'bags' are useful for doubling up as hot water bottles during cold friajes!)
- Sleeping bag (not essential, as sheets and blankets are provided, but if you bring one it may be useful none-the-less if a cold front shows up!)
- A supply of silica gel (to keep your electrical items as dry as possible).
- Personal First aid kit. Recommended contents: Painkillers (Paracetamol/Ibuprofen), diarrhoea tablets and rehydration salts (Dioralyte/Electrolade), antiseptic/alcohol wipes, crepe bandage & safety pins, plasters (Band-Aids) and blister plasters, dressings/sterile gauze, zinc oxide tape, topical antibiotic & antiseptic cream/iodine solution, anti-fungal cream & powder (especially for feet), hydrocortisone/anti-itch cream & heat-rash cream, anti-histamine cream & tablets (for insect bites and reactions, such as Piriton/Piriteze or similar), motion sickness tablets or bands, tweezers, small scissors, sanitary towels/tampons for the girls.