

# THOMAS JUNGLE TOURS

## Equipment and packing list for jungle trekking

### Small backpack

- **Shoes:** A non-slip sole is important, as you will be walking over hill and dale in the jungle.
- **Clothing:** Many guides and travelers go into the jungle wearing long trousers. This protects you from leeches, thorns and plants. As you really do sweat a lot, it makes sense to wear clothes that dry as quickly as possible. Take extra clothes with you for the evening in camp, possibly a pullover (it can get chilly in the evening).
- **Flashlight:** It's pitch black in the middle of the jungle at night.
- **Rain protection:** Take a rain jacket with you and pack at least one set of clothes in a plastic bag. It would be best if your rucksack also has a rain cover.
- **Hand sanitizer, insect repellent and sunscreen:.** Of course, you should spray yourself often enough.
- **Flip flops** are very practical during your time at camp.
- **Bikini/swimsuit and towel** so you can enjoy the refreshing river.
- **Possibly medication:** Diarrhea, headache ...

**What you don't need:** Mosquito net (available at the camp), sleeping bag or thin sheet (usually supplied by the organizer), mountain boots, cosmetics such as shampoo, creams etc. (take up too much space and weight), large and heavy towels.