



Recommended Packing List

Bags

- Backpack or soft bag for luggage
- Small day pack for daily use

Please note that luggage will be carried on the outside of the vehicle, so please waterproof your bag. We do not recommend bringing suitcases.

Footwear

- Sandals or thongs (slip on/slip off footwear for the bathroom)
- Trekking or Hiking Boots – we encourage footwear for the treks that cover and support the ankles
- Slippers - worn at home host's. Please note that shoes are not to be worn inside homes.

Clothing

- Socks x 5 (+ footy/trekking socks x 2 – to protect against blisters whilst trekking)
- Underwear x 8
- Casual shorts x 2
- Full length hiking pants (quick dry fabric) to protect legs from scratches, bites and sunburn.
- Collared shirt / t-shirts x 10
- Long sleeved t shirt/shirt x 2
- Tracksuit / Jumper (it can be cool in the evenings)
- Hat/Cap / Swimmers / sarong / sunglasses
- Plastic poncho x 3

Sleeping

- Sleeping bag / or light blanket
- Pillow case

In addition to regular Toiletries you will need to bring

- 2 x Towels - 1 (quick dry fabric) & 1 for swimming.
- Hand Sanitiser & Cleansing wipes (ie wet ones)
- Tissues or toilet paper

Basic First-Aid Kit

- Motion sickness tablets
- Malaria medication
- Lip balm / sunscreen, antiseptic hand gel & DEET based mosquito repellent (*please note mosquito nets will be provided over beds*)
- Aspirin /Ibuprofen / Antihistamine / Anti-inflam
- Imodium or similar tablets for mild cases of diarrhoea
- Tea tree or anti fungal treatment
- Re-hydration powder
- Band Aids & plaster for blisters
- Soft footwear inner soles - to mitigate blisters
- Extra prescription drugs you may be taking

Other

- Torch / headlight (spare batteries)
- Hiking pole
- US Dollars - \$100 (entry taxes + spending money)
- US Dollars in small denominations (\$1, \$2, \$5)
- Phone (*with global roaming facility*), Camera / Torch / two prong European Adaptors
- Inexpensive gifts (Australian themed pencils, paper and books, 'nice' soap)
- Pens / Travel journal
- Snacks: muesli bars or nuts in plastic containers.

Optional

- Games or pack of playing cards (Uno, Memory)
- Binoculars
- Photos of YOU for your Home Host is a great gift to leave behind.