



# AMAZON EXPEDITIONERS

## NOMADIC SURVIVAL EXPEDITIONS

### WHAT TO PACK

We suggest you consider every item mentioned on this page, at the same time have a lot of common sense in the quantity and size of each of the products you obtain considering the amount of days of your expedition. Remember, that the more compacted you pack, the lighter your load will be during long strenuous hikes through the jungle. **In a few words "PACK LIGHT AND SMART".**

### GEAR PROVIDED BY PARTICIPANTS

#### Personal Gear:

- Hiking pack **(55L to 65L approx.)**
- Tent or mosquito net
- Light sleeping bag or blanket
- Light sleeping mat
- Waterproof bags for general items
- Waterproof poncho or jacket
- Rubber boot **(sizes available in Peru are 10.5US or 44EU and below for 12 USD approx.)**
- Personal hydration bottles with incorporated water filters
- Head torch/flashlight with extra batteries
- Personal whistle
- Sun hat with neck protection
- Binoculars **(optional)**
- Power bank or solar charger **(optional)**
- Photo/video camera **(optional)**
- Comfortable hiking pants
- Comfortable long sleeve shirts
- Comfortable t-shirts
- Comfortable socks
- Underwear
- Bathing suit
- Waterproof trekking shoes in case your rubber boot breaks
- Sandals
- Microfiber towel
- Basic sewing/stitching kit

### **Personal Hygiene and Care Kit:**

- Toothbrush
- Organic toothpaste
- Toiletries
- Odorless foot powder
- Odorless organic antibacterial soap
- Odorless organic sunblock of minimum 40 SPF
- Odorless organic Insect repellent DEET-Free
- Anti-itch cream for insect bites

### **Personal First-aid kit:**

- Antidiarrheal medication
- Throat lozenges
- Motion sickness medication
- Sunburn salve such as aloe vera gel
- Aspirin or other painkillers
- Antibiotics
- Antacid tablets
- Flu medications
- Band-aids
- Ace bandage
- Moleskin for blisters
- Personal medications if needed

### **GEAR PROVIDED BY AMAZON EXPEDITIONERS**

- Satellite/GPS Communication Devices with 24/7 SOS Coverage and Live Locators.
- Professional First Responders Wilderness Kit for Emergencies Only (**Anti-Venoms, AED, etc.**)
- Water Filters for General Use (**Cooking/Drinking/Washing**)
- Shotguns, Machetes and Axes for General Survival Use (**Safety/Security/Hunting/Building**)



### **AMAZON EXPEDITIONERS**

**Departures & Arrivals Meeting Point**

JIRÓN NAUTA 737 - IQUITOS - PERU - SOUTH AMERICA

**WhatsApp. +51 999 116 499**

**Amazon Survival Training Center**

AMAZON RAINFOREST - PERU - SOUTH AMERICA

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