



## Amazon Retreat: Suggested Packing List

### The Bare Necessities:

- **Sleeping bag:** It gets cold at night (but hot as soon as the sun comes up)
- **Hammock** with a built in mosquito net like [CLARK Outdoor](#)
  - If your hammock does not have net, an accessory mosquito net will be crucial to sleeping comfortably: [ENO Guardian Bug Net](#)
- **Bio-degradable soap.** [Dr. Bronner's Soap](#) is a great all-purpose, all-natural soap
- **Quick Dry Towels** like [REI Co-op Multi Towel Lite](#)
- **Light:** Flashlight, Headlamp + extra batteries
  - [Luci Lights](#)<sup>®</sup>: Solar powered lantern, that also make great gifts for the tribe
- **Sunscreen:** important for long canoe rides
- [Lifestraw Water Bottle](#) with built in water filtration

### What to Wear:

- **Layers:** Quick dry, lightweight, long-sleeved tops and pants
  - Bring layers- it's hot in the day, cool at night (you'll want a sweater) and may rain from time to time, bring a rain jacket.
  - Long pants and sleeves are great to protect from the sun and insects.
- **Footwear**
  - Flip-flops are always good to have on hand!
  - Shoes or Boots that are comfortable for hiking and hold up in wet and dry environments
    - Some brands we love: Keen, [Vibram Five Fingers](#), all terrain running shoes from New Balance, inov8
- **Rain Gear/ Poncho**
- **Sarongs:** found to be a favorite in the forest by women because they serve many purposes.
- **Sun Hat & Sunglasses**
- **Bathing Suit**

### Pro Tips:

- **Insect Protection:**
  - [Andiroba Oil:](#) Repels bugs and heals the skin from bites, minor cuts and scrapes
  - [Copaiba Oil:](#) healing for the skin
  - [Repel Lemon Eucalyptus Natural Insect Repellent](#)
- **Medical kit:** Wound cleaning & treatment, blister treatment, liquid bandaids, Advil/ Tylenol, charcoal for upset stomach, iodine, medicine for diarrhea

- **Electrolyte powder/tablets**
  - This is important. You can pick up [NUUN Active](#) or [GU Hydration Electrolyte](#) tablets at Whole Foods
- **Essential oils** – Peppermint is cooling and takes away the itch from bites, lavender is calming and soothing, etc.
- **Insect Bite Treatment**
  - [After Bite](#)
  - 70% Rubbing Alcohol: After bathing, apply some rubbing alcohol then peppermint oil! The peppermint soothes the itching and the alcohol keeps the skin clean.
    - You can probably buy rubbing alcohol at Rio Branco or Cruzeiro do Sul so you aren't traveling around with it. A larger bottle is recommended (20 oz)
  - Word of caution: Keep your nails short and don't itch! Scratching can open up your skin to infection and will only make you itchier.
- **Water filtration:**
  - [Lifestraw® Mission Gravity Water Purifier](#) allows you to have drinking water at your hut, so you don't need to walk to the river every time you're thirsty (or want to brush your teeth!)
  - [SteriPEN®](#) is a handheld UV Water Purifier, and an incredible second line of defense
- **Snacks, Misc.** – granola bars, protein bars, nuts, etc.
  - MacroBars, Cliff bars, etc.
  - Fiber supplements
  - Himalayan Salt
  - Hot Sauce
  - Cutlery- also make great gifts when you depart!
- [Inflatable seat cushion](#)- a lifesaver on long canoe rides
- [Ground Chair](#) – for all night ceremonies
- **Travel pillow**
- **Pack-It Compression Bags:** [Eagle Creek](#)
  - Travel light- Use these to compress your clothing to a fraction of its size
- **Collapsible Laundry Bucket, Laundry Line, & Clothes Pins**
- **Needle, thread & duct tape**- for quick repairs
- **Large Dry Sacks or Contractor bags** (i.e. heavy duty garbage bags) to wrap your luggage in to protect it from dust, rain or water while in transit on the canoe
- **Solar charger:** [Goal Zero](#)
- [ENO Lightweight Travel Hammock](#) for hiking trips and excursions in the jungle.
  - **Presik chord** – for tying hammocks and anything you may need some rope for
- **Handkerchief** – they come in handy!
- **Glass eyedropper bottles** – if you'd like to purchase some medicinal Sananga
- **Himalayan Salt and**
- **Journal:** because you're going to want to write 😊

***Final Thought:*** *It's important to keep a positive mindset in an environment like the jungle. The best way to make the most of this experience is to take very good care of yourself throughout this epic journey. Boa Viagem!*

## **Suggested Gifts:**

*Gifts are a great way to connect! As always, simply being present with loving-kindness is the most precious gift any of us could give, but for those that wish to also bring something, here is a list of priority items that help make life for the Yawanawá fuller.*

*You may also choose to gift some of your personal items upon departure (ie. Lucy Lights).*

**Lights:** Lucy Lights, Flashlights (solar powered, hunting, tactical), and extra batteries

**Hunting:** Machetes, Knives (Kabar, tactical or multi), and other equipment

**Clothing:** Light colored, long sleeve shirts, long pants, dresses, rain gear/ waterproof clothing, hats, sunglasses, and sarongs

**Art supplies:** Shells, beads, scissors, needles

**Instruments:** Wooden flutes, drums, hand drums, acoustic guitars, maracas, guitar strings, capo (for guitar)

**For Fun!:** Yoga mats, snorkeling masks or diving goggles, soccer balls, and hammocks

