

VENEZUELA  
**GEAR LIST FOR MEN**

**CLOTHING** (quick drying everything!):

- \_\_\_\_\_ 2 pair of long pants (suggest one pair of “zip pants” that convert to shorts)
- \_\_\_\_\_ 1 or 2 pairs shorts
- \_\_\_\_\_ 2 long sleeved shirts (suggest button-down lightweight, light-colored ones)
- \_\_\_\_\_ 3-4 short-sleeved / tank tops
- \_\_\_\_\_ Light-weight waterproof windbreaker or rain jacket
- \_\_\_\_\_ 1-2 bathing suits
- \_\_\_\_\_ Lightweight hiking boots or comfortable walking shoes
- \_\_\_\_\_ Closed toed river or water shoe
- \_\_\_\_\_ Sun hat with brim / baseball cap
- \_\_\_\_\_ 2-3 pair of lightweight socks for hiking
- \_\_\_\_\_ Simple sandals or flip-flops for restaurant outings

**MISCELLANEOUS GEAR** (no aerosols – biodegradable products only):

- \_\_\_\_\_ Passport (keep a copy of your original separately)
- \_\_\_\_\_ Quart-size water bottle
- \_\_\_\_\_ Headlamp or flashlight with extra batteries (suggest a “hands free” headlight)
- \_\_\_\_\_ Camera with extra batteries and charger (kept in small drybag or waterproof container)
- \_\_\_\_\_ Towel (quick drying “Pak-towels” are excellent, cotton ones never dry in humidity)
- \_\_\_\_\_ Small day-backpack or “fanny” pack
- \_\_\_\_\_ Sunscreen for lips and body, personal medications (natural toothpaste, bug repellent)
- \_\_\_\_\_ Soap, shampoo and washing liquid / powder (all please biodegradable!)

**OPTIONALS:**

- \_\_\_\_\_ Portable musical device (walkman or I-pod)
- \_\_\_\_\_ Binoculars
- \_\_\_\_\_ Ear plugs
- \_\_\_\_\_ At least one pair of sun glasses
- \_\_\_\_\_ Assortment of Ziplocs and one tall-size kitchen garbage bag (good to pack clothing in 2-gallon freezer Ziploc bags for organizational and cleanliness reasons)
- \_\_\_\_\_ Pencils, writing pads, English/Spanish dictionaries, soccer balls (deflated) and pumps for the Pemón
- \_\_\_\_\_ US Dollars for tips / crafts

**IMPORTANT:**

Please note that we are operating an ecotourism trip and as such it is important to set an example within these communities. Hence we are suggesting biodegradable personal hygiene items and bringing used batteries and “cans / plastic” items back with us for correct disposal.