

VENEZUELA

GEAR LIST FOR WOMEN

CLOTHING (quick drying everything!):

- _____ 2 pair of long pants (we suggest one pair of “zip pants” that convert to shorts)
- _____ 1 or 2 pairs shorts
- _____ 2 long sleeved shirts (we suggest button-down lightweight, light-colored ones)
- _____ 3-4 short-sleeved tops / 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 neck strap or baseball cap
- _____ 2-3 pair of lightweight socks for hiking
- _____ Simple sandals or flip-flops for restaurant outings
- _____ 2 sarongs or casual evening wear outfits

MISCELLANEOUS GEAR (no aerosols and all biodegradable personal hygiene products):

- _____ Passport (keep a copy separately)
- _____ 1 or 2 Bandanas
- _____ Quart-size water bottle
- _____ Headlamp or flashlight with extra batteries (we suggest a “hands free” headlight)
- _____ Camera with extra batteries and plenty of film (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, safety pins, Purell.
- _____ Soap, shampoo and washing liquid / powder (all biodegradable please!)

OPTIONALS:

- _____ Portable musical device (walkman or I-pod)
- _____ Binoculars
- _____ Ear plugs
- _____ At least one pair of sun glasses
- _____ Thin panty-liners (minimizes panty count ... trust us on this one)
- _____ Disposable waterproof or panoramic cameras
- _____ Assortment of Ziplocs and one tall-size kitchen garbage bag (we actually like to pack our clothes 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.