

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.