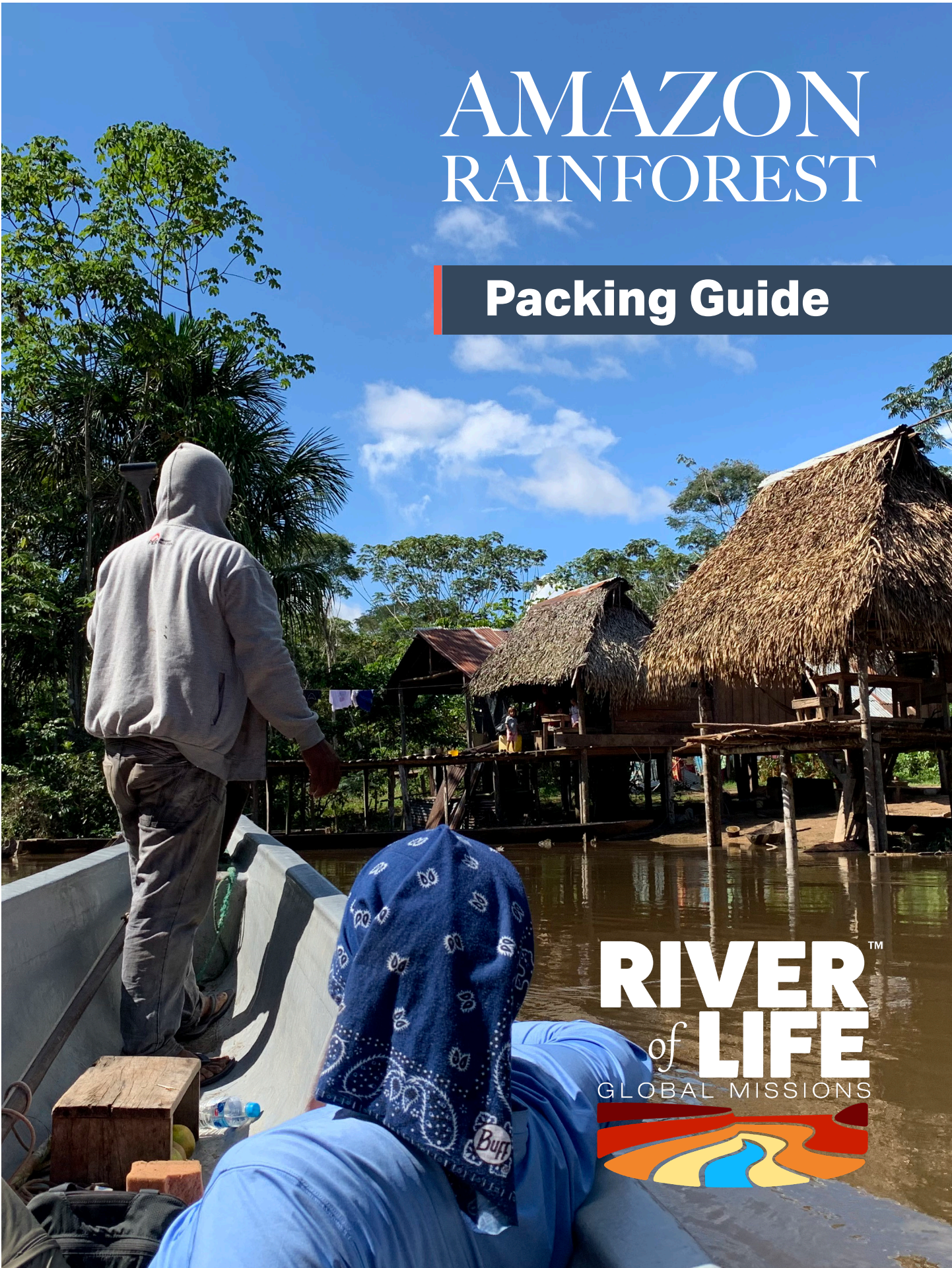


AMAZON RAINFOREST

Packing Guide

RIVER™
of **LIFE**
GLOBAL MISSIONS



A photograph showing a boat on a river in a tropical forest. The boat is moving from right to left, leaving a wake in the water. The forest is dense with green trees and foliage. The sky is visible in the background, showing some clouds. The text 'Packing Guide' is overlaid on a green rectangular background on the left side of the image.

Packing Guide

Packing in general is tricky, especially when you are packing for an adventure in the South American rainforest that will have you doing everything from traveling for hours by boat to camping in hammocks deep in the Amazon jungle. Not to mention the constant battle with humidity, strong sunshine, heavy rains and pesky critters! This is merely a guide developed by missionaries who are veterans of expeditionary mission trips that go deep into the Amazon River Basin.





Long-Sleeved Shirts

The best shirts for the rainforest are long-sleeved button-ups with a collar that can be flipped up to keep the sun off your neck. Breathable quick dry ones are the best (like these from Colombia or Magellan)



Pants

Bring quick dry full-length pants with lots of pockets and in neutral colors (bright fabrics can attract bugs). It's practical if one pair can be either rolled up or unzipped to turn into shorts, though most of the time you will want to be wearing pants that cover your legs to protect you from insects



Hiking Boots

A pair of comfortable, hiking boots with ankle support and have good tread are a necessity. The trails can be muddy and uneven causing you to slip easily so make sure they are a good quality boot. Also, get something with breathable material, so your feet won't get too hot. We highly recommend getting a Gore-Tex waterproof Boot.



Sun Hat



Socks

Merino Wool light weight hiking socks.

SLEEPING GEAR



Hennessy Safari Hammock

This style of hammock has a built-in mosquito net and comes with a rain tarp.



Hammock plus Mosquito Net



Summer Weight Sleeping Bag

This type of light weight sleeping bag could be considered too warm for the jungle, A bed sheet, or even the blanket the airline provides on the trip down will work fine.

Battery Powered Fan

This is considered a luxury item but worth its weight in gold on those humid nights in the jungle.



Inflatable Pillow



Ear Plugs



It gets loud in the Jungle at night. Also, helps block out others snoring.



Base Camp Duffles

These type of bags come in various sizes, 80-100 Liter is recommended. They are not waterproof, but water resistant. These bags get shuffled from boat to boat, hauled through the jungle in all types of weather conditions. Also remember you will need to keep your weight under 50lbs. You will have to carry these bags several hundred yards in some cases. Make sure the bag you choose has backpack straps.



Dry Bags

It is a good idea to use dry bags to store you clothes and other items in, if your bag is not waterproof. Large Zip-Locks bags will work as well.



Day Pack

A 10 liter day pack is great for keeping your Bible, Passport and money on you at all times. Most pack these backpacks in their large duffel till needed in the Misison Field.



Backpacks

Regardless of the brand of backpack you choose it should be considered as carry-on and meet airline guidelines, 28-38 litter backpacks typically meet those guidelines. It is reccommend that you take an extra change of clothes in your carry-on in case your luggage gets lost.

ACCESSORIES

Knives and Multi-tools



Headlamp and Flashlight



Repelet with DEET



Rain Jacket or Poncho



Carabiners



Portable Charger



Cord



Suggested Food Items



4-5 Freeze Dried Meals



Jerky & Slim Jim's



MRE's are great, but very heavy to pack.



Energy Bars, Protien Bars



Powdered Drink Mix



Candy for the Children