

KIT LIST

The following is only a guide.

Requirements for individual teams will vary.

Keep expensive valuables to a minimum.

- High Factor Sunscreen
- Holiday detergent (medium bottle)
- Personal toiletries
- Chap Stick (lips get very dry in mountains)
- Toilet paper
- Towels
- A torch and spare batteries (LED type head torches are good)
- Waist/bum bag (For security for travel documents and money)
- Warm sleeping bag
- Jacket or sweatshirt (winter temperature: 56-65F)
- Shorts and T-shirts for work
- Warm clothes for evenings/day trip to mountains
- Waterproof jacket
- Hat or other head protection from the sun
- Foot wear: Boots for work, trainers, flipflops
- Work gloves
- Camera
- Medical emergency traveller's kit
- Latin American Spanish phrasebook
- Card with your name, destination and home address inside each piece of luggage
- Yellow Fever certificate (carry with your passport)
- Immodium/Diocalm
- Rehydration salts
- Antihistamines for insect bites
- Antibiotics for minor illness/infection
- Prickly heat powder
- Drinking bottle (the Platypus flat pack ones are excellent)
- Durable plastic plate **or** bowl (don't require both) and mug
- Stainless steel, knife, fork and spoon

If you are visiting a malarial area you will also need

Mosquito net and hooks to attach to wall/ceiling (Impregnated with Deet is best)

Mosquito Repellent (with Deet)

Smouldering coils

Malaria tablets (Contact your G.P. for a treatment that is best for you)