



ADVENTURES
in good company

WINGS AND WONDERS OF GUYANA

Packing List

FOOTWEAR

- 1 pair Teva/Chaco sandals
- 1 pair sturdy walking shoes: athletic shoes with a good sole
- 2 - 3 lightweight pair socks: (Thorlo, Smartwool, running socks, etc.)

CLOTHING

- 2 pair lightweight pants: synthetic (nylon/polyester/spandex blend)
- 1-2 lightweight long-sleeve shirts
- 1 lightweight raincoat with hood - good quality **“waterproof”** PVC coated nylon, or Gore-Tex type material.
- 2 pairs of shorts: Quick-drying nylon is recommended
- 5-6 T-shirts (synthetic for paddling and hiking is recommended)
- 1 wide-brimmed hat, for rain, sun and high fashion (a string tied to the hat will keep the wind from blowing it away)
- 1 lightweight fleece jacket, fleece sweatshirt, or other warm layer. A vest is an option for this layer.
- underwear/nightwear
- bathing suit (nylon shorts and a running bra also work as swimwear)
- 2-3 changes of comfortable clothes: e.g. pants and/or skirts, blouses, and tops

ESSENTIALS

- Passport** and two copies
- 1 one-liter water bottle or hydration system
- 100% UV sunglasses with case and retention strap
- sunscreen and lip protection with an SPF of 30 or greater, **MUST BE “ENVIRONMENTALLY SAFE SUNSCREEN”** (free of oxybenzone and octinoxate)
- 2 garbage bags for boat transfers/wet clothes
- comfortable backpack for day use
- ear plugs (for a good night’s sleep)
- Insect repellent
- bandanna
- headlamp
- medium sized travel pack towel

TOILETRIES (small everything)

- Toothbrush, small toothpaste, dental floss, shampoo/conditioner, moist towelettes, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia, etc.



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- ___ Personal “patch kit”: blister care, bandaids,
- ___ Common over the counter medications like ibuprofen/aspirin, Hydrocortisone Cream, antihistamines, etc.

Individuals allergic to insect stings must bring an epi-pen.

NOTES ON PACKING LIST

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. **As space for luggage on our trips is limited in the small airplanes and transport vehicles, please do not overpack!**

Daypacks: Your daypack should be large enough to hold the following items: 1 liter of water, rain gear, lunch/snacks (for the day), sun screen, personal patch kit, and personal items such as camera, etc. We recommend a daypack with a capacity of between 18 - 24 Liters with a hip belt, padded shoulder straps, and ‘lifters’. Line your daypack with a durable plastic bag to keep your belongings dry and/or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of the items listed above.

Footwear: Well-fitting, sturdy shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you’ll find that this will give you more support in uneven or slippery terrain.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your activewear! All activewear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Rain Gear: You will need a jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms?



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Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.