

# Packing List for **ECO Teach** Expeditions



Pack in a duffel bag/suitcase/backpack that you can carry yourself and a day pack (If you have a suitcase with wheels, please realize there may be times when you will need to carry it short distances - wheels don't work well in sand, gravel or mud).

For trips that are more than 10 or more days long, we have arranged to do your laundry along the way.

## **Clothing**

- Sturdy sneakers or lightweight hiking boots
- Teva or Keene-type sandals
- 3-4 Pairs socks
- 2 Pairs of lightweight pants—nylon is better than cotton
- 3-4 Pairs shorts
- 5-6 T-shirts or short sleeve shirts
- Swimsuit
- Lightweight, nylon windbreaker jacket
- Rain gear or poncho (dark color for turtle patrols)
- Sun hat for the beach
- Underwear—lots
- Pajamas or sleepwear

## **Toiletries**

- Comb/brush
- Shampoo/bath soap
- Sunscreen 30+ (waterproof)
- Insect repellent
- After-bite stick
- Deodorant
- Toothpaste/toothbrush
- Washcloth
- Beach towel
- Hand Sanitizer (small bottle)
- Prescription medications
- Personal items

### ***TURTLE PROJECT PACKING TIPS***

*If you are participating in Turtle Patrols, you will need dark clothes and a dark rain gear to keep the turtles from "seeing" you.*

### ***CERRO DE MUERTE PACKING TIPS***

*If your group is traveling to Cerro de Muerte, pack some warm clothes  
It can get extremely cold in the mountains at night.*

## **Other Stuff**

- Passport
- Money--\$200-\$250 clean bills for tips and souvenirs
- Camera
- Alarm clock or watch with alarm
- Binoculars
- Games, cards, things to do at night and on the bus
- Notebook and pens for journal
- Small flashlight or headlamp with extra batteries
- Large ziplock bags for wet clothes & shoes
- Ziplock bags for electronics
- Refillable bottle for water
- School supplies for school visit (if part of your itinerary)
- Gifts, games or photos to share with your host family (if part of your itinerary)

## **Packing Notes:**

- Please pack in soft luggage if possible. We frequently need to load the luggage on the top of the bus and in boats. Soft luggage is lighter and easier to maneuver.
- Lightweight nylon pants or zip-off nylon pants are recommended. Cotton gets wet and heavy and doesn't dry in the humid tropics.
- Consider packing old t-shirts and other old clothes or shoes that you can wear and then leave behind.
- A good rain jacket or poncho is a **MUST!**
- If you have a tendency to get car sick, you may want to bring motion sickness medication.
- Bring binoculars! You will need them to see the birds and mammals that you may encounter in the wild.
- If you generally have allergic reactions to mosquito or bug bites, you may want to bring antihistamines.

**\*\*Do not bring things of great value. Electronics can be easily damaged by heat and humidity.**

*Revised 2/23/2012*