

Item	Description	Cold season	Dry season	Wet season
General:	<i>Refer to trip information for seasonal temperatures and conditions</i>			
Backpack	Large enough to hold all of your gear that will be taken into the forest.	✓	✓	✓
Torch	Head torches are a <u>must need item</u> for your stay in the village	✓	✓	✓
Waterproof Jacket	Must be fully waterproof, not water resistant.	✓	✓	✓
Walking Shoes	1x Walking boots or Running shoes – should be worn in. 1x Sandals or Flip Flops	✓	✓	✓
Waterproof Pack Liner	Waterproof backpack liner to protect your gear from wet weather conditions	✓		✓
Clothing:	<i>Note: Clothing should be conservative and culturally appropriate</i>			
Shirts	Light weight T-shirts/ long sleeve shirts for hiking and in the village – shoulders are expected to be covered at all times	✓	✓	✓
Trousers	Light weight trousers for hiking/ general wear. Shorts must cover your knees.	✓	✓	✓
Socks	3x minimum (<i>depending on length of stay</i>)	✓	✓	✓
Underwear	4x minimum (<i>depending on length of stay</i>)	✓	✓	✓
Fleece Jacket	Light – medium weight fleece jacket	✓		✓
Essential:				
Drink Bottle	2x 1 Litre (Strong Plastic / Aluminium)	✓	✓	✓
Hat	Personal preference	✓	✓	✓
Sunglasses	Personal preference	✓	✓	✓
Beanie	Woollen hat	✓		✓
Scarf	Cotton or woollen	✓		✓
Personal:				
	<ul style="list-style-type: none"> • Camera • Toiletries • Personal Medications • Small towel or chamois • Personal first aid kit 	✓	✓	✓