

Documents:

- Passport
- Airline tickets
- Medical insurance
- Yellow fever vaccination certificate
- Malaria prevention medication

Clothing and footwear:

- Hiking boots / sneakers, 2 pairs
- Fleece suit or similar warm clothing set
- Bandana or buff
- Sun hat / cap
- Long-sleeve shirts / tops
- Lightweight trekking pants
- Shorts
- T-shirts

Miscellaneous:

- Power bank
- Sunglasses
- Rain jacket
- Sunscreen SPF 50
- Lip balm SPF 10-15
- Personal first-aid kit
- Personal hygiene items, wet wipes, flip-flops
- Insect repellent
- Malaria medication
- Swimwear
- Mosquito net for the bed