

- A small rucksack for the day outings
- Broken-in trekking footwear with a stable sole
- Light footwear to change into
- A warm layer for the high country
- A windproof and waterproof jacket
- Light clothing that covers arms and legs, for Amazonia
- A sun hat
- Sunglasses
- High-SPF sun cream
- Insect repellent and your own protection against insects
- A flask or water bottle
- Head torch
- Dry bags or cases for documents and electronics
- Power bank and a plug adapter
- A personal first-aid kit, holding only the medicines agreed with your doctor

It is worth reading our pieces on the personal first-aid kit, the risks of altitude sickness and malaria prophylaxis beforehand. The final kit list is confirmed for the season and for your confirmed dates.