Brazilian Amazon Packing List

Since space in your cabin is limited, keep luggage to a minimum and pack in soft-sided luggage (like a duffle bag) that may be stowed under the bunk bed.

- Passport and International Vaccination Certification card (the yellow card you got with the yellow fever shot)
- Brazilian money - 200-300 reais (around $150 dollars)
  - We can exchange money in the airport in Miami.
  - If you’re a big souvenir buyer, you may want to bring more.
  - You should also bring US dollars with you. Some places in Brazil will take them (but not all).
  - You will need money to pay your drink tab on the boat (you will be able to buy soda) – how much depends on how much soda you expect to drink.
- Credit Card – call your credit card company to tell them where you are traveling and when, otherwise your card will be cut off when you try to use it. You will not be able to use a credit card in many locations along the river (hence the need for cash), but there will be some places that it can be used.
- Water bottle
  - You will fill your water bottle from the water cooler on the boat. Unlimited clean water will be available but you must have your own water bottle to access it.
- Rehydration packets/mix – bring enough to last you the entire trip, at least two per day.
- Hat with brim large enough to shade your face and back of neck
  - This is important. A baseball cap usually isn’t sufficient, as the sun is intense and you need as much protection as you can get. Students who have not brought this in the past have regretted it.
- Poncho
  - It will rain and you will be in it. A poncho is the best coverage for the location and activities that we will be engaged in. A poncho also allows you to hide a bag/backpack under it to keep cameras, etc from getting wet.
  - This is important. You will regret it if you don’t bring one.
  - Raincoats don’t work as well – not enough coverage and too hot.
- Sunscreen and insect repellent
  - Do not forget to bring both of these!!!! Each person needs their own supply.
  - When you are on the canoes, you should always have sunscreen and bug spray (in addition to a poncho).
- Sunglasses (and extra prescription glasses and/or contacts, if used)
  - Polarized recommended, but not required.
- Small daypack for hikes into forest
  - You’ll also use this to carry your camera and other personal items on the canoes (like sunscreen, snacks, etc.); a regular simple backpack is fine.
- Binoculars (provided on loan to you by UC) – bring them!!
- Camera, plenty of media cards, batteries and spares
  - **Optional:** Laptop or tablet for downloading your photos
    - This is optional. Bringing a laptop/tablet (or any electronic equipment) is always at your personal risk.
- Electric Note
  - Outlets in cabins are 110 V but have 2-pronged plugs, you may require 2-prong to 3-prong adapter
  - Power available only when boat generator is on (usually only at night)
- Journal
- Field notebook – provided to you by UC, for you to keep.
- Pens/pencils
- Zip-Loc plastic bags of various sizes
  - Handy to put your camera in if it rains when you’re out in the canoe.
- Field guides and reading materials
- Small flashlight
- Shoes -
  - Rubber soled shoes, or thong sandals/flip flops for onboard the boat
  - Water shoes (tight fitting sandals made of rubber like chacos, tevas, keens, etc.) are excellent for the canoes, especially for stability as you step in and out of the canoes. People often wear water shoes in the canoes and flip flops around the boat. Flip flops are not recommended for canoes, as it’s easy to slip in those as you are getting in and out.
Lightweight hiking boots (without heavy treads) or rubber rain boots for *terra firme* hikes into the forest.
- It’s recommended that you have something that covers your ankles, in case you come across any snakes or other critters on hikes. The guides will always walk ahead of us and look for snakes, but it’s always a risk. Snakes have amazing camouflage. There isn’t a need to purchase expensive boots (most anything will do as you will not be out on extremely long hikes).

- **Toiletries**
  - Towels, sheets and pillows are provided, but you need to bring all other shower/grooming/toiletry items.
  - You do not need a hair dryer, but can bring one if you’d like. You can only use it when the generator is on, which is usually only at night.
  - Wipes come in handy to clean things.
  - You will not be able to purchase toiletries for most of the trip; bring anything that you might need.

- **Ear plugs**
  - The air conditioning in the rooms is loud. You may need ear plugs to sleep better. Also, most of the rooms are on the bottom level above the engine. That will also be noisy.

- **Basic personal first aid supplies for bug bites or sunburn, minor cuts and scrapes, headaches and allergies** (there will be a first aid kit on board, but you may want to bring your favorite supplies)
  - Please bring your own basics, as it’s likely that everyone will need them – Benadryl, topical antibiotic ointment, anti-itch cream/ointment (for bug bites, something like Calamine lotion or Benadryl cream), Imodium, pain reliever, allergy medicine, bandaids, etc.
  - Allergies – if you have allergies, bring your own medicine.
  - If you are allergic to stings of any kind, talk with your doctor about whether or not you should participate.

- **Prescription medicines, vitamins, malaria meds (pack in your carry-on luggage)**

- **Biodegradable laundry soap** (phosphate free, just about any liquid detergent is okay)
  - You may do your laundry yourself, in the shower or a bucket. Small bottle of Woolite works well.

- **Lightweight, fast drying long pants** [i.e., jeans are not recommended once you get off the airplane] (2 pair)
  - Don’t bring jeans. You will not wear them.
  - Zip off, quick dry pants are excellent (where you can zip off the bottom below the knee)

- **Lightweight, fast drying shorts** (2-3 pair)

- **Lightweight, fast-drying long-sleeved shirt(s)** (1-2)
  - These are often called “fishing shirts” – button down, long sleeve – there will be times when you’ll be out in the intense sun and it will actually be cooler if you can cover your arms with a shirt like this.

- **Short-sleeved shirts or t-shirts**

- **Swim suit**

- **Underwear and socks** (some socks long enough that you’ll be able to tuck your pants into them)
  - Having a couple pairs that you can tuck your pants into is very important. You should *never* walk into the forest without your pants tucked into your socks.

- **Sleepwear**

- **Bandana** - very handy to have with you.

- **Sweatpants and sweatshirt** (it gets surprisingly cool at night!)
  - It really does get cool, especially when the boat is moving at night. A zip up sweatshirt is ideal.
  - Air conditioning can actually get quite cold at night, so you may need a sweatshirt in your room at night.

- **Snacks**
  - The food prepared by the crew is excellent!
  - There are always crackers and jellies in the dining room.
  - Bring some snacks that are easy to carry with you in the canoes (granola bars, beef jerky, trail mix, etc.).
  - Some mornings, you may go on an excursion in the canoes before breakfast and having a granola bar to throw in your bag will help. And, some excursions last much longer than expected (sometimes a couple hours), so you may be a couple hours late for a meal. Having snacks with you will help. Remember, you’ll be on Brazilian time, not American time (aka, things will often not be on time).
  - Vegan and vegetarian diets are challenging to accommodate. If you are vegan or vegetarian you should bring a lot of snacks.

- Do not bring anything you’d be heartbroken to lose, jewelry, etc.