

## Wildlife and Reforestation in Brazil

### Expedition Packing List

#### GENERAL

- Expedition Logistics Document
- Your travel plans, rendezvous details, and Earthwatch's emergency contact information
- Photocopies of your passport, flight itinerary, and credit cards in case the originals are lost or stolen; the copies should be packed separately from the original documents.
- Passport and/or visa (*if necessary*)
- Certification of vaccination (*if necessary*)
- Documentation for travel by minors (*if necessary*)
- Credit card that may be used in an emergency (travel delays, etc.)
- Adaptors, if needed, for electrical outlets (110V electricity type C and N)

#### CLOTHING/FOOTWEAR FOR FIELDWORK

- Lightweight, quick-drying, long-sleeved shirts
- Several pairs of lightweight, quick-drying pants (jeans do not work well in the field)
- T-shirts
- Good hiking boots with ankle support (waterproof hiking boots are recommended).
- Lots of socks
- Soft (foldable) hat with a broad brim to protect against sun and rain
- Rain poncho or jacket (rain pants are also helpful but not required)
- A pair or one hiking pole (can be beneficial in steep terrain but is not required)

#### CLOTHING/FOOTWEAR FOR LEISURE

- One set of leisure clothing for evenings and the end of the expedition
- One set of warm clothes for cool evenings (*especially for July teams*)
- Sandals for relaxation around the research station

#### FIELD SUPPLIES

- Drybag or plastic sealable bags (good for protecting equipment such as cameras from dust, humidity, and water)
- Sunscreen lotion SPF 30+ waterproof/sweatproof
- Insect repellent with Deet
- At least two one-liter water bottles
- Headlamp (preferred) or flashlight with extra batteries and bulbs (useful in the evenings to find your way to your room and to avoid snakes and other hazards)
- Small daypack/rucksack

#### BEDDING AND BATHING

**Note:** REGUA will provide linens, pillows, towels, blankets, and hand soap

#### PERSONAL SUPPLIES

- Face masks—enough for the duration of the project
- COVID-19 antigen (rapid) tests
- Personal toiletries
- Hand sanitizer
- Personal first aid kit (e.g., anti-diarrhea pills, antibiotics, antiseptic, itch-relief, allergy meds, pain reliever, bandages, blister covers, etc.) and medications.
- Personal medications or other necessities, enough to cover possible time beyond your planned travel days.
- Spending money (Only needed if you'd like to purchase snacks on the way to REGUA or if you are planning to visit the nearby town)

#### OPTIONAL ITEMS

- Trekking poles
- Snake guards (some guards will be available on-site, but volunteers are welcome to bring their own. Snakes are present but rarely seen).
- Swimsuit, especially on summer teams (Dec–March), as it will be very hot. (for participants 18+ only)
- Umbrella
- Gaiters
- Gardening gloves
- Travel guide
- Waterproof pants
- Favorite snack foods
- Sunglasses with retainer strap
- Binoculars
- Guidebooks, especially bird books, for Brazil
- Some duct tape (this is always handy, but a whole roll is not necessary)
- Hand-held fan
- Camera, film or digital memory storage, extra camera batteries (rechargeable batteries are preferred as there are no disposal facilities for used batteries)
- Books, games, art supplies, etc., for free time
- Earplugs for light sleepers

**Note:** *Bring only what you can carry and handle on your own. If traveling by air and checking your luggage, we advise you to pack an extra set of field clothing and personal essentials in your carry-on bag in case your luggage is lost or delayed.*