

g2p2pop RCN – 2023 Workshop

Recommended Packing List

- Headlamp or flashlight with batteries, for night activities
- Binoculars (optional), for nature tours
- Raincoat and umbrella (it will be during rainy season)
- Daypack (ideally waterproof or drybag), for carrying your personal items/equipment during the open-air tours
- Personal water bottle
- Comfortable clothes (recommended: T-shirts, shorts, loose fitting and quick drying trousers, long sleeved shirt or equivalent with UV protection, windbreaker, and waterproof light jacket)
- Bathing suit / swim shorts
- Cap or hat (it can be very hot and sunny when it's not raining)
- Wellington or regular boots, or sneakers, for walks in the forest
- Flip-flops or equivalent (so dirty boots won't need to be worn inside the boat)
- Insect repellent
- Sunscreen (high factor)
- After-sun / moisturizing cream
- Antihistamines / allergy medicine
- Any other medications you might need
- Personal hygiene products
- Cash, for any purchases in the city or in communities where they may not accept credit cards
- There will be enough food for main meals (breakfast, lunch and dinner), but feel free to bring snacks or other goodies you want. Note that the cabins do not have refrigerators.
- The boats do have towels in the cabins, but feel free to bring an extra as needed