



PAYAMINO VOLUNTEER RECOMMENDED KIT LIST

MEDICAL KIT LIST

Plasters, bandages
Antiseptic spray
Scissors and tweezers
Thermometre
Sterile needle and syringe kit
Insect repellent!
Insect bite cream (some bites are unavoidable)
Iodine or water disinfection tablets
Painkillers
Travel sickness medication is often a good idea
Antimalarial drugs
Re-hydration sachets
Antifungals
Antibiotics (such as Cyprofloxacin – ask your doctor)
Talcum powder
Alcohol-based hand-sanitiser
Any medication you regularly take and the prescription, if applicable
Appropriate travel or medical insurance

Please ensure, prior to departure, that you are not allergic or have any adverse reactions to any medication you intend to take with you. Particularly, talk to your doctor about antibiotics (gut infections are not uncommon and easily treated) and about which are the most appropriate antimalarial tablets for you (bear in mind only Atovaquine [eg Malarone], Mefloquine [eg Lariam], and Doxycycline are effective in this area of Ecuador).

GENERAL KIT LIST

High factor sunscreen – even if you don't usually burn: we're on the equator!
Mosquito net
Hammock (optional)
Sleeping bag or blanket, esp. if intending to sleep in a hammock
Long sleeved tops and trousers – think fast-drying and comfortable
Fleece or jumper
Hot weather clothes – think fast-drying and comfortable
Set of casual wear (e.g. if in town at either end of your stay)
Clothes-washing soap – you'll do your own laundry
Sunhat or cap
Swim-wear
Towel – think fast-drying
Light impermeable jacket
Flip-flops / sandals
Flashlight – a good one! Minimum 70 lumens recommended
Head lamp – not strictly necessary, but highly recommended
Rubber boots – walking shoes or trainers also recommended)
Binoculars are a good idea
Ziplock bags and silica gels for storing electronic equipment or even clothes
You will want to bring a camera!
Personal toiletries (soap and whatnot), ideally biodegradable
US-style plug adaptors
Water bottle / canteen – 1 or 1.5 L capacity; camel-packs are not recommended
Day pack
Snacks or things you can foresee wanting, you won't get these in the jungle