

PREPARATION CHECKLIST

CLOTHING

ESSENTIAL ITEMS

- ___ Passport (wrapped waterproof)
- ___ Airline Tickets
- ___ Emergency Cash (\$200)
- ___ 1 Large Suitcase or Backpack (70lbs. limit) plus 1 carry-on.
- ___ 1 Large Suitcase for medical supplies or team gear
- ___ Small backpacking size tent
- ___ Small "daypack"
- ___ Air-mattress or hammock
- ___ Sleeping bag or warm blanket & sheet
- ___ Poncho or small plastic tarp
- ___ Insect repellent (100% active)
- ___ Mosquito net (full length) and twine to tie it up (However, your tent may serve the purpose)
- ___ Sunscreen lotion
- ___ Small flashlight & batteries
- ___ Bath & personal toilet items (Don't forget toilet paper)
- ___ Towel & washcloth
- ___ Detergent (for laundry)
- ___ Anti-bacterial ointment
- ___ Food for 10 days in jungle (Plan your menu)
- ___ Eating utensils
- ___ Small amount of household bleach for purifying vegetables
- ___ Two one-quart water bottles
- ___ Bible, notebook and pencil
- ___ CERT Team Briefing Manual

- ___ Two or 3 large heavy duty bags & freezer type bags

- ___ Lightweight hiking boots & shoes
- ___ Four pairs socks
- ___ Two pairs long pants...preferably of quick-drying material
- ___ At least one long-sleeved shirt for sun & mosquito protection
- ___ Swim suit or short pants (keep in mind the abundance of bugs, fleas, mosquitoes, chiggers, etc.,
- ___ Three pairs underwear for jungle
- ___ Lightweight jacket or sweatshirt
- ___ Hat

OPTIONAL ITEMS

- ___ Camera, film, batteries
- ___ Small backpacking type stove if you plan to cook food
- ___ Battery operated tape recorder and/or radio
- ___ Binoculars
- ___ Bactrin
- ___ Pepto Bismol or Imodium Plus
- ___ Gatoraide or good electrolyte replacement