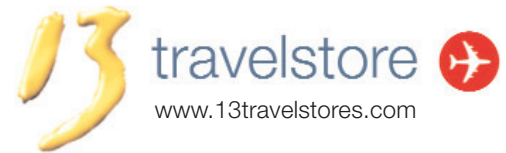


Tropical Climate Checklist



Jungle rainforest, South East Asia, the Congo, The Amazon are area's prone to humidity and heat. Preparation is essential. Arm yourself with knowledge. Guide books and literature to you chosen location and of course experienced advice from colleagues can be invaluable.

- See basic list.
- Sunnies with good UV protection (function over form).
- Sun protection. Parasol/P20 (one application per day).
- Bio degradable soap.
- Hand sanitizer.
- Moisturizer (good for long flights).
- Sterile first aid kit (with disposable syringes).
- Mosi repellent containing deet 50/100% (natural alternatives are available for sensitive skin).
- Wash bag.
- Trek towel (lightweight) packable.
- Water bottle.
- Water purification i.e. iodine, chlorine, neutralizing tablets. (Trip/region dependant).
- Pocket Swiss army knife/leatherman (never in hand luggage when in transit, you risk confiscation/or worse).
- Torch with spare batteries (AA batteries are easier to find than most).
- Universal plug adaptor (these rarely convert current-unless weighing in like a power station).
- Travel clothes line.
- Pack down cubes (vacuum packs).
- Travel pack with optional/detachable day sack (rucksack).
- Permetherin treated mosi net.
- Sleeping bag - preferably synthetic as these still retain heat when wet, they dry easier and faster than natural fibres and they breath better in hot climates.
- Sleeping bag liner - cotton/silk/fleece. (Boost your bags range, hygienic, very good pack size)? Easier to wash than your sleeping bag.
- 3 good pairs of socks (don't scrimp on this one). Sock liners cut down blisters and wick moisture effectively. Thermal liners also available.
- Underwear 3 minimum (unless you're a commando).
- Boardies, swim shorts, bikini, cosi.
- Cap/sunhat. Climate dependant.
- Shoes/boots (strong arch support) good soles protect your feet.
- Sandals/flip flops/amphibious trainers. breathable footwear.
- Packable waterproofs. (Trousers dependant on climate).
- Skirt/long trousers possible zip off trousers (no, not the full monty type trousers).
- Sarong wrap (popular footballers making this item non gender specific. Swim wear).
- A few t-shirts. (Consider disposable/replaceable).
- Long and short sleeve shirt.
- Micro fleece (good warmth to weight ratio for those nipple twister evenings).
- Contraception for happy couples and those on the jungle prowl.
- Light weight wicking base layer with thermal properties (used for altitude and cold nights).
- Gloves (climate dependant).

JUST A THOUGHT - Technical fabrics do not work as well in high humidity conditions as the temperature of the face fabric is often higher than internally therefore not enabling the fabric to be so effective at shedding moisture.