

## **IPS 2018 Colombia Biennial – Suggestions For Packing**

Be Sure To Bring:

- Passport & if required Visa
- Hat with brim to shade face and back of neck
- Sun screen lotion
- Insect Repellant
- Sun Glasses (and extra prescription glasses or contacts if worn)
- Small day pack
- Canteen or water bottle
- Binoculars
- Camera
- Extra batteries for camera (and for flash if you use one)
- Field guide(s)
- Small flashlight or head lamp (with extra batteries and bulbs)
- Something to read
- Lightweight rain jacket or poncho
- Plastic boots for mud walking tours in Buenaventura
- Zip lock plastic bags for camera and electronics during boat rides
- Sneakers, rubber-soled shoes, aqua socks
- Packets of silica gel to keep camera and binoculars dry
- Ivory soap
- Watch and/or travel alarm
- Lightweight, fast-drying, long pants
- Lightweight, fast-drying, shorts
- Lightweight, fast-drying, long-sleeved shirt(s)
- Lightweight sweater or jacket
- Short-sleeved shirts or t-shirts
- Bathing suit
- Underwear and socks
- Sleepwear
- Bandana

## **ADDITIONS TO PACKING LIST**

- Cash in local currency: You can take money out from ATMs once you arrive in Colombia. If you've never taken money out in an ATM outside your home country, we recommend you check with your bank on how to do so.
- Enough prescription medicine and over the counter medicine to last at least a week beyond the end of the trip
- The generic names (and chemical formula, if possible) of any prescription that you take.
- Phone & other contact information for your doctor
- More than one major credit card with enough balance to pay additional extras you may need.
- Epipens if allergic to insect stings, etc.
- Travel insurance contact and information on hand.
- Health Insurance information if covers world.