

Packing List for the 'Lost City' trek in Colombia

<p><u>Toiletries</u> (all travel size when available):</p> <input type="checkbox"/> Toothpaste <input type="checkbox"/> Toothbrush <input type="checkbox"/> Biodegradable toilet paper <input type="checkbox"/> Biodegradable soap/shampoo <input type="checkbox"/> Deodorant <input type="checkbox"/> Comb <input type="checkbox"/> Sunscreen <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Bug spray (high deet content) Any other personal items	<p><u>Clothing:</u></p> <input type="checkbox"/> 1x wicking shirt <input type="checkbox"/> 1x convertible pants <input type="checkbox"/> 4x underwear <input type="checkbox"/> 1x trekking socks <input type="checkbox"/> 1x mid weight trekking boots <input type="checkbox"/> 1x camp shoes (flipflops) <input type="checkbox"/> 1x warm shirt <input type="checkbox"/> 1x swimming suit <input type="checkbox"/> 1x Heavy duty rain poncho
<p><u>Trekking items:</u></p> <input type="checkbox"/> 1x 20-30l backpack <input type="checkbox"/> 1x 2-3l bladder for water <input type="checkbox"/> 1x Sunglasses <input type="checkbox"/> 1x Hat <input type="checkbox"/> 1x Sleepingbag liner	<p><u>Snacks:</u></p> <input type="checkbox"/> 4x protein bars <input type="checkbox"/> 2x pedilite powder <input type="checkbox"/> 2x energy gel
<p><u>First aid:</u></p> <input type="checkbox"/> Blisterpads <input type="checkbox"/> band-aids <input type="checkbox"/> pain reviler <input type="checkbox"/> bleedstop powder <input type="checkbox"/> pepto tablets <input type="checkbox"/> Imodium ad	<p><u>Other Items:</u></p> <input type="checkbox"/> Cell phone with charger (you can charge it along the way) <input type="checkbox"/> Small bills in Colombian money <input type="checkbox"/> Camping Towel

This list assumes that you'll be wearing your first set of clothing, so only 1 change of clothing is needed.