

12-DAY ADVENTURE

KANUKU MOUNTAINS ADVENTURE

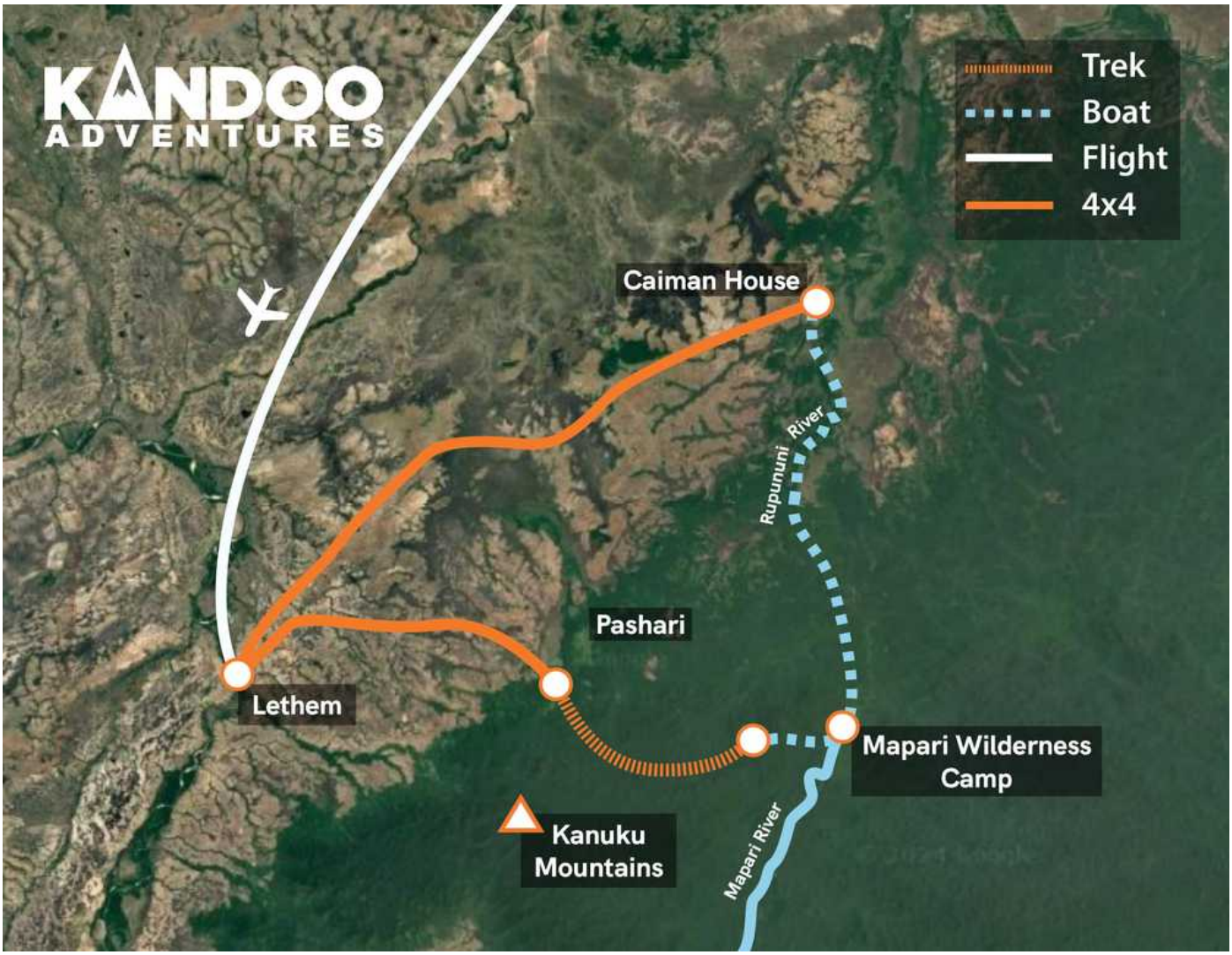
Guyana

Follow remote trails and delve into alluring backwaters, tracing little known trods, previously only used by the local indigenous people and live off the land on the ultimate jungle experience! Explore the dense Rupununi rainforests and the incredible wildlife that call this area home. Giant species of anaconda, armadillo, caiman, capybara, otter and tarantula are still here for us to discover, as we traverse the three distinct habitats of forest, mountain and river, where few have travelled before. Travelling both on foot and by boat, we explore from forest floor to vast, open savannah, to the very edge of the Amazon watershed. Along the way, learning bush craft skills and putting them to the test as we adventure deep into the rainforest, before cruising back along the Rupununi river and getting involved in the vital research that takes place at Caiman House.

To offer this trip we have partnered with the very best local operator who provides support for almost all of the adventure companies working in Guyana. Their expertise and health and safety procedures are second to none so you are in the safest hands possible for your Kanuku Mountains adventure.

TRIP HIGHLIGHTS

- Take part in the collection of vital Black Caiman research
- Learn essential bushcraft skills from the locals
- Get a birds eye view of Kaieteur Falls from a scenic flight over the river
- Relax in the knowledge this trip is fully carbon offset


KANDOO
ADVENTURES
Trek
Boat
Flight
4x4
Caiman House
Rupununi River
Pashari
Lethem
Mapari Wilderness Camp
Kanuku Mountains
Mapari River

ITINERARY

DAY 1

WELCOME TO GUYANA

Today our driver will meet you upon arrival at Cheddi Jagan International Airport (GEO). Keep an eye out for them holding either a Kandoo Adventures sign or a board displaying your name. Then you'll take a private transfer to our hotel where you will then have the rest of the day to relax or explore Georgetown. This evening your guide will meet with the group for your pre-trip briefing.

Transport: **Private transfer**
Accommodation: **Hotel**

DAY 2

FLIGHT TO LETHEM

This morning we fly over endless expanse of rainforest to the tropical town of Lethem. We then hop into our comfortable 4×4 vehicles and make the journey to the edge of the forest, in which is nestled the small Makushi village of Parishara. Our experienced indigenous guides will meet us here, armed with their handmade reed backpacks, the straps made from simple leather. It is here that we will collect our Jungle Kits and our adventure will begin. We will then spend the rest of the day, on the banks of a gently flowing creek, learning the basics of bush camping; setting up hammocks camps, practising jungle safety, and using machetes, before our guides cook us a well-earned fireside dinner.

Transport: **Flight (1 hour)**
Accommodation: **Hammock Camp**
Meals included:
Breakfast / Lunch / Dinner

DAY 3

KANUKU MOUNTAINS

Today we set out on the ultimate jungle experience! We follow tiny streams and faint trails, hopping between rocks and bobbing below hanging vines. Following our guides, we traverse along the foothills of the Kanuku Mountains, one of the least explored places on the planet; a true wilderness. Upon arrival at our camp spot, we set up our hammocks and then cool down with a dip in a nearby stream. As night falls, there is an opportunity to join an exploratory night walk to experience the jungle as it comes alive, before settling down by the fire, surrounded by the enchanting sounds of the jungle.

Hiking time: **7 - 8 hours**
Accommodation: **Hammock Camp**
Meals included:
Breakfast / Lunch / Dinner

DAY 4

TREK TO PAIMU FALLS

Following the ebb and flow of the jungle, today we continue our trek deeper into the mountains, to the theatrical curtain of Paimu Falls. This small waterfall flows over a stepped granite pavement in the upper reaches of Kamarapa Creek. It's remote and rarely visited surroundings are only accessible on foot, making them a delightful home to a wide variety of wildlife, fish and an abundance of plant species. As the falls cascade into the low-lying jungle, they form a crystal-clear pool, alongside which we set up our camp for the night.

Hiking time: **6 - 7 hours**
Accommodation: **Hammock Camp**
Meals included:
Breakfast / Lunch / Dinner

DAY 5

PAIMU FALLS

Today is a full day of exploration spent at the falls. Our guides teach us the basics of expedition living: fire lighting, fishing, foraging, tracking, and even diving in the crystal-clear water of the falls to spear fish. This is where our expedition belt really comes into it's own! In the evening, we don our headlamps and head out for a walk along the riverbank to spot some of the many elusive animals that inhabit this area; dwarf caiman and electric eels to name a few.

Accommodation: **Hammock Camp**

Meals included:
Breakfast / Lunch / Dinner

DAY 6

PAIMU FALLS – MAPARI WILDERNESS CAMP

Today is our final day of hiking and we continue along barely visible trails until we reach Salipenta, a simple landing on the banks of the gently flowing Rupununi River. We say goodbye to our forest guides here and join a new crew for our journey upriver. Travelling in small boats we head up the remote Mapari River, arriving at Mapari Wilderness Camp before nightfall. The camp consists of a simple thatched roof under which hammocks are already slung up, nestled deep in the Kanuku Mountains. Not your typical lodge, Mapari is an untouched, rarely visited place, where wildlife presents itself around every turn. It overlooks a small waterfall and a natural bathing pool, which is one of the few places on the river where the water is brilliantly clear. Tonight we enjoy a hearty meal, cold drinks and rum served around the campfire.

Transport: **Boat (2 hours)**

Hiking time: **4 - 5 hours**

Accommodation: **Mapari Wilderness Camp**

Meals included:
Breakfast / Lunch / Dinner

DAY 7

MAPARI FALLS

Our camp is nestled at the base of Mapari Falls, a breathtaking waterfall strewn with large, rounded boulders and is the perfect location for viewing the unique wildlife that inhabit this area. With a nest close by homing the world's largest eagle, the Harpy Eagle, a burrow in the forest that houses a Goliath bird-eating spider and a diverse range of snakes draping themselves over branches in the canopy above, there is plenty to explore. Over the next few days you can choose to join different activities, based on your interests. There will be opportunities for forest hikes - both by day and night, fishing and swimming in the refreshing waterfalls. You can also board the boats and embark on a river drift at dawn or dusk looking for wildlife or spotlighting night drifts in search of nocturnal species. Each evening we settle by the fire, with a filling meal and discuss the days adventure.

Accommodation: **Mapari Wilderness Camp**

Meals included:
Breakfast / Lunch / Dinner

DAY 8

MAPARI FALLS

We continue our stay in this breath-taking location, learning from your expert guides and keeping our eyes peeled for the vast array of wildlife in this area.

Accommodation: **Mapari Winderness Camp**

Meals included:
Breakfast / Lunch / Dinner

DAY 9

RUPUNUNI RIVER AND CAIMAN HOUSE

This morning, after breakfast, there is time to join in on one final activity before it is time to pack up our things. Early in the afternoon, we take our final boat journey an slowly descend down the river, from mountains to savannah. We join the larger Rupununi River, keeping our eyes peeled for wildlife as we make the slow, gentle journey to Yupukari. Arriving at this indigenous village, we make our way to the Caiman House Research Station, a community-owned and operated eco-lodge in the heart of the village. Here we can at last enjoy a refreshing shower and proper beds! Once clean and comfortable, we are offered the unique opportunity to observe or participate in an ongoing field study of the Black Caiman. Our presence alone at Caiman House, provides essential funding and support to help protect this endangered species. We will observe the capture of the Caiman from a separate boat, but will be offered the opportunity to assist in data collection once back on land. Caiman are weighed, measured, sexed and tagged before being released back into the river. The research has already discovered interesting information on caimans' nests that was previously unknown.

Accommodation: **Guesthouse**

Meals included:
Breakfast / Lunch / Dinner

DAY 10

CAIMAN HOUSE – GEORGETOWN

This morning we climb into our comfortable 4x4s and make the journey across the savannah to Lethem in time for our flight back to Georgetown. Upon arrival back in the city, we check into our hotel and have the afternoon at our leisure. This evening we will join Chef Delven Adams at his famous Backyard cafe for an authentic Guyanese meal. This is a great opportunity to thank our guides and reflect on the highlights of our rainforest adventure.

Transport: **Flight (1 hour)**

Accommodation: **Hotel**

Meals included: **Breakfast / Dinner**

DAY 11

KAIETEUR FALLS SCENIC FLIGHT

Today is a real bucket list experience as we board a scheduled flight over a blanket of unbroken rainforest to the striking cascade of Kaieteur Falls, the world's highest free-falling waterfall. Landing on a simple airstrip nearby, we head to the top of the falls where the amber water torrents over gnarled sandstone before plummeting 741ft (five times the height of Niagara Falls!) to it's rocky base. It is in this unique microbiome that we can find rare species such as Tank Bromeliads, the tiny Golden frog or the colourful Guianan Cock-of-the-Rock. Reboarding our flight we make the return journey to Georgetown where there is the option to include a food tour along the vibrant promenade that comes alive at dusk or simply explore the city for yourself.

Transport: **Flight (1 hour)**

Accommodation: **Hotel**

Meals included: **Breakfast**

DAY 12

DEPARTURE

We will collect you from your hotel and transfer you to the airport for your departing flight today.

Meals included: **Breakfast**

PLEASE NOTE

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

We have rated this trip as **challenging** as it involves carrying a rucksack over multiple days hiking, on uneven terrain. If you feel comfortable with this then this trip is well within your ability. You need to bear in mind that you have selected a tour that takes place in very remote areas and the paths that we will be using aren't frequently trodden. Expect to contend with muddy sections, uneven ground on river beds and forest trails with roots and fallen branches.

Your participation is part of the challenge of the trip and you will find the more involved you are in all the activities, the more rewarding the experience. Unlike some of our other tours, on this trip you will be expected to carry your own equipment in your rucksack, so ensure to pack as light as possible! As well as hiking, you will also be packing away and putting up hammocks and basha (tarps), assisting with cooking, loading and unloading boats and fetching water. There are no porters, cooks or waiters on this trip, you are part of the expedition and must do your share of the work. Although this makes the adventure more demanding, it also adds to the enormous sense of satisfaction and achievement at the end of your journey.

If you have any questions about your suitability for this trip or would like more specific information about what to expect, please do not hesitate to contact us.

FOOD & DRINK

Whilst in Georgetown you can choose to eat at the hotel restaurant or at one of the street food stalls, the best of which can be found along the seafront. Try some of the local cuisine including; Metemgee, Channa and Sour, Eggballs or a Pinetart and wash it all down with a glass of rum.

Whilst in the rainforest, mealtimes will be part of expedition life and you will be expected to take part; you may be asked to fill up the water filter, maintain the fire, monitor the water as it boils and clean up your personal dishes. The guides will be carrying food rations for each day whilst trekking. This typically includes a dehydrated meal, noodles, oats, cookies, crackers, snack bars, peanuts, canned tuna/sardines, coffee/tea etc. We would encourage you to bring some of your favourite snacks from home to add to this but the pack itself will provide all the energy you need for the day.

At Mapari Wilderness Camp meals will be prepared by the local team and eaten in the dining area; a raised deck overlooking the creek.

Whilst trekking, you will need to bring your own water filter or purification system so that you can refill your bottle from creeks and streams at any point throughout the day.

Dietary requirements can be difficult to cater for due to the remoteness of the camps in Guyana; a vegetarian diet can easily be catered for, however vegan options can be harder to provide. If you have a strong allergy to specific foods such as nuts, this can also be difficult as we will be carrying and cooking all the food together and we can't guarantee a sterile environment in the camps. Please let us know of any dietary requirements as soon as possible and we will do all we can to cater to your needs.

ACCOMMODATION

On this trip we will be staying in hotel, hammock camp and guesthouse accommodation. The hotel we use in Georgetown has a restaurant, bar, wifi and is in a central location, close to downtown. Our hotel will be booked on a B&B basis and you will be in twin rooms with en-suite bathrooms.

Whilst trekking through the Kanuku Mountains we will be setting up **hammock camps** each night to sleep in. Hammock camping is very much open air, you will have your own hammock that you will string up alongside your fellow trekkers (earplugs for these nights are essential!). On your first night you will be taught how to set up your basha (3x3m tarp) and hammock with your camping mat placed below them, to step onto when getting out of your hammock. Your basha will protect you from rain during the night and the inbuild mosquito nets on the hammocks will protect you from any bugs. A kitchen area will also be set up which will include small camp chairs, a water station and fire. This will be where you eat your evening meals and socialise whilst at camp. The toilet situation whilst in our expedition camps is a case of "going wild" and our guides will usually designate an area in which to do this. You will need to bring some toilet roll with you, please ensure you dispose of this appropriately in the rubbish bags provided.

Mapari Wilderness Camp is only accessible by boat and is situated on the uninhabited Mapari River surrounded by pristine rainforest. It is a simple hammock camp consisting of a thatched shelter under which hammocks are strung up. At the front of the camp is a riverside open-air dining area, where the only sounds are the rush of the river and the chorus calls of the surrounding forest. The river here has some of the clearest water in Guyana and pools nearby create perfect natural baths. Although extremely basic, this will feel positively luxurious after several days of jungle camping. At Mapari Camp there are pit latrines, situated about 50m from the main camp down a clearly marked trail to provide you with some privacy. Toilet roll is provided in these.

Guesthouse accommodation is booked on a full board and you will stay in simple twin rooms with ensuite bathrooms.

YOUR GUIDE

To offer this trip we have partnered with Wilderness Explorers, a local operator who provide support for almost all of the adventure companies working in Guyana. You will be supervised by their experienced, English speaking Guyanese guides.
On this trip you will have three different guiding teams supporting you:

- Your trekking guide/s will be with you from your arrival in Parishara until you board your boat to Mapari Wilderness Camp
- Your river guides/s will then be with you from boarding the boat to Mapari, until your drop off at Caiman house
- And finally, there will be the staff team at Caiman House

TRANSPORT

Airport transfers in Georgetown will be in comfortable, private minibuses.
You will travel in a private 4x4 vehicle from Lethem to the edge of the rainforest and from Caiman House to Lethem at the end of your trip.

LUGGAGE

Main Bag Weight: 9kg

Domestic flights in Guyana operate a **strict limit of 9kg** for your main equipment bag on this trip. This is more than sufficient for your needs on the trek. Your bag will be weighed before you board your domestic flight to Lethem. Additional weight can be bought at a cost of GY$300 (US$2) per pound.
Please note: additional baggage weight is subject to availability and cannot be confirmed until the day of check-in by the airline. If the luggage exceeds the payload of the aircraft you are travelling on it may be removed and placed onto a later flight. Any excess luggage you wish to leave in Georgetown can be left in safe storage at the hotel.

Whilst trekking you will be carrying your own and some of the group equipment in your rucksack each day, so ensure to pack light! The average Kanuku Mountains rucksack weighs between 18-22kg when fully loaded, dependant on the amount of personal items you choose to bring. We will provide you with a rucksack and your jungle kit in Lethem, but you are welcome to bring your own rucksack if you would prefer. Please note your rucksack should be a dark colour (preferably green) and 75 litres.

HOW DO I GET THERE?

You will need to fly into Cheddi Jagan International Airport (GEO) on Day 1 of your trip.

From US there are daily flights to Cheddi Jagan airport with American Airlines. They offer a daily service from New York and on some days two flights from Miami. There is also a direct nonstop service with United Airlines out of Houston.

From the UK, there is a direct service with British Airways on a Monday and Thursday, which has a short stopover at Saint Lucia. As there are daily flights from the US, it is also possible to do a combination of British Airways and American Airlines flights via New York or Miami. Both British Airways and Virgin also fly to Barbados where it is possible to connect with InterCaribbean Airlines and Caribbean Airlines to Guyana.

As of June 2025, KLM will also be running a service to Guyana on a Wednesday and Saturday. With KLM it is possible to connect from most airports in the UK via Amsterdam.

Upon arrival at the airport, once you have exited the Arrivals area, look out for our driver who will be waiting to meet you. It takes about 1 hour and 30 minutes to drive to our hotel from Cheddi Jagan (GEO).

Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

eC02 Flights Calculator

PRE-TREK BRIEFING

It is a requirement of joining any of our trips that you attend a pre-trek briefing the evening before the trip begins. This gives our guide team the opportunity to review the plans for the trip with you, make sure you have all the right gear and answer any questions you may have. The briefing in Georgetown is held the evening before the trip begins and will be arranged by your guide upon arrival at your hotel. Should you arrive on a late flight, you will have your briefing on the morning of Day 2.

BUDGET & CHANGE

The currency in Guyana is the **Guyanese Dollar** (GYD). This is a closed currency so you will not be able to purchase these before you arrive. It is advisable to travel with US Dollars, as these can be easily exchanged. It is very important that US bills be new (no more than 10 years old), crisp and untorn. Our hotel in Georgetown will exchange money for you, simply let us know how much you plan to bring and they can have it ready for you on arrival, or alternatively, your guide can take you to one of the local Cambios in the city where you can exchange money. Please note that once you are out on your trek there won't be anywhere for you to exchange money so this must be done before leaving Georgetown. Traveller's cheques and credit cards are also useless outside of Georgetown as you need a bank to use them and you will be at least 450kms from the nearest one in the jungle.

Depending on how many souvenirs you want to buy, we would suggest a recommended budget of US$300 to $350.

If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

TIPS

Tipping customs vary all over the world and can be very confusing when travelling to a new country. Tipping is completely voluntary in Guyana, and at your discretion. The decision on how much to tip should be determined by how well the team serve you whilst you are on your adventure. Tips should be made in Guyanese Dollars and we recommend allocating the equivalent of US$100-150 (~GY$20,900 - 31,600) per trekker for your tips.

Different crew members will be with you for different stages of your trip in Guyana, so you will have three different groups to split your tips between:

- Your trekking guide/s will be with you from your arrival in Parishara until you board your boat to Mapari Wilderness Camp
- Your river guides/s will then be with you from boarding the boat to Mapari, until your drop off at Caiman house
- And finally, there will be the staff team at Caiman House

At each of these stages, once you have collected all your tips together as a team, these can be given to the lead guide who will split them equally amongst the crew.

FORMALITIES & HEALTH

PASSPORT

All travellers will need a passport which will remain valid for at least 6 months longer than your expected visit. You will also need to present proof that you have a return ticket, and proof that you have sufficient money to support yourself during your stay in Guyana.

Each traveller is responsible for sorting out their own passport and visa requirements, and we cannot offer much assistance in this matter. If you do not yet have a passport, apply for one early, as they can take some time to arrive. If you already have a passport, double check when it expires.

VISA

The following countries do not need a visa to enter Guyana: Commonwealth countries including UK, USA, Belgium, Denmark, Finland, France, Germany, Greece, Ireland, Italy, Japan, Korea, Luxembourg, Netherlands, Norway, Portugal, Spain, Sweden and Switzerland.

On arrival you will be granted a maximum 30 day stay in the country. If you are arriving from or transitting for 4+ hours through a country with Yellow Fever you must produce a Yellow Fever vaccination card before your 30 day stay will be granted. This information may be subject to change, without notice, by the local authorities. It is your responsibility to check the latest travel requirements and information before departure. Other nationalities should check their local government guidance for travel to Guyana.

VACCINATIONS

The World Health Organisation recommend the following vaccines for travel to Guyana:
- Yellow fever - required for all travellers arriving from or transitting for 4+ hours through a region with yellow fever
- Hepatitis A
- Typhoid
- Rabies

Other vaccines to consider include:
Hepatitis B, Tetanus, BCG (tuberculosis), MenACWY, and MenB (meningitis).

INSURANCE

Before you can join any Kandoo Adventures trek, you will need to insure yourself against accident, injury, and illness.

Your insurance must cover the cost of helicopter evacuation and repatriation if necessary. Make sure your insurer knows of your travel plans, and verify that your policy fully covers your trek and any other activities you will participate in. Specifically, for all our adventures in Guyana, you need to be covered for trekking in the rainforest and for boat travel on the rivers. It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) on your person at all times, so that we can access this information should we need to contact the insurer on your behalf.

Be sure to read the small print carefully for any policy you are considering - different policies provide different levels of cover, so make sure you understand what is and isn't included in your policy.

HEALTH

Malaria

Many of the areas you visit in Guyana's interior will have no malaria, however, we would recommend you plan to take anti-malarial medication as a precaution. All beds in the interior will have mosquito nets, and hammocks with specially fitted mosquito nets are provided. In addition to taking medication, we would recommend you take every precaution to prevent mosquito bites by wearing long-sleeved trousers and shirts at dusk and dawn when the mosquitos are active, and by using a DEET based mosquito repellent. Please discuss any medication queries with your doctor.

MEDICATION

Your guide will carry a group first aid kit, however you will also need a personal first aid kit to include - tape, antiseptic wipes, assorted plasters, wound dressings, lip balm, re-hydration sachets, blister dressings, hydrocortisone cream, antifungal foot powder, pain killers, Vaseline.

OTHER INFORMATION

Wildlife Sighting

It is impossible for us to guarantee sightings of wildlife, but our trips are designed around known wildlife habitats and our team are highly skilled and knowledgeable about the animals that live in these areas. The team will make every effort to ensure a sighting for our guests, but cannot be held responsible if no sighting is made due to elements beyond our control. All interactions with local wildlife put the animals first, ensuring that there is as little impact on them as possible; keeping a distance where necessary, creating minimal sound pollution and leaving no trace.

EQUIPMENT & CLOTHING

EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

- Hammock - Lightweight, with a built-in mosquito net.
- Basha/Tarp - To keep the rain off your hammock.
- Blanket - We will provide a lightweight sleeping bag. If you have your own, please feel free to bring it along.
- Rucksack - You can bring your own or we will provide you with one. It needs to be robust and big enough to carry your gear plus group stores. A 75 Litre pack is fine.
- Belt kit - PLCE belt to carry a machete, fish kit, fire kit, water bottle, etc.
- Iodine - 1 x 20ml bottle of iodine droplets. Please let us know if you have an allergy or other such medical problem with iodine.
- Hydration bag - 2 to 3 litres.
- Canoe Bag - To line your rucksack and keep the contents dry during river crossings etc.
- Bushcraft equipment - machete with a leather sheath, bow and arrow etc.
- Dry bags - Water-resistant bags to keep your kit dry within your rucksack.
- Eating utensils - Mess tin and spoon
- Sleeping mat - For powdering your feet under your basha before climbing into your hammock.
- Compass/Whistle
- Safety kit - Includes helmets, lifejackets, karabiners, light sticks, radios, satellite phones, med kit, rope, etc.
- Miscellaneous kit - We will also provide all sorts of odds and ends including zip lock bags, duct tape, extra string, fishing kit, etc.

You will be provided with these once you are in the Rupununi region after your flight to Lethem. If you have some of this kit yourself and wish to bring it instead you are more than welcome, however please keep it as light as possible. Your bag should weigh no more than 9kg as it needs to fit onto a very small plane for your domestic flight.

CLOTHING TO BRING

Tips whilst in the Amazon -

- When on trails we recommend that you cover up fully (long pants and long sleeves), use insect repellent and tuck pants into socks.
- You have a limit of 9kg weight allowance for all your equipment for this trip so clothes need to be kept to a minimum - preferably one outfit for the daytime and one to sleep in at night.

HEADGEAR

- Neck gaiter or scarf - comes in useful for keeping bugs out!
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection

UPPER BODY

- Watch - Waterproof, alarm and preferably able to illuminate in the dark.
- Long sleeved shirt (x 2) - Lightweight and long-sleeved. Ensure shirttails fit into your trousers well and do not always pull out, leaving a nice bit of skin for bugs to bite! One shirt for during the day and a spare one for the night time.
- Lightweight waterproof hard shell outer jacket.
- Bathing clothes - Comfortable and active swimwear to use for bathing and around camp.

LEGS

- Comfortable lightweight trousers (x 2 pairs) - Lightweight, quick drying and full length - one pair for during the day and a spare pair for night time.
- Basic cloth adjustable belt - Do not bring leather belts, bright colours or flowery patterns as they attract insects.
- Underwear - quick drying material, preferably not cotton.

FEET

- Trekking boots – mid weight with good ankle support. We don't recommend bringing Gore-Tex shoes as the jungle is a very wet, humid environment and these will retain water.
- Sandals - You will need to wear these when swimming in rivers so they need to be fixed to your feet as Teva type do, but also allow your feet to dry and air. A pair of Crocs is perfect!
- Mid-weight trekking socks - ski socks work well for preventing blisters.

EQUIPMENT TO BRING

- Camera and spare batteries
- Trekking poles - an essential on uneven ground
- Water bottle - 2 litres
- Sarong / Microfibre Towel - Multiple uses include a towel and hiding your modesty! A small normal towel is fine, though a sarong is best.
- Head torch and spare batteries - Head torches with a red filter are great for stopping pestering bugs at night.
- Strong string - Paracord is ideal, about 10 meters. It has loads of uses. It must be a dark colour (green is preferable) and 5mm maximum.
- Insect repellent – ideally contains 50% DEET
- Suncream - no more than SPF 30 is necessary. Ensure it is waterproof and non-scented, so as not to attract insects.
- Toiletries, **including toilet paper,** wet wipes and hand sanitiser – please keep to a minimum. Do not use pop-top caps; get screw top otherwise, your toothpaste will explode in your pack – nice!
- Personal snacks and energy bars – dried fruit and nuts are also a good source of energy
- Isotonic drink powder / energy drink powder to mix in with your water. This improves flavour and helps replace electrolytes
- Ear plugs, if you are a light sleeper
- Entertainment - for quiet evenings at camp

Photography:
To protect your cameras etc. it is a good idea to bring a waterproof casing, as you will be visiting the rainforest and be in and out of boats. Wrap them in plastic bags and only take them out when you are actually going to be using them.

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.