

Visit Manaus

20 Essential Items

A Kit List

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| 1 | Waterproof | Something in simple, lightweight plastic, or maybe a good poncho (but see our poncho review). Thunderstorms are best viewed from the safety of a covered building, but if you're caught in one, expect to need a towel anyway - no matter how good your waterproof. |
| 2 | Hat | Something that will shade your eyes and cover your head, neck and ears (not a baseball cap). A Tilley if you can afford it, maybe a Jack Pyke if you can't. |
| 3 | Shorts | Cotton - everything else, regardless of how "high-tec", is second best. |
| 4 | Long-sleeved shirt | Linen or cotton - we prefer linen, but not for those who like a nice "pressed" look. |
| 5 | Long Trousers | Linen or cotton. Again, our preference is linen. |
| 6 | Swimming gear | Whatever turns you on. |
| 7 | Insect repellent | Get the highest DEET concentration you can get (but watch your plastics - including watch straps, camera cases etc). |
| 8 | Anti-histomine cream/tablets | Useful for reactions and rashes from heat, insects and/or plants. |
| 9 | Flip-flops or sandals | Best footwear for 80% of the time |
| 10 | Light trail shoe or trainers | For the other 20% of the time - don't bother with boots as they're generally too heavy for the jungle. |
| 11 | Socks | For your trainers - not with your flip-flops or sandals, please. Cotton, of course... |
| 12 | Torch | Essential if you're going to a jungle lodge. We can recommend the Frogman Torch. If weight's a problem, buy the batteries when you get here. |
| 13 | Towel | At least a hand-towel, which is useful to take everywhere in case of rain. |
| 14 | T-shirt | Cotton or linen. |
| 15 | Underwear | Cotton (don't think you can get linen underwear can you..?) and comfortable). Best to leave the sexy tight stuff at home. |
| 16 | Sunglasses | If you're at all sensitive to sunlight (who isn't?), these are a must on the river. Polarised lenses are nice if you can afford good ones. |
| 17 | Rehydration powder/tablets | The biggest cause of visitor illness is dehydration. This is the fast solution (pardon the pun), but do try to avoid it altogether by drinking plenty of water. |
| 18 | Imodium | Just in case - you're really unlikely to get the runs, but it does happen. Only use if absolutely necessary, otherwise best to let nature take its course - and don't forget to drink even more water. |
| 19 | Hand mirror | Again, if you're going to a lodge, could be essential |
| 20 | Plug adapter | Check formats before you come, and note that there is a new plug format in Brazil now, although many places will still have the older type sockets |