Cultural Expeditions General Packing List

- Passport, driver’s license, or certified birth certificate and picture ID
- $100 US Cash or Credit Card for medical emergency and personal items

**Clothing**
- Shorts
- T-Shirts
- 1-2 Bathing Suits
- Long pants (light and breathable for hikes and cool nights)
- 1-2 long-sleeved shirts
- 1 sweater or sweatshirt
- Light, breathable poncho or raincoat
- Hat (to shield face from sun)
- 1 Pair of casual clothes for last night dinner
- Plenty of Underwear (lightweight and fast drying)

**Shoes**
- Comfortable hiking bots or rubber boots for walking in mud)
- Teva-type or beach sandals (that won’t slip off during river rafting)
- Extra shoes or sandals to keep clean and dry

**Other Important Items**
- 1-2 Beach towels
- Sunglasses, with strap
- Camera and Film (a water-proof camera is a treat for the rafting trips)
- Sun block (we suggest SPF 15 or higher)
- *Insect repellant* essential!
- At least one 1.5 liter water bottle (marked with your name)
- Small flashlight with extra batteries
- Plastic garbage bags for storing damp clothes
- Sheet sack or light sleeping bag (you can easily sew a sheet into a sleeping bag shape)
- Biodegradable soap and other toiletries i.e. toothbrush/paste, shampoo, deodorant etc. (check labels for other biodegradable items)
- Small backpack for day trips (water proof or resistant)
- Notebook/Journal and pens
- A great attitude and an open mind

Optional Items
- Rain Pants
- Water Bottle holder
- Synthetic shirt for river rafting (a material other than cotton so it will keep you warmer and drier)

How to Dress
- The climate will be warm and we recommend shorts and t-shirts for each day. However, you may consider wearing lightweight pants for hikes in the forest in order to protect against insects and scratches. Bring a pair of pants and a long-sleeved shirt or sweater for the nights spent in Siguatepeque and Copan as it tends to be cool. No dress clothes required.

- Socks made of wool or other moisture absorbent materials are recommended for hiking because of their ability to keep your feet dry. You can never have enough pair of socks! (extra tip: remember to wear socks between dusk and dawn to prevent mosquito bites on your ankles.)

- Because of the humidity and the potential for mud, clothes tend to get a little messy. Please do not bring any clothes that you would mind getting dirty.

How to Pack
- Please do not bring any more than you can easily carry. Some smaller hotels do not provide porter services. And don’t forget to leave room for souvenirs! You can pack an empty bag inside your suitcase for the two nights in Copan. Your large luggage will be safely stored during those days.

- You may want to pack your clothes in plastic bags within your suitcase if you do not have waterproof luggage. Because of the high levels of rain it is inevitable that things become damp (or Sapello dry as we affectionately refer to it!) You can reuse these bags throughout the trip in order to pack your wet clothes and bathing suits.

- Please pack any medications in waterproof, airtight containers which are marked with the name and dosage of the drug. You may want to store your documents (passport, berth certificate, airline tickets, etc.) in water-resistant envelopes or ziplock bags.