



## **CHECKLIST FOR YOUR APPOINTMENT WITH THE MYSTERIOUS RAINFOREST :**

- Non-aerosol insect repellent
- Long & light-weight trousers and long sleeved shirts for wearing in the forest
- Warm sweater or jacket to wear during the night drive
- Extra socks [we have leech socks for sale at the Gift Shop]
- Hat/cap to wear under the forest canopy
- Trekking shoes/boots or trainers with good grip
- Swimwear for water activities
- Flashlight for the night walk / head lamp (optional)
- Binoculars ~ optional (very handy if you are a birdwatcher!)
- Raincoat or poncho (also sold at the Gift Shop)
- Sandals or flip-flops to wear around the lodge
- Band aids ~ optional
- Sunblock