

Manene_Gear checklist

July 2022 (rainy season)

ebk

Sleeping

- 1-2 person tent with mosquito netting and rain fly or a hammock with same
- Sleeping bag or blanket..it gets chilly at night
- Sheet for warm nights
- Sleeping pad
- Pillow (or use clothes)

Water

2, 1- or 2-liter water bottles-plastic or Nalgene, labeled with your name.

Personal filter not necessary (although life straw or sawyer squeeze could be good in an emergency)...project uses standard water sterilizing procedure and provides equipment:

- Fetch water in 5-gallon bucket
- Clean hands with hand sanitizer
- Get out Katadyn filter and assemble by attaching intake tube on the bottom of the filter.
- Clip other tube to the top of the filter and place other end into clean container.
- Pump slowly and meditatively, push the plunger straight down (it may break if you put pressure on it at an angle).
- When container is full, using clean dropper in kit, add 2 drops of Clorox to 1-liter bottles or 40 drops to 5-gallon bottle.
- Wait 30 mins before drinking

Electronics

- Phone (put in airplane mode then put in power saving mode in battery settings. Make sure wifi and Bluetooth are off to conserve power for as long as possible). There is intermittent generator power at Manene for charging phones, but no signal. SENAFRONT has wifi for emergencies. Before you come, download Bird ID app: Merlin, etc.
- Portable power bank (like [Anker](#)) and fast charging cables to recharge phone
- Waterproof holster/fanny pack for phone so you can keep it dry and get it out quickly to take photos
- Small pelican case for phones/power source when it is too wet to use them at all and for river trips
- Camera/dry bag
- Charger cables
- (2) headlamp and flashlight or [luci light](#) (redundancy may be helpful).
- Xtra batteries (did not use during 1-week trip)
- Watch
- Optional: Kindle...there was a lot of down time/waiting for rain to stop plus about 6 hour trip upriver... used a couple of times when hard rain on the roof made conversation impossible.

Clothes

- Rain poncho with complete, head to foot coverage, for heavy rain and river trips
- Flip flops or sandals
- Tall rubber boots for forest walks and for walks in the community when the ground is flooded and muddy.
- Socks: several pairs. They will get wet
- Women wear colorful sleeveless shirts or t-shirts and parumas. Nice to have a puruma, skirt as well as pants/shorts. Good for peeing without having to undress, for clothes changes and as extra towel or sheet.
- Bandanas or large scarf. For mopping sweat and protecting head/face from sun
- Hat with a brim and a chinstrap to keep it on in moving boat.

- T-shirts or sleeveless shirts
- Long sleeved shirts for sun protection, forest hikes (at least 2..will get wet)
- Quick-dry undies (2-4...wash daily)
- Quick-dry pants (2-3)
- Light weight jacket or hoodie. For cold when you get wet and on air-conditioned bus
- Pajamas or bed clothes

Other

- Big, heavy-duty plastic bags or dry bags for all gear in boats.
- Small, roll-top light-weight dry bags and/or Ziploc bags
- Small first aid kit. Ibuprofen or Tylenol. Electrolytes. Moleskin for blisters. Band-aids. Anti-diarrhea (did not need)
- Insect repellent (flying insects were not a problem, but last year there was malaria in the community, so repellent may be a good idea)
- [Chiggers](#) really affect some people: Sulfur powder/talcum powder mix and keep pants tucked into socks to prevent. Allegra or Benadryl or other antihistamine plus menticol or caladryl to treat itching.
- Write-in-the-rain notebook(s)
- Pencil/pens/pencil case
- Pocket knife
- Duct tape
- Small bottle of camp suds or soap in a tiny Tupperware box
- Small towel, wash cloth in zip lock bag
- Lightweight day pack
- Clothesline/string. A few clothespins
- Covid: tests, hand sanitizer, masks
- McGill team provides each person with a bowl, spoon, cup, and plastic lunch container in a big zip loc bag. The rationale is that each person washes their own dishes after meals, so no mixing of germs.
- Small cloth for cleaning camera, glasses, binocs, etc.
- Toilet paper or small packs of tissues for travel days (there was toilet paper in all project bathrooms)
- Small sewing kit (optional)

Food

- Didn't need extra food: we ate regular, big meals. If you are vegetarian, bring protein. Snacks for trip. Food is usually a starch like rice, platanos or boiled green bananas, corn tortillas and meat or eggs.
- Throat lozenges or gum (optional—but nice to share)