

ARKANA SPIRITUAL CENTER PACKING LIST

The weather in the Amazon is hot n' humid. Expect 25-30 degrees Celsius (80-90F) and high humidity every day. Things cool down a little after it rains, but the sun is very strong and heats up the air quickly. You'll want to wear light and breathable clothing that can get wet and dirty if need be. But make sure you bring some light and loose, long sleeved shirts and long pants for the jungle to help protect against mosquitos.

The following list covers everything we could think of to ensure your journey is as pleasurable as possible.

Recommended Packing List

- 1 Rugged backpack – 40 to 65 liters should be sufficient
- 1 Daypack/carry-on bag – for valuables and breakables
- Sandals or flip-flops
- Swimming gear
- 1-3 loose fitting, breathable long sleeved shirts for jungle
- 1-2 pairs rugged pants for hikes (lighter is better)
- Casual/active hot weather attire (enough for 7 days, 25-30 degree weather)
- 1 Warm sweatshirt (just in case)
- 1 Rain jacket
- Socks & Undies (enough for 7 days, plus extras – laundry available on site)
- Sun hat
- Passport (valid for at least six months)
- Money belt/passport wallet
- USD 300-500 in \$20-100 notes (for souvenirs, meals in Iquitos when you are not at the retreat, etc)
- Bank card with “Plus” or “Visa/MC/AMEX” logo
- Credit card with cash withdrawal option
- Travel/medical insurance information
- Notify financial institution of travel plans
- Organic insect repellent
- Sunscreen (30+ SPF Recommended)
- Flashlight(s) (one bright for jungle, one dim LED RED LIGHT for ceremonies)
- Small first-aid kit for scrapes, cuts and bug bites
- Water bottle
- Toiletries
- Medications (Insect bites, headaches, muscle pain, etc.)
- Notebook / Journal – very important
- Camera & Memory cards
- Personal reading material
- Laptop/Tablet for internet (we have portable USB modems which have data on them)