



Everglades Kit List

This document is a guide to the expedition kit you will need for your field course based on what you will be doing in the Everglades and the experience of previous expeditions.

When packing you need to be thinking of the minimum amount you can take whilst remaining comfortable and safe. Check your airlines baggage and hand luggage allowance and ensure to weigh your bag before you go. You want to be aiming for light, compact, durable, quick-drying and versatile equipment. The list below is essential kit – unless stated as optional. If you have specific questions please do not hesitate to contact your Opwall office or email info@opwall.com.

Summary Checklist	Tick off once you have gone through each section of your kit list	Tick Box
Documentation	What documentation you are required to bring on site	
Hand luggage	What to include in your hand luggage	
Essential Kit	What to bring for your expedition	
Clothing/footwear	Clothing and footwear that you will require on site	
Toiletries	Guide to the toiletries you will require	
Medical Kit	Essential medical kit for the expedition	
Optional extras	Items you may want to consider bringing	
Food	What food to expect on site	
Money	What money you need and the easiest way to bring it to site	
Purchasing advice	Where you can buy expedition equipment	
Resources	Suggested resources to learn more about the region	

Documentation		Tick Box
Insurance documents	Bring a copy of your insurance details	
Photocopy of identification used for flights	We ask you to bring this in case your identification (eg drivers license) goes missing. So keep a copy in your hand luggage and main luggage, separate to your actual identification	



Hand luggage	Unfortunately, there is always a chance luggage can go missing when flying. It is best to be prepared just in case, so here is what we recommend you pack in your hand luggage	Tick box
Valuables	Anything valuable including your identification (passport or drivers license), money, cell phone, camera	
Personal medicine	It must have the original packaging/labelling	
Change of clothes	Including spare underwear	
Head lamps/ head torches (bring spare)	Essential for your expedition, so this is not something you want to lose	
Toiletries	Toothbrush and wet wipes	
Travel sheet or liner	A very light travel sheet or sleeping bag liner is good to carry with you	

Essential Kit	Remember your weight restrictions for flights.	Tick box
Backpack, rucksack, or hold-all	50-70 L. You won't need to carry the bag too far, therefore a true rucksack is not essential, but advisable over a duffel bag. Avoid bringing a hard suitcase.	
Waterproof plastic bags	Supermarket zip lock bags are perfect (varying sizes) to keep kit dry in the event of rain	
Small day rucksack/ backpack	20-30 L. For fieldwork and hand luggage during travel	
Sleeping bag	It will stay warm at night, so a lightweight sleeping bag should be suitable	
Hat with brim	Prevent sunburn/dehydration/sunstroke which is a big risk. Lots of the surveys may be in areas where you will be exposed directly to the sunlight. You will need something to offer relief from the sun.	
Small towel/sarong	Travel towel, small/thin towel or a sarong. Do not bring a standard towel	
Water bottle/platypus	At least 2 L capacity – ESSENTIAL. Many prices and styles available.	
Head lamp/head torch, and or flashlight/torche	ESSENTIAL. Petzl, Black Diamond, LED Lenser or other high quality light highly recommended. Ideally, bring a head torch that has a red light function so not to attract insects.	
Spare batteries	Good idea to have spares for any electrical equipment like your head lamp. Re-charging equipment is not always possible	



Essential Kit continued	Remember your weight restrictions for international flights and for your internal flights!	Tick box
Wake-up alarm	This can be a simple wristwatch, or an alarm on a phone	
Sunglasses	A basic pair for sun protection	
Notebook and pencil	You may want to take notes during lectures, or keep a field diary	
Tablet or laptop	This is required for the statistics portion of the field course	

Clothing and Footwear Essentials		Tick box
2 pairs lightweight long trousers	They should fit slightly loose. It's preferable to have ones that zip off and convert into shorts.	
2-3 pairs shorts	See comment above—will only need one pair	
4-6 t-shirts	Loose fitting and fast drying is preferable	
1 warm fleece	Non-bulky if possible, useful for flights and at nighttime.	
2 loose long sleeved shirts/tops	Something loose and lightweight to cover arms in the forest and the evenings	
Underwear	Enough for one week. Females - 2-3 bras	
Nightwear	Something comfortable to sleep in	
6 pairs of hiking socks	Quick drying materials are best for this - e.g. avoid cotton	
Waterproof poncho	You only need a very lightweight, waterproof cover, so something like a poncho is ideal	
Rubber boots/rain boots	ESSENTIAL! Longer boots that approach knee height are best. Avoid very short ones.	
Sandals/crocs/flip-flops	Anything that is comfortable to wear in camp that allows your feet to air and has a steady grip	
Sneakers/tennis shoes	Shoes to cover your feet and offer a steady grip. (These may not be necessary depending on choice above—eg Crocs or Keens)	

It is a good idea to keep one set of clothing clean for your flights to and from the country, this makes your travel and the people around you more comfortable. There will be the chance to hand wash your own clothes if you wish, so bring biodegradable washing liquid. You may also want to consider an additional set of clothes to wear during 'downtime.'

Remember you need to travel **light**. Label your baggage, clothes and kit; there are many volunteers, and some may have the same or similar items to you.



Toiletries	Good tip to travelling light is to get into small groups to combine things like toiletries, foot powder and sun block, as you don't all need to bring a bottle each!	Tick box
Toiletries	Toothbrush, toothpaste, floss, hair and body wash	
Insect repellent	'Mosi-Guard' or something similar is an effective, environmentally friendly insect repellent that does not contain DEET, as is 'Skin so soft' by Avon or Ecoguard. DEET based repellents are not recommended, so we can minimize our impact on the environment; they are very strong, can dissolve plastic and you cannot wear products containing DEET for many of the surveys where DEET will harm the wildlife encountered. See: www.alternativeinsectrepellent.co.uk	
Sun cream	SPF30 minimum	
Biodegradable washing liquid	You will have the chance to wash some of your clothes if you wish, but if you pack correctly, it shouldn't be necessary for the week.	
<p>Toiletries should be 'green' or biodegradable to minimize the impact on the environment. Most biodegradable soaps are multi-use. Sanex 0%, Lush, The Body Shop, Dr Bronner's and many health stores offer 'green' detergents.</p>		

Medical Kit	Staff will be carrying medical kits and the medical provision on site is excellent. However, there are some items listed below you should carry yourself (as appropriate)	Tick box
Rehydration salts	ESSENTIAL. Please bring 8-10 sachets	
Antihistamine tablets	Drowsy & non-drowsy	
Antihistamine cream	Bite/sting relief cream	
Paracetamol/aspirin	For headaches etc.	
Antiseptic wipes	Always handy	
Plasters/ band aids	Assorted sizes. Blister plasters are more expensive but can be handy	
Hand sanitizer	Always useful	
Sanitary towels/tampons	Travel can disrupt your cycle, so don't assume you won't need them. Tampons are not available in the Amazon forest!	
Any prescription medicines personal to yourself	It must have the original packaging/labelling. Bring enough for the duration of your expedition	



Optional extras	Here are some items you may want to consider bringing	Tick box
Camera	If you have one bring it – you will come back with some amazing pictures. Keep it in a zip-lock bag or dry bag with silica gel packets.	
Binoculars	Can be useful on certain surveys; Opwall staff will have their own on-site but you should consider bringing your own if you have a pair. Ideal to have a few pairs amongst the group. Inexpensive pairs are available on Amazon (8x40)	
iPod/music player/cards/book	There will be some down time during the field course and long journeys where you may want some form of entertainment.	

Money	<p>Spending money will be required for meals before and after your expedition, as well as to cover personal expenditure. This includes food and souvenirs you wish to purchase while travelling.</p> <p>Please factor in these values when deciding how much money to bring with you, and organize a contingency fund for emergencies.</p> <ul style="list-style-type: none"> - Meals in airport transit \$10-20 - Snacks in Florida \$1-5 USD per item - Souvenirs range greatly in price depending on the item <p>We recommend bringing approximately \$100-\$250 spending money for the expedition.</p>
--------------	---



Food	When on expedition 3 meals a day are provided, but please be aware that due to the remote location of the sites and the basic facilities the food can be simple yet plentiful, with many being rice or pasta based. Feedback on food provided has generally been excellent over the years. Special dietary requirements are catered for as much as possible, but we would suggest if you are a vegetarian or particular about certain foods that you bring cereal bars/snacks/vitamins with you to site. If there is anyone with food allergies you must let us know as soon as possible.
-------------	--

Purchasing advice	Here are some recommended retailers where you can buy your kit
You may find you have suitable gear already, so don't feel you have to buy everything new. Shop around as there are some really great deals out there and some items you may even be able to borrow from friends or relatives.	
Great places to buy cheap equipment	Amazon, eBay, TK Maxx, Sports Direct, Trespass and most large supermarkets or superstores. Don't forget to look at their websites online
Nomad Travel	10% off if you mention Operation Wallacea and use the discount code OPW1000 . 0207 833 4114 or www.nomadtravel.co.uk
Travel with Care	10% off if you mention Operation Wallacea. 01980 626 361 www.travelwithcare.com
Cotswold	15% off if you mention Operation Wallacea and use the discount code AF-OPWAL-9P www.cotswoldoutdoor.com
Watersports Warehouse	10% off if you use the discount code 42665 and password OpWa10 www.watersportswarehouse.co.uk/shop/scuba-diving-equipment/operation-wallacea.html
Mountain Warehouse	20% off , take your Opwall sponsorship letter into your local store. www.mountainwarehouse.com

Resources	If you want to learn more about the region you will be visiting these resources are a fantastic place to look
The Everglades: River of Grass	Douglass, Marjory Stoneman (1947) Rinehart & Company; ISBN: 1561649902
Everglades Wildguide: The Natural History of Everglades National Park, Florida	George, Jean Craighead (1987) Interior Dept., National Park Service, Division of Publications; ISBN: 9780160034206
The Swamp: The Everglades, Florida, and the Politics of Paradise	Grunwald, Michael (2007) Simon & Schuster; ISBN: 0743251075