



Operation Wallacea 2026, Honduras

Terrestrial only - Research Assistant Kit List

INTRODUCTION

This document is a guide to the expedition kit you will need for your expedition based on what you will be doing in Honduras 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 airline's 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 an essential kit – unless stated as optional. If you have any questions about the information below, please do not hesitate to contact your nearest Opwall office or email Honduras@opwall.com.

SUMMARY CHECKLIST

Summary Checklist	Tick off once you have gone through each section of your kit list.	Tick Box
Kit list video	Ensure you watch the kit list video that accompanies this pack	
Documentation	What documentation you are required to bring on site.	
Hand luggage	What to include in your hand luggage.	
Core Kit	What core kit to bring for your expedition.	
Clothing essentials	Clothing that you will require on site.	
Terrestrial Kit	What specific kit you will need for the terrestrial part of your expedition.	
Organising, packing & added extras	Top tips for packing and organising all your expedition gear and some added optional extras for you.	
Toiletries	Guide to the toiletries you will require.	
Medical Kit	Essential medical kit for the expedition.	
Helpful Resources	Suggested resources to learn more about the region before your expedition, or to help you with your expedition prep	
Money	What money you need and the easiest way to bring it to site.	
Food	What food to expect on site.	
Washing facilities	What are the washing facilities like on-site.	

DOCUMENTATION

Documentation	We would recommend bringing a physical paper copy of the following documentation.	Tick Box
Insurance documents	Bring a copy of your personal insurance documentation.	
Photocopy of passport	This is in case your passport gets lost so keep it in a separate location to your passport itself.	
ID Guides	Bring a copy of your ID guides included in this pack.	
Internal Travel Documentation	Bring a print out of your travel documents, along with any information for required VISAs.	

HAND LUGGAGE

Hand luggage	Unfortunately, working in such remote locations often involving numerous flights and forms of transport, luggage can be delayed. It is best to be prepared just in case, so here is what we recommend you pack in your hand luggage.	Tick Box
Valuables	Think passport, money, camera, phone etc. If completing your dissertation you will most likely wish to bring your laptop and this should be taken in your hand luggage.	
Personal medicine	Extremely important to bring your personal medicine with your hand luggage, in original packaging/labelled.	
Change of clothes	Including spare underwear.	
Head torch	Essential for your expedition, so this is not something you want to lose. Small headlamp models can be ineffective at spotting wildlife such as herpetofauna so keep that in mind when browsing for one. Don't forget spare batteries!	
Water bottle	An essential piece of expedition kit - at least 1 litre capacity.	
Toiletries	Toothbrush and biodegradable wet wipes.	
Sleeping bag/liner	If you have to borrow a sleeping bag its nice to have your own liner to use.	
Walking boots	Wear these on the plane, reduces space and makes sure you don't lose them.	

Travel adapter & power bank	Pack these so you can keep your devices charged and usable during transit and unexpected delays.	
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CORE KIT

Core kit	These are things you will need no matter which expedition site you are going to.	Tick Box
Rucksack	Please do not bring a suitcase. Some of the forest camps require you to carry your bag in steep terrain for up to 15 minutes so you will need to be able to carry it on your back. Minimum 50 litre capacity.	
Waterproof rucksack cover	A strong black bin liner can suffice but will not be as durable as a proper waterproof cover	
Day bag/Small rucksack	Needed for field work for carrying water, paper, pens, binoculars, cameras etc.	
Sleeping Bag	A warm, 2-3 season sleeping bag. It can get cold (below 10°C/50°F) at night in the forest.	
Roll mat or Thermarest	Necessary for comfort when sleeping in a tent in the forest so please do bring one. Roll mats can be purchased very cheaply, whereas Thermarests are more of an investment (be sure to buy a repair kit).	
Water bottle/platypus	A combination of leak-proof plastic bottles (minimum 2 litres) is imperative. The 'hydration systems' on the market (Platypus, camelback, Ortleb) have the advantage of packing flat when not in use.	
Travel towel/Sarong	Don't bring a big thick towel as it won't dry quickly enough.	
Watch with alarm	It doesn't have to be anything technical. A travel alarm clock will also do.	
Tough bin liner	When you travel to a satellite camp, it can be used to store excess belongings at base camp as well as to store old clothes for the remainder of your expedition.	
Waterproof bags	Supermarket zip-lock bags are cheap and great for keeping a small number of items dry. You could invest in a proper dry bag, which could be used again in the future.	
Notebook and pencil	Essential for all projects!	

CLOTHING

Clothing	These are the general items of clothing you will need for your expedition. We have included rough quantities for each item but please feel free to bring more or less, it's personal preference and up to you...as long as it fits! For the forest, you should bring clothes that you don't mind getting dirty! Synthetic (wicking) fabric is the best as it is quick drying, but cotton is kinder to the skin. Don't forget to buy your Opwall t-shirt(s)!	Tick Box
Walking boots (1)	Make sure your boots have firm ankle support, a semi-flexible sole with good grip and dries relatively quickly. Wear these on the plane to save space.	
Waterproof Jacket/Poncho (1)	Jungles can often get quite extreme periods of rain so a lightweight rain jacket is invaluable. Expensive heavy Gore-Tex raincoats are not recommended as they are very hot. We highly recommend you bring a rain poncho as this will allow you to keep paperwork dry on survey.	
Waterproof trousers (3)	To protect against vegetation and insect bites. Tight trousers and leggings don't provide the best protection	
T-shirts (6-7)	Loose-fitting and fast drying is best.	
Long sleeved shirts (3-4)	Insects are quite prevalent so you'll need to cover up on survey, and also protect yourself from any rough vegetation.	
Lightweight long baggy trousers/walking trousers (3)	These can be worn more than once but you will need long trousers for surveys in the forest. Looser is better as insects can bite through skintight fabric.	
Shorts (1-2)	Can't be worn on surveys but are useful around camp on warmer days	
Hoodie/Jumper (1-2)	Non-bulky if possible, useful for flights and evenings in your first week. It can get cold at night (below 10 Celsius) in Cusco National Park (It's a cloud forest)	
Nightwear/Pyjamas (2)	You will be in shared accommodation.	
Underwear, socks and bras	We recommend you bring enough underwear for 2 weeks. And for long treks, it may be better to wear hiking socks over cotton socks. Bring multiple bras.	
Headwear	A warm hat for cold forest nights	
Comfortable shoes/flip flops/sandals	Can be helpful in camp after showers.	
Other footwear	Wellington boots are useful as some surveys also involve river walks! Trainers for day-to-day use	
Additional clothes	One set of 'regular' style clothes for when you are at any hotels during your transfers or for travelling back at the end of the expedition.	

TERRESTRIAL ONLY

Terrestrial only	Below you will find equipment specific to the terrestrial portion of your expedition.	Tick Box
Head torch	Essential for the expedition as previously mentioned.	
Wellies	Wellies are essential if you want to take part in river surveys, they are also useful after heavy rain.	

ORGANISING, PACKING & ADDED EXTRAS

Organising, packing & added extras	Top tips for packing and organising all your expedition gear and some added optional extras for you. Label your baggage, clothes and kit; there are many volunteers, and some may have the same or similar items to you.	Tick Box
Waterproof plastic/zip lock bags/dry bag/bin liners	These are very useful to keep the water out of your kit and clothes. You can line your rucksack with a bin/garbage bag and have smaller bags for clothes and items like your camera.	
Camera	You will have lots of opportunities to take pictures but please bring a waterproof carrying case/bag for the camera	
Binoculars	These are really useful to see much of the wildlife in the forest. 8x42 are the best to bring but any you may have at home will suffice.	
Earphones/cards/book	Coach journeys can be long so bring something to keep yourself entertained.	
Language/phrase book	This is a recommendation stressed by previous volunteers. Also worth noting many translating apps allow you to download language packs you can use offline	
Folding fan	You will be glad you brought one when the midday heat hits.	
Handheld mirror	You will have no access to mirrors in the jungle so it may be useful to bring one.	
Earplugs/eye mask	If you are someone that generally struggles to sleep, you may find that the lively sounds of the jungle or people walking by with their torches on keeps you awake. Also useful for a long plane and coach journey!	
Nail clippers/tweezers	If you are staying in camp for a long amount of time these will be very useful.	
Wellies	Last year we experienced unusual levels of rain, therefore we do recommend bringing wellies if you're able to. They are also good for protection from wildlife.	
Snacks & condiments	Cereal bars, protein bars or things to spice up your meals!	

TOILETRIES

Toiletries	Good tip to travelling light is to get into small groups to combine things like toiletries to split the load of shampoo and sun block for example so you don't bring a bottle each.	Tick Box
Toiletries bag	How are you storing these	
Toothbrush & Toothpaste	Avoid bringing an electric toothbrush as you may struggle to charge it in the forest. We would recommend bringing a case to keep it clean.	
Hair and Body Wash	Biodegradable if possible, small travel sizes or bars rather than liquids to save space (make sure you have a tin if you have bars)	
Insect repellent	Malaria and dengue is extremely rare in this area but there are a lot of biting insects so for your own comfort and to protect from bites, please bring some repellent. DEET based products are very important for day to day on camp due to a natural resistance held by the local mosquitos however, if handling animals (particularly amphibians) you will need non DEET based repellent as DEET can pose a risk to the wildlife encountered.	
Talcum powder/anti-fungal powder	This is invaluable to help prevent and combat athletes foot/other fungal infections.	
Sun cream	Factor 30, minimum, is recommended.	
Sanitary towels/tampons	Please bring a supply even if you do not expect to use them as travel can disrupt your cycle.	

PERSONAL MEDICAL KIT

Personal Medical Kit	The medical provision on site is excellent and there are medics based at all camps. However, there are some items listed below you should carry yourself (as appropriate).	Tick Box
Antihistamine tablets	For insect bites. It's useful if you can bring both drowsy and non drowsy	
Antihistamine cream	Bite/sting cream. Can be very beneficial for reducing itching and swelling of in- sect bites.	
Paracetamol/aspirin	For headaches etc.	
Ibuprofen	For swelling etc.	
Rehydration salts	Essential! Rehydration salts kept in camp do not have the most appetising taste so please bring your own. We utilise purified water which contains a low concentration of beneficial minerals found in normal spring water. Because of this, we recommend you take a dosage of rehydration salts every day. Don't forget to read the correct dosage to ensure you are absorbing the salts correctly	
Antiseptic wipes	Cleaning cuts or grazes	
Plasters (assorted sizes)	May also be worth adding a couple of blister plasters as well as normal ones.	
Personal Medication	It is vital that you bring any prescribed medications.	
Vitamins	If you normally take these.	

HELPFUL RESOURCES

Helpful Resources	Below you will find a selection of helpful resources for your expedition	Tick Box
Top Eco-Friendly Kit Ideas	https://www.opwall.com/article/top-eco-friendly-kit-ideas/	
Beginner Fieldwork Equipment	https://www.opwall.com/article/beginner-fieldwork-equipment/	
What Equipment to Borrow or Buy	https://www.opwall.com/article/the-festive-guide-to-gearing-up-for-your-expedition/	
Top 10 Must Have Items!	https://www.opwall.com/article/lets-find-out-what-you-couldnt-live-without/	
Ecological Apps to Download	https://www.opwall.com/article/ecological-apps-so-you-can-identify-appsolutely-everything/	
BBC Documentaries	BBC Planet Earth, Episode 8: Jungles Documentary BBC Planet Earth, Episode 9: Freshwater Documentary BBC Life of Mammals, Episode 8: Tree Dwellers	
This is then where you can add your country specific books and resources		

MONEY

Spending money is an optional extra to cover personal on-site expenditure only. This may include snacks and souvenirs you wish to purchase. The local currency is Lempira. Changing money to Lempira is possible before you leave, however, you can also change and withdraw money at San Pedro Sula airport.

FOOD

It is always worth thinking about bringing some extra snacks such as cereal bars as snack choices available to purchase in the forest are limited however there are biscuits, crisps and fizzy drinks!

WASHING FACILITIES

You can wash clothes by hand in the Terrestrial base.