

Here are some ideas of what you'll absolutely need

Hiking boots, sneakers

Sandals

Rain coat with hood or Poncho

Clothes that dry fast:

Shirts, and long sleeves blouses or shirts (for mosquitos)

A sweater

Lightweight pants

Shorts

Bathing suit

Sleeping bag and mosquito net (optional)

Towel

Bug repellent. Better if natural.

First aid supplies (band-aides, medicine you'll need...), tea tree oil.

Sunscreen

Flashlight with rechargeable batteries.

Ziploc bags (always useful, and to protect your camera from humidity)

Personal items (shampoo, soap, etc.)

Bring what you need for your free time (a lot of books, art supplies, pens, notebooks, etc.)

Personal snacks

Optional ideas: mp3 players, camera, yoga mat...you will have a lot of free time!

Travel light! If you come in the raining season don't forget that everything gets humid!! (no leather)