

Thousand Currents

THOUSAND CURRENTS

EXPERIENTIAL TRIP TO THE AMAZON, BRAZIL - JUNE 2026

SUGGESTED PACKING LIST

Weather Conditions

Brazil has a largely tropical climate, with warm temperatures throughout most of the country. In Santarém and Itaituba, located in Brazil's Amazon region, June falls within the dry season, though the air is still humid and there can be occasional showers, especially in the Amazon. Daytime temperatures generally range from 77–88°F (25–31°C), with nighttime lows around 68–74°F (20–23°C).

Luggage & Packing Tips:

To ensure a smooth and comfortable journey through Brazil, we recommend packing lightly and intentionally, keeping the diverse nature of the itinerary in mind. This trip includes hotel stays, overland travel, river transfers, and time in remote areas, so well-organized, functional luggage will make a significant difference.

When traveling to Brazil, be sure to keep essential items in your carry-on, including medications, a change of clothing, and any valuables, in case checked luggage is delayed or lost. We also recommend placing luggage tags with your contact information on all bags and using a TSA-approved lock whenever possible.

The Essentials

Documents:

- Passport (original and photocopy)
- Brazil e-Visa
- International flight itinerary
- Medical insurance policy & emergency phone numbers
- List of medications and any existing health conditions
- Emergency contact sheet (provided by Elevate Destinations)

Electronics

- Camera
- Chargers for all electronics
- Battery power bank - Access to power will be limited.
- Headphones or AirPods
- Universal plug adaptor (Brazil uses plug types C & N)
- We recommend *not* bringing a laptop computer

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Travel Essentials:

- Credit cards and cash (see money section in Country Guide)
- Dry bag for any valuables
- Luggage lock(s)
- Reusable water bottle
- Notebook & pens
- Binoculars
- Headlamp / flashlight with spare

batteries

- Book or e-reader
- Energy or protein bars
- Glasses & sunglasses
- Travel pillow & earplugs
- Prescription medicines

Clothing - Alter do Chão (June 6, 11, 12)

The Brazilian Amazon style is relaxed, with locals wearing light, breathable clothing suited to the hot, humid tropical climate.

- Trousers/lightweight pants/jeans
- Below the knee skirts or dresses
- Short-sleeved shirts
- Sweater or light jacket
- Shorts
- Swimwear
- A couple of versatile “nice yet casual” outfits for hotels
- Comfortable walking shoes
- Shawl or scarf
- Small travel umbrella or raincoat
- Sun hat or cap
- Socks and undergarments
- Sleep wear

Packing - Itaituba & Aldeia Nova Trairão (June 7-11)

You should pack a separate waterproof backpack or duffel bag for your travels from June 7-11. We will leave the remainder of our belongings securely locked up at the hotel in Alter de Chao to get when we return. You will spend two nights in Itaituba and two nights in Aldeia Nova Trairão,— be prepared for minimal amenities, hot and humid weather, and frequent rainfall. Clothing should be lightweight, quick-drying, and neutral-colored to stay comfortable and avoid attracting insects. The information below is specific to the two nights you will spend in the remote community of Aldeia Nova Trairão.

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Important Considerations & Luggage Notes

- Aldeia Nova Trairão is very remote. While staying in the village, there is no conventional power grid or sewage system. Electricity is supplied by solar panels and batteries, and internet connectivity is provided via Starlink.
- **Luggage:** Pack a **soft waterproof backpack or duffel bag (up to 75L and 28 lb; not hard-shell suitcases)** and one personal item with essential belongings for your time in Itaituba and Aldeia Nova Trairão (June 7 - 11). Please pack only what you can comfortably carry. You will be able to safely store any larger suitcases and items you do not need for this portion of the trip at Belo Alter in Santarem on June 7. You will return there on June 11.
- Waterproof backpack or duffel bag (up to 75L)
- Dry bag or ziploc bags for personal items and electronics
- Quick dry hiking pants
- Quick-dry, long-sleeved shirts (preferred to repel mosquitoes) - muted or neutral colors
- Sturdy, broken in hiking boots or sneakers (preferably waterproof)
- Sandals or flip flops for evenings
- Lightweight, packable, waterproof jacket or poncho
- Lightweight waterproof pants
- Hiking socks
- Wide-brimmed hat
- Reusable water bottle
- Quick dry towel
- Binoculars (optional)
- Snacks
- Sleep wear
- Headlamp or flashlight with extra batteries

Medical Kit & Toiletries

Travelers are expected to bring a small, personal travel pharmacy, suited to their health needs and any pre-existing conditions. Recommended items include:

- Biodegradable sunscreen
- Lip balm with an SPF
- Toothbrush & toothpaste
- Insect repellent - DEET
- Prescription medication with original labels (including epi-pens, antibiotics, or others as needed)
- Sleeping medication if helpful

- Over-the-counter medications:
 - Painkillers
 - Indigestion
 - Anti-diarrhea
 - Allergy
 - Motion-sickness
- Electrolyte powders + Emergen-C
- Antiseptic cream, Band-Aids
- Biodegradable, pre-moistened antibacterial hand wipes or hand sanitizer
- Biodegradable, antibacterial body wipes
- Travel size soap and body lotion
- Travel size shampoo + conditioner
- Hair brush, comb, hair ties or clips
- Eye drops, contact lenses, solution
- Extra toilet paper