



## La Ciudad Perdida Charity Challenge Trek

### *Suggested Packing List*

#### **Weather Conditions**

The climate in Colombia varies tremendously depending on where you are as the landscape throughout the country is incredibly diverse. On your journey with Smile Train, you will be on the coast of Colombia - Barranquilla, Santa Marta and the Sierra Nevada Mountains ([itinerary here](#)). The weather will be hot and humid, with temperatures ranging between 77°F to 91°F.

During the trek, you will be in the jungle, where it is warm and wet year round, though April is typically one of the drier months.

#### **Luggage & Packing**

We recommend packing any medications you take, a change of clothing and any valuables in your carry-on bag in case your checked bag is lost or delayed. Be sure to have luggage tags with your contact information on each bag and a lock when possible.

We recommend bringing two bags: one for the trek, and one for excess luggage. You can store your excess luggage at the Trekking Office at the base of the trail, so you will only need to bring one pack (see notes below) for the trek. Please bring a lock so you can secure your excess luggage before storing it.

#### **The Essentials**

- Documents
  - Passport (original and photocopy)
  - International flight itinerary
  - Travel & medical insurance policy and emergency numbers
  - Covid Vaccine Card (original, photocopy and digital copy with a QR code)
- [Check-mig form](#) confirmation (required for entry and exit)
- Credit cards and cash (see money section of country guide)
- Prescription glasses and sunglasses

#### **What to pack on the trek?**

On the trek, be prepared to hike medium intensity treks and uneven terrains. Expect strong rains and humidity and hot temperatures, so be prepared to be damp from rain or sweat and be prepared pack accordingly. Pack light for the trek, no more than 5 - 6 kg in your pack.



The path throughout the trek is dirt and pebbles and is slippery and muddy during the rains. There is one section of the trek when you will have to cross through a river on foot, so be prepared to get wet.

- **Pack:** 30 - 35 L hiking pack with a strap around your waist
- A smaller, second pack for excess luggage to be stored during the trek.
- Waterproof liner or rain cover for your bag
- 2 thick plastic bags (to divide clean & dirty clothing)
- Comfortable, worn in hiking boots with a good grip
- Flip flops and / or sandals to hike in
- 4 pairs of socks that go above your hiking boots
- 4 pairs of underwear and sports bras
- Quick-dry / dry-fit t-shirts or tank tops
- Leggings or shorts
- Swimsuit
- Microfiber, quick-dry towel
- Sunscreen
- Insect repellent
- Headlamp / flashlight
- Portable charger / battery pack
- Reusable water bottle
- Sleeping clothes - long sleeved shirts and pants to protect from mosquitoes
- Toiletries and medications (see below)
- **Optional:** trekking poles - these can be rented from the Trekking Office
- Reusable water bottle (1.5 L) - large enough to sustain you for a half day
- Cash (Colombian Pesos - COP) - you will be able to purchase snacks & drinks during the trek

## Clothing

Before the trek, you will be visiting Smile Train's partners at hospitals and patients at their homes. We recommend that travelers pack clothing that is appropriate for these meetings and comfortable given the hot and humid weather. After the trek, you will have a full day at the beach and will have the opportunity to swim and relax in nature.

- Breathable, lightweight clothing
  - Short sleeve shirts
  - Trousers - longer skirts or dresses
- 1-2 warm layer in case of cool evenings
- Comfortable walking shoes - to wear during partner visits
- Swimsuit
- Exercise clothing - shorts and tank tops
- Small umbrella and waterproof jacket
- Sleepwear
- Socks and undergarments
- Sun hat or cap
- Sunglasses

## Medical Kit and Toiletries



Participants should include an adequate supply in your hand luggage of any prescribed medication, with the labels, you may need while traveling.

- High-quality face masks to protect from Covid
- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste and travel sized mouth wash
- Prescription medication
- Allergy medication, & an epi-pen if you have one
- Insect repellent
- Re-hydration salts or electrolyte powder, Emergen-C or Nuun tablets
- Supplements and vitamins
- Over the counter medication
  - Anti-diarrhea medication
- Pepto-Bismol
- Tums
- Motion sickness medication (dramamine, or prescription)
- Painkillers
- **First aid kit - antiseptic cream, Band-Aids, anti-bacterial wipes**
- Travel pack of tissues
- Eye drops
- Contact lenses and solution
- Travel-sized hand lotion and soap
- Travel-sized shampoo and conditioner
- Hair brush, comb, hair-ties or clips

## Travel Essentials

- Book or e-reader
- Journal and pens
- Camera & extra batteries
- Energy bars and snacks, if you have personal preferences
- Day pack or cross-body bag
- Earplugs
- Headphones or AirPods
- Rechargeable battery pack (Mophie or other brand)