



Field Projects
International

Participant Manual

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PrimatesPeru (DBA Field Projects International) is a registered 501(c)(3) organization dedicated to the study and conservation of tropical ecosystems. FPI brings students and young professionals to the world's most precious forests to gain hands-on training and in-depth experience studying diverse communities of flora and fauna. Upon completion of our programs students have the confidence and know-how to engage in active research and conservation elsewhere. Our work does not end when a participant departs from our field programs, we offer support and assistance toward realizing future education/career options and research interests.

*All photos in this manual were taken by Ishaan Raghunandan and Ben Lybarger

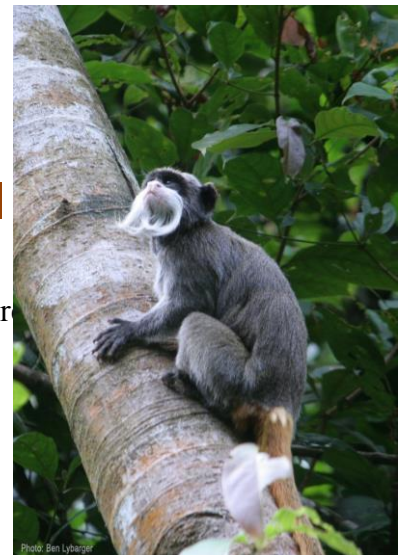
1.1 Biological Collection and Sampling: Research and Education

Field Projects International has a *no-kill policy in place for all of its programs*: it does not permit instructors, participants, or affiliated researchers to cause undue stress, harm, or death to any animal before, after, or during a field program. Independent contractors operating as representatives of Field Projects International are furthermore bound by our institutional ethics protocols. This policy extends to vertebrates, invertebrates, and plants.



1.2 Biological Collection and Sampling - Personal Use

Collecting plant and animal products for personal use is strongly discouraged. This includes “souvenirs” such as interesting-looking seeds, bird feathers, small invertebrates, etc. Collecting such items could potentially result in fines, confiscations, or even jail time if discovered. Pug mark lifts are one notable exception that may be taken out of the forest.

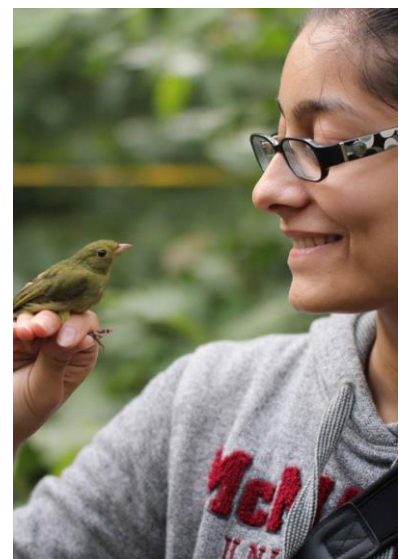


2. Plant and Wildlife Handling and Care

FPI and its representatives, including course instructors, researchers, and participants, shall strive to have minimal impact on the environments where they operate. This policy includes not causing undue stress to captured animals, nor heedlessly trammeling or otherwise destroying plant life. Animals utilized for educational or research-related purposes shall be treated in accordance with accepted animal care ethics and protocols.

Birds and bats: Participants may not handle bats or birds except under close supervision by an instructor or authorized FPI staff member. Programs involving mist-netting of birds or bats must release the animals within an hour or less after capture.

Amphibians and reptiles: Participants may only handle amphibians and reptiles under instructor or staff supervision. The differences between venomous and non-venomous snakes may not always be easily determined without expert guidance; do not pick up any snakes. Safe handling techniques for all herpetofauna must be observed at all times. When handling any amphibian or reptile, refrain from touching eyes, nose or mouth, and wash hands at the earliest opportunity. All animals should be released as close to the point of capture as possible.





Mammals: In very specific situations and only for certain programs, participants may handle primates or other mammals. This always must be done under the direct supervision of an authorized FPI staff member and/or the veterinary scientist associated with that project. Participants will be trained on best practices related to the safety of both the animals and themselves. These protocols must be followed closely and consistently at all times, and participants are not to approach or handle any mammals outside of these prescribed limits.

Invertebrates: We have a no-kill policy during invertebrate-related programs, unless a specific exception is made that allows collection for biodiversity surveying. This can only be conducted with official permits obtained from the appropriate government agency.

Injured animals: From time to time FPI personnel will encounter sick and/or injured plants and wildlife. Human nature often compels us to try to help these animals. However, under no circumstances are FPI personnel or participants permitted to interfere with the natural course of life and death of plants and wildlife at the field site.

Dead plants and animals: If a dead plant or animal is encountered, and FPI already has necessary permits to collect samples from said specimen, then specific research protocols should be followed. Never handle a dead animal in the forest without taking the appropriate personal precautions. If you are unclear about the appropriate procedure, make note of the location (use a GPS waypoint if possible), then seek advice from FPI leadership.

Animals encountered in living quarters: It is not uncommon for FPI personnel to find mammals, reptiles, and arthropods living inside housing and other field site facilities. Even under these circumstances FPI participants and personnel should not kill any wildlife. If the presence of animals inside living quarters causes a participant, instructor, or researcher personal discomfort, they should ask the appropriate staff to remove it without killing it, or simply remove it themselves if such removal can be done safely.

Plants and fungi: FPI regards plants and fungi like any other animal encountered in the field; our policy is to interfere with their existence as little as possible. Cutting, tearing, ripping, marking, or tampering with plants outside of what is deemed necessary for field program activities to proceed is not allowed.



Field Projects International has a *no-kill policy in place for all of its courses*: it does not permit instructors, students, or affiliated researchers to cause undue stress, harm, or death to any plant or animal before, after, or during a field course.

3. Sexual and Gender-based Misconduct

Field Projects International upholds a zero tolerance policy for sexual and gender-based misconduct and does not discriminate on the basis of sex in its educational programs. When an allegation of misconduct is brought to an appropriate administrator's attention, and a respondent is found to have violated this policy, serious sanctions will be used to reasonably ensure that such actions are never repeated. This policy has been developed to reaffirm these principles and to provide recourse for those individuals whose rights have been violated. It applies on and off the field site if the conduct negatively affects a victim's field program experience or the overall research environment. This policy is intended to define community expectations and to establish a mechanism for determining when those expectations have been violated.

FPI seeks to provide a consistent, caring, and timely response when sexual and gender-based misconduct occurs during a field program or in the course of conducting field research. Sexual misconduct includes sexual harassment, sexual assault (non-consensual sexual contact and non-consensual sexual intercourse), and sexual exploitation. Gender-based misconduct includes violent actions, discrimination, hazing, bullying, domestic violence, dating violence, and stalking when such behaviors are perpetrated because of one's gender.

Here are a few examples of sexual or gender-based harassment:

- persistent questioning about intimate or personal information
- unwanted touching or physicality of a sexual nature
- offensive jokes of a sexual nature
- unwelcome comments on an individual's sexual orientation or gender identity
- emails containing extreme sexual innuendo, imagery or language
- sex- or gender-based violence

FPI participants, research assistants, primary investigators, collaborators, employees, guests of the field station, and field station staff have the right to be free from sexual and gender-based misconduct and Field Projects International prohibits such behavior. Sexual and gender-based misconduct can occur between people of different sex or gender or of the same sex or gender. All members of the community, at any of our field sites, are expected to conduct themselves in a manner that does not infringe upon these rights of others.

This policy was created to:

- Increase the safety of the FPI community;
- Clarify expectations of behavior;
- Cultivate an environment that both expedites and encourages the prompt reporting of sexual and gender-based misconduct;
- Cultivate a climate of community involvement in sexual and gender-based misconduct prevention;
- Facilitate the recovery of a victim by providing prompt and compassionate support services;
- Ensure accurate reporting of crime statistics.

Individuals are encouraged to report all instances of sexual and gender-based misconduct, and instructors are to tactfully intervene when harassment or misconduct is witnessed or suspected. Complainants who have engaged in alcohol or other drug use at the time of suffering the misconduct will not be subject to disciplinary action for such use. Every effort shall be made to ensure that participants are informed of rights and resources, including options for reporting through field program staff, the FPI administration, and/or the appropriate local authority.

What this means for our field programs:

Such rules for sexual/gender misconduct apply at all of our field sites, and during all class travel. If you experience or observe sexual or gender-based misconduct by any human (participant, staff, or unfamiliar individual), please report it to FPI staff, FPI administrators, field station management, or local authorities as warranted.

Living and traveling together as participants and staff, along with immersion in a new cultural context, does not make sexual and gender-based misconduct acceptable. This will be discussed at the beginning of each program, as we are committed to providing a safe, respectful, and responsive environment during all of our field programs.

All personnel acting on behalf of or in conjunction with Field Projects International - including FPI staff and contracted instructors – as well as students, research assistants, and other program participants, will be required to sign a contract stipulating that they understand and agree to the above terms.

What to do if you witness or experience sexual or gender-based harassment:

- Immediately speak to an FPI instructor or contact an FPI administrator by sending a written description of your concern by email to admin@fieldprojects.org. You will receive a response within 24 hours with further assistance. Be as detailed and candid as possible.
- Should you require us to pursue the matter sooner than this time frame, please utilize the FPI phone on site to contact us more quickly. You may call us at any time in the case of an emergency.
- Please take detailed notes on the experience including, but not limited to, the names of individuals involved, their roles, the date, what occurred (including exact words and actions), and how you responded.

4. Non-discrimination Policy

Field Projects international is committed to providing a learning environment that is free from discrimination and harassment. As such, FPI prohibits discrimination on the basis of race, ethnicity, religion, disability, sexual orientation, gender identity, sex, or age during the enrollment process, scholarship award selection, or any educational or recreational program or activity. As an organization focused on field study abroad, this policy also applies to time spent in transit to field sites, and the entire time spent at a field site, whether engaging in a program-related activity or not. FPI will not tolerate harassment of any kind.

FPI instructors and other staff members are expected to foster a welcoming and respectful environment for all field program participants, and participants should likewise contribute to this atmosphere. The population at a given field site can be more diverse than many participants are accustomed to experiencing, so extra care should be employed to prevent divisive attitudes and bias from going unanswered with thoughtful discussion. If harassment occurs, this will be treated seriously and responded to promptly.

Lastly, special attention should also be paid to the residents of each host country. Most FPI participants, instructors, and staff members are guests in the countries where we operate. This fact demands that we all behave with utmost respect and consideration to residents, whether they be field station staff members, local restaurant workers, boat captains, guides, or tuk-tuk drivers.

All personnel acting on behalf of or in conjunction with Field Projects International - including FPI staff and contracted instructors – as well as students, research assistants, and other program participants, will be required to sign a contract stipulating that they understand and agree to the above terms.

5.1 Academic Integrity – Plagiarism

Plagiarism consists of taking someone else's ideas, words, or other types of work product and presenting them as one's own. To avoid plagiarism, participants are expected to be attentive to proper methods of documentation and acknowledgement. As such, they should:

- Enclose every quotation in quotation marks, and acknowledge its source.
- Cite the source of every summary, paraphrase, abstraction, or adaptation of material originally prepared by another person, and any factual data that is not considered common knowledge. Include the name of author, title of work, publication information, and page reference.
- Acknowledge material obtained from lectures, interviews, or other oral communication by citing the source (name of the speaker, the occasion, the place, and the date).
- Cite material from the internet as if it were from a traditionally published source. Follow APA citation style unless otherwise instructed.



5.2 Academic Integrity: Cheating on an Examination

A participant must not receive or provide any unauthorized assistance on an examination. During an examination a participant may use only materials authorized by the faculty.

5.3 Academic Integrity: Copying or Collaborating on Assignments without Permission

When a participant submits work with his/her name on it, this is a written statement that credit for the work belongs to that participant alone. If the work was a product of collaboration, each participant is expected to clearly acknowledge in writing all persons who contributed to its completion.

Unless the instructor explicitly states otherwise, it is dishonest to collaborate with others when completing any assignment or test, performing experiments, or writing papers and reports.

If the instructor allows group work in some circumstances but not others, it is the participant's responsibility to understand the degree of acceptable collaboration for each assignment, and to ask for clarification if necessary.

To avoid cheating or unauthorized collaboration, a participant should never:

- Use, copy or paraphrase the results of another person's work and represent that work as his/her own, regardless of the circumstances.
- Refer to, study from, or copy archival files (e.g. old tests, homework, solutions manuals, or backfiles) that were not approved by the instructor.
- Copy another's work, or to permit another participant to copy their work.
- Submit work as a collaborative effort if they did not contribute a fair share of the effort.

5.4 Academic Integrity - Fabrication or Falsification of Data or Records

It is dishonest to fabricate or falsify data in field experiments, research papers, reports, or in any other circumstances; to fabricate source material in a bibliography or "works cited" list; or to provide false information on a résumé or other document in connection with academic efforts. It is also dishonest to take data developed by someone else and present them as one's own.

Falsification may be defined as altering, omitting, or inventing data to submit as one's own findings. This includes copying data from another participant to present as one's own; modifying data in a write-up; and providing data to another participant to submit as their own.

5.5 Academic Integrity - Other Forms of Deceit, Dishonesty, or Inappropriate Conduct

Under no circumstances is it acceptable for a participant to:

- Submit the same work, or essentially the same work, for more than one program without explicitly obtaining permission from all instructors. A participant must disclose when a paper or project builds on work completed earlier in their academic career.
- Request an academic benefit based on false information or deception. This includes requesting an extension of time, a better grade, or a recommendation from an instructor.
- Make any changes (including adding material or erasing material) on any test paper, problem set, or class assignment being submitted for a re-grade.
- Willfully damage the efforts or work of other participants.
- Steal, deface, or damage academic facilities or materials.
- Collaborate with other participants planning or engaging in any form of academic misconduct.
- Submit any academic work under someone else's name other than his/her own. This includes but is not limited to sitting for another person's exam; both parties will be held responsible.
- Engage in any other form of academic misconduct not covered here.

This list is not intended to be exhaustive. For clarification, ask the instructor or teaching assistant for guidance.

6.1 Grading Policy: Evaluation

All FPI courses include a very clear grading rubric in their syllabus, and instructors will provide regular and fair feedback of participant progress during the course. Participants will be evaluated based on attendance and participation in activities (including presentations and class discussions), performance on quizzes and examinations, and quality of independent projects. Participants taking a course for academic credit will have additional requirements: typically a research paper.

Field Projects International programs engage participants from vastly different academic and cultural backgrounds, and we seek to graduate competent naturalists, not participants who have simply had an ecotourism experience. Our underlying mission is to grow public appreciation for - and understanding of - the world's tropical ecosystems, and to foster leadership and engagement in conservation science.

6.2 Grading Policy – Attendance

All syllabuses include an attendance policy, which makes clear that attendance and participation are expected for all activities. Typically only illness or other extreme circumstance will constitute an excused absence. In these cases, participants should repeat the missed activities or quizzes whenever possible. If this cannot be done, then an extra assignment may be given to compensate for the missed lessons and assignments. All effort should be made by the participant to complete make-up assignments before the end of the program, since we typically do not have the ability to give extensions that go beyond the last day of the program. Only in some extreme circumstances may an exception be made, allowing a participant to submit work after the official end of the field program.

7. Participant Discipline and Dismissal Procedures

The following are potential grounds for dismissal from the field site:

- o If a participant ignores safety instructions
- o If a participant causes recurrent classroom and/or activity disruptions
- o If a participant engages in sexually inappropriate manner toward another participant, researcher, or staff member
- o If a participant uses alcohol or illicit substances
- o If a participant becomes abusive, violent, or aggressive
- o If a participant harms an animal or damages the environment or field station property
- o Poor attitude or conduct that impacts group morale, safety, and/or compromises FPI's relationship with non-FPI staff at the field site.

Instructors shall formally document any and all disciplinary actions, including verbal warnings to participants. Notices of these disciplinary actions shall be emailed to FPI's main office. Upon consultation with FPI management, if a participant's offense(s) merit dismissal from the field site, the instructor will be informed of the procedure for arranging transportation for that participant's departure.

In accordance with the participation contract that participants have signed, FPI is not obliged to give any refund for stays ended prior to their official end date. The right of the participant to stay at the field station is at the sole discretion of FPI staff. Instructors and other field staff shall not discuss any financial matters with participants. Participants will always be directed to contact FPI management with any questions regarding our policies in this regard (info@fieldprojects.org).





8. Alcohol and Drug Policy

The use of drugs or alcohol in an inappropriate manner shall result in disciplinary action and possible dismissal from the program. The use of any illegal substance will not be tolerated and, if verified, will result in immediate termination of participation in the program and forfeit of their accommodation at the field station. The offender will be responsible for all costs associated with their removal, and they are not entitled to be refunded any payments made to the program prior to termination.

Should alcohol be used at the field station, used outside the field station without the prior knowledge of a program instructor, used by someone under the legal drinking age, used in ways that appear to hinder the safety of anyone on the project team, or used in any way perceived as a concern to the program instructors or principal investigators, participants will be subjected to disciplinary actions. Depending on the severity of the misconduct, this may include dismissal from the program.

9. Data, Photograph, and Video Use Policy

Participants in all of FPI's programs agree that all data or media collected that depicts research methods or activities is the intellectual property of the instructor or principal investigators, and may not be used in any way without express permission from the program managers. This includes images and footage attained through personal recording devices (cameras, video recorders, etc.). No data or media related to research projects may be used in presentations, reports, papers, blogs, or social media unless the right to access or share data is granted by an instructor or principal investigator on a case-by-case basis.

10. Emergency Protocols

During the program enrollment process, information will be gathered about participants' medical conditions that could be a concern in the field (e.g. asthma, allergies, etc.). This includes current medications and doses, a medical history and a vaccination record. This information will be provided to instructors and teaching assistants, who are then responsible for making sure that they can access it in the field where internet connections and cell signals are less reliable. This information is to be referred to only in an emergency and it must never be shared with other participants or non-FPI/non-medical personnel.

Each field site will handle health emergencies in a slightly different way, depending on modes of transportation and access to the nearest healthcare facility. Below, please refer to your field site for the specific emergency protocol that you would follow. The basic steps are as follows:

1. Notify the head of staff that is present on site
2. On-site staff shall call FPI administration to describe what has taken place, and FPI administration will call the injured person's emergency contact, as well as contact the injured person's emergency medical insurance should that be deemed necessary. FPI will then call local contacts to provide support and assistance as needed.
3. The injured person should be prepared to leave the field site immediately, but it is important that any necessary belongings, especially medications, warm clothes, water, and some food be brought along.
4. A station staff member should accompany the injured person the entire way, and if needed, the program instructor, teaching assistant, or field team leader may also need to go along.
5. If possible, the injured person should be taken to the nearest hospital trauma center for care. If not possible, there are rudimentary emergency care facilities along the way (e.g. in Laberinto, Peru) that can be used.
6. Once at a medical center, field staff will contact FPI administration immediately and re-establish communication.
7. Station staff or FPI personnel will remain with the injured person, assisting with their care, until a new arrangement has been determined.

IMPORTANT: If the emergency is the result of a venomous snake bite, the same procedure would be followed, but the anti-venom that is kept at the station is taken along with the injured person. The anti-venom shall not be administered until a medical professional is available, unless there is no other option. An EpiPen can be used to prevent anaphylactic shock after administration of the anti-venom.

To request the full emergency protocol for *Estacion Biologica Rio Los Amigos, Madre de Dios, Peru*, contact info@fieldprojects.org.

To request the full emergency protocol for *Fringe Ford, Wayanad District, Kerala, India*, contact admin@fieldprojects.org

11. Travel Preparation and Tips

All program participants will be given access to a web page specific to each field site, containing a wealth of pertinent information about travel preparation and field station amenities.

Go to [Appendix A](#) in this manual to see a sample [Packing List](#). Bear in mind, this is not meant to be exhaustive, but simply to offer guidance.

The most important things needed for all programs -- and which FPI will NOT be providing -- are your hiking backpack, a reusable water bottle, insect repellent, gumboots, a battery-operated headlamp, and a pair of binoculars.

Please also note that the field station and FPI staff do NOT provide any medications to participants. As such, participants must bring a small medical kit for minor issues.

The following are some suggestions:

- A course of broad-spectrum antibiotics (ciprofloxacin is a common and effective one)
- A course of antibiotics for digestive trouble, and a small number of pills of Imodium (to be used in emergencies only)
- Electrolyte/rehydration packs. Note: there is plenty of potable water at all field sites
- Anti-fungal cream/powder (effective on yeast), particularly if you are prone to these infections
- Anti-itch medication: over-the counter lotions are okay
- Some kind of antibiotic cream or ointment (e.g. Neosporin, Polysporin)
- Antacids to comfort your stomach
- Band aids, tweezers
- Aspirin or other headache medication
- An EpiPen if you are at risk for any kind of serious allergic reaction
- Antihistamines to be taken in case of mild allergies
- A digital thermometer

12. Field Ethics and Safety

The first time the entire class or team is assembled during a program, instructors will provide a basic safety and ethics review. Below are listed key elements:

1. Plant and wildlife handling and care: no needless destruction, collecting, or harming plant and animal life
2. Items to never leave the field station without (map, compass, water, rain gear, etc.)
3. ALWAYS notify an instructor AND sign out every time before going on any trail: this includes sign-out time, expected return time, trail numbers, and the full name for each person. Staff will wait one hour before searching for a missing person who does not return at expected time (unless close to dusk, in which case searches start sooner). Please always monitor your watch or timepiece while away from the station!
4. Alcohol and drug policy shall be reviewed
5. Sexual and gender-based misconduct policy will be reviewed
6. What to do if you become lost in the forest
7. Communal responsibility: look out for each other in general, and consider how each person's attitude affects morale of the group

13. Insurance

All participants are required to independently acquire health coverage that applies to the entire duration of their field program, and which will include explicit coverage related to COVID-19. If a participant is unsure whether their current health insurance will cover them while abroad, it is their responsibility to contact their insurer to be certain. Participants will be required to provide proof of coverage and a scanned copy of their health insurance card or policy documents. FPI does not require medevac insurance, but please note that neither the field station nor FPI will be responsible for costs associated with medical emergencies.

Participants may additionally elect to obtain traveler's insurance, which can cover lost items and in many cases can include medical coverage also.

14. Vaccines

All field program participants will have to provide proof of a normal vaccination record (as listed [here](#) by the CDC). For travel to Peru, we require that participants also get the following vaccines: typhoid, yellow fever, tetanus, and COVID-19. A rabies pre-exposure series may also be required for certain programs. For travel to India, we require that participants get the following vaccines: typhoid, hepatitis A, COVID-19, and Japanese encephalitis. In addition, we recommend getting a flu shot, although this is not mandatory. For many vaccinations, there is a series of injections over time, so participants ought to get their shots EARLY!

Participants may also consider taking malaria prophylaxis as recommended by their doctor or travel clinic. This is not required by FPI for any field sites.



15. Health Risks

FPI does not offer medical advice. Field program participants should contact their doctor and/or a travel clinic for recommendations.

16. Meals and Accommodations

All meals (as well as basic snacks and tea) are included at our field sites. We can easily accommodate vegetarian diets with prior notice.

Lodging is often rustic in bunkhouses or dorms, and participants should not expect warm showers. Linens and sheets are provided. At some field sites laundry will be done for you (e.g. India), while more often you will need to hand wash your own laundry in tubs (e.g. Peru).

Internet is not available at some field sites, and at others it may be unreliable, slow, or intermittent. Phone service may likewise be unavailable or unreliable. Electricity is available at all field sites, but in some cases only by generator for certain hours of the day.

17. Press and Media Policy

Should you be interviewed or find yourself in a position where you are requested to represent the research you observed or participated in with Field Projects International at any time before, during, or after your participation period, do not grant any interviews for written pieces in the media or for speaking events to an audience without informing the principal investigators first. All representation of research conducted by Field Projects International must be reviewed by the principal investigators first, so either contact a principal investigator or refer any journalist to the investigator or a senior FPI scientist for information directly.

18. Frequently Asked Question

How do I report allegations of inappropriate behavior?

Every instructor is obligated to report instances or suspected instances of inappropriate behavior to FPI administrators as quickly as possible. If a complaint is to be made against an instructor, participants should contact FPI administration at: admin@fieldprojects.org

How will airport pickups be coordinated?

Before the program, each participant will receive an arrival packet with instructor photos, phone numbers, and email. It will also have details about all participants' flights and arrival times, and other helpful information. An FPI representative will meet participants at the airport and arrange transportation from there.

Will I have to pay for any meals or accommodation?

Accommodation is included during the dates listed for each field program. Any previous or subsequent travel is the participant's own responsibility. Meals before and after arriving at the field station -- apart from hotel/hostel breakfasts -- are also the responsibility of each participant. While at the field site, however, all meals are included, as well as snacks, coffee, tea, etc.

What about passport/visa requirements?

Passports must have at least six months remaining validity. You are responsible for your own visas, if necessary.

How should I acquire local currency?

It is best to use ATM/cash machines once you arrive. Do not bring traveler's checks. Changing bills can also be difficult, and might require you to carry large amounts of cash.



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APPENDIX A: PACKING LIST

The field station will provide mosquito nets, electricity at least every evening, a pillow & sheets, three meals a day + snacks, safe drinking water, and showers/facilities.

Items to Bring	Reasoning/Details	Required?
Rubber boots	For safety and dry feet in the rainforest. Can purchase in Puerto Maldonado if not an unusual size. India participants must bring them.	Yes
COVID test kit	At least two tests: one to test in Puerto Maldonado before arriving at the field site, and one in case symptoms appear while at the field station.	Yes
Binoculars	Will be used all day every day. Suggested models/specs: 10x42 or 8x42 Nikon Monarch/Trailblazer	Yes
Flashlight/headlamp	Essential for night hikes & navigating around field stations at night. Suggest red light included, with rechargeable batteries.	Yes
Rain jacket	Natural colors, light as possible. Ponchos will suffice.	Yes
Water bottle	Essential for drinking/refilling potable water at the station. Bring a spare if you can.	Yes
Travel Thermos	For taking coffee/tea/cocoa around camp. Field station mugs are not permitted to leave the comedor.	Optional
Laptop	For data entry, assignments, and practice with software. Please download Garmin Basecamp prior to arrival.	Yes
Silica gel	Dessicant for valuables like passport, camera, lenses, tablets, iPods, cell phones, and laptops	Optional
Pocket knife	Useful in the forest	Optional
Ziplock bags	For laptop, passport, phone and food	Yes
DEET-based repellent	In non-aerosol cans, high concentration (>40% advised)	Yes
Fast-drying clothes	Or multiple items of clothing you don't much care about getting dirty or torn	Yes

Long sleeved cover-alls	Reduces the cross contamination of DNA and spread of zoonotic diseases. Recommend lightweight and breathable material. Example below: https://www.dickies.com/coveralls/womens-cooling-long-sleeve-coveralls/FV485F.html	Yes
Long sleeved shirts	At least 7, with corresponding thin undershirts (short sleeves are fine).	Yes
Trousers	3 pairs for hiking	Yes
Shorts/slacks	2 pairs for lounging at camp	Yes
Underwear	10 pairs at least	Yes
Socks	7 pairs (quick dry if possible)	Yes
Sleeping clothes	Comfortable and easy to dry	Yes
Sandals/slippers	Only for use in your room	Yes
Warm clothing	In case of inclement weather: sweatshirt/jacket, wool hat, warm socks, gloves	Yes
Hiking boots	NOT necessary!!	Optional
Hat or bandana	To protect your head	Optional
Compact sleeping bag or thick blanket	There are some thick blankets at the station in case of cold weather, but a spare doesn't hurt. You can also buy one in Puerto Maldonado (a nice souvenir)	Recommended
Towel	One towel, fast-drying and thin	Yes
Gardening gloves	Light weight, for working in the forest	Optional
Wristwatch	Digital, with a repeat countdown timer	Yes
Day pack	Lightweight pack to carry rain jacket, spare water, binoculars, & data book	Yes
First-aid kit	See section 11	Yes
Contact lenses	Saline for lenses as well. - preferably use contacts that you don't have to change every day	Yes
Spectacles	Bring a spare set - if they break and you go blind, you can't find another pair in a hurry	Yes

