

Items to Bring	Reasoning / Detail	Required
Hiking Boots	Primary footwear	Yes
Hiking Sandals	Convenient on boat and around basecamp	Recommended
Flashlight / headlamp	Essential for night surveys	Yes
Rain jacket / poncho (most useful)	Self-Explanatory	Yes
Water bottle	Self-Explanatory	Yes
Ziplock / waterproof bag	For electronics and other valuables	Recommended
Towel	For comfort and convenience	Recommended
Long-sleeved shirts	At least 2	Yes
Trousers / pants	1 or 2 pairs	Yes
Shorts	Enough for trip	Recommended
Underwear	Enough for trip	Yes
Socks	Enough for trip	Yes
Swimsuite	Self-Explanatory	Yes
Sleeping clothes	Clothes/pajamas that you only change into for sleeping and can reuse throughout the trip	Yes
Hat / bandana	Sun protection	Recommended
Soap	Bio-degradable	Yes
Wristwatch	Digital	Recommended
Day pack	For carrying water, snacks, etc., and data collection materials	Yes
First-aid supplies	Bandages and dressings, topical antibiotics and antifungals, in case of minor aches and injuries. Some basic over-the-counter meds for stomach ache, sea sickness, headache, fever, diarrhea, and dehydration is a good idea.	Yes
Contact lenses / glasses	If you need them, make sure you have enough and a backup	Yes

Mona Expedition Packing List

Medications	Anything you depend on you need to bring. If you do not take any medications, you do not need to bring any.	Yes
Camera	Self-Explanatory	No
Binoculars	Self-Explanatory	No
Underwater camera	Self-Explanatory	No