

JUNGLE EXPEDITION

PREPARATION GUIDE



Camp
Table Mountain Suriname



INTRODUCTION

UNLOCK NATURE

Are you up for an adventure? Then you are at the right address! Make unforgettable, life changing tours throughout the most remote areas of Suriname. Together with professional and experienced guides you will seek great adventures and spot amazing wildlife.

Adventures such as a jungle expedition might be physically demanding and mentally challenging and therefore it is of major importance to be well prepared. If you are well prepared and know what you can expect you will be able to focus on the beauty of nature and enjoy it to the fullest!

In this document we will inform you of the general preparation for such an expedition and what you need to bring to make your stay comfortable.

Of course, we are always available to answer more questions, but make sure you read this preparation guide thoroughly first.

UNLOCK NATURE

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PREPARATION

KIT AND PACKING

Make sure you have all the required gear to have a comfortable expedition and a pleasant experience. If you are only planning to use it once, you might be able to borrow it from friends or family. Some gear you can borrow from us. If you will use it more often, it might be useful to buy them yourself. For advice you can contact us as well.

WEIGHT

Weight of the gear you are taking is of major importance during an expedition. At first you might prefer to have an extra t-shirt, but by the end of the expedition all of them will be smelly anyway. The weight of your backpack will have major effects on your fitness and mobility during the expedition. If you have a choice between two products and one is lighter, always choose the lighter one. You will have your personal gear to take with you, but beware that the overall necessities for the group, such as food, will also be divided between the expeditioners.

TRANSPORT

Many of the expeditions take place in remote areas which are only accessible by helicopter or a small airplane. These airlines can be very strict on weight per person and their kit. Make sure you have provided your own personal weight to us so you can receive proper instructions on the total weight everyone is allowed to carry with them.



Transport by helicopter
Tabel Mountain Expedition

GEAR

Your personal gear is important for your own comfort. Make sure it stays dry in the humid conditions, and you can carry it comfortably together with the hiking gear.

BOOTS

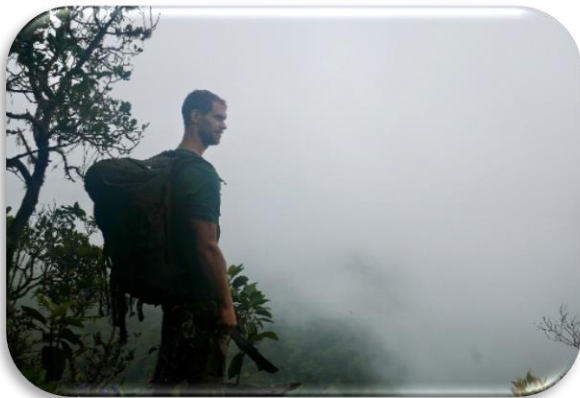
For many non-tropical expeditions hiking boots are advised. In the tropical rainforest we will not hike long distances per day as the vegetation is dense, soil soft, the land rugged and the weather conditions humid. The humid conditions in our tropical rainforest can make it very



challenging to get your shoes dry after they get wet. It is not healthy to have your feet exposed to the constant humidity. Therefore, we advise you to have **rubber boots** with plenty of pairs of **fresh socks** and a small bottle of **baby powder**. This combination will keep your feet dry and healthy! Once we have set up camp you will want to take off your boots and step into some easy **flipflops** and let your feet breathe a little!

BACKPACK

A good quality and sturdy backpack is your best friend during an expedition. Make sure it has enough space. If you are you a minimalist, then 60L might just be sufficient but some more space in your backpack increases the comfort; it does not have to be fully filled. If you are fit and tall a backpack of up to 110L can be used in the jungle. Larger than that will make it difficult to manoeuvre



through the dense vegetation. Make sure your **backpack** has proper **waist bands** as you do not want to carry all this weight on your shoulders. A rain cover will keep most of your gear relatively dry, but mostly it will keep the rain from making your bag very heavy.



DRYBAGS & DAYPACK

Rain in the tropical rainforest can be compared with submerging your backpack completely. Therefore, it is important to make sure your gear is safe and sound in there. Some people prefer one big **drybag**, (you will need at least two – see below), others subdivide their kit into multiple drybags. Sometimes we set up camp and take small hikes from there. Now you will only bring your camera and some water, so a (waterproof) daypack might come in handy!

CLOTHING

The jungle has many insects and possibly irritating leaves. Therefore, it is important to always wear **trousers**! In the humid conditions you'd prefer fast drying and **lightweight clothing**. Long-sleeved **shirts** are not a must but can be more comfortable. Tank tops are not advised as your backpack will leave marks on your bare shoulders whilst hiking. After a long sweaty day, you will need to freshen up, so don't forget a **quick drying towel**!



SLEEPING

After long and possibly physically demanding days, it is important that you have a good night's rest! Dry clothes and a warm night are therefore a must. Make sure you always have one dry set of dry clothes. Nights in the jungle can be cold, so it is advised to have some comfortable **sleeping pants**, a **long sleeved (thermal) shirt**, **dry underwear** and a **small sleeping bag** or proper warm blanket. And always store them in a separate drybag!

HAMMOCK & TARP

Every night we will set up camp in a place preferably near water, so you will be able to clean yourself up before getting into the **hammock**. This will be your bed for most of the expedition, so make sure it is of good quality, comfortable, clean, and lightweight! You want to sleep in a dry bed when it rains and out of the wind when it's windy. A **lightweight tarp** will be your best friend in this case. If you do not have this gear yourself, you will be able to borrow it from us. A **poncho** might come in handy during heavy rain showers and could also be very comfortable to use as a groundsheet for your stuff underneath your hammock.



ELECTRONIC GEAR

Need to pee at night? Decide to go for a night hike or look for wildlife on a nocturnal boat trip? One of your best friends will be your **headlight**. Make sure you have a proper one with an option to recharge, or with plenty of extra batteries. Make sure you have a **backup headlight** or flashlight; you won't want to be without it.



Optionally you can bring your **camera or/and phone**. We won't have any reception but capturing these amazing moments is worth a lot!

Recharging your gear can be a challenge. In some locations we will have little to no opportunities to recharge your electronic devices. Bringing one or multiple **power banks** will be of great help. Nowadays there are plenty of power banks available that can be solar charged, we've been using these for quite a while.



WATER

You will need a water bottle that's able to filter the creek water so that we do not have to bring litres of water with us during the hike. If you do not have these yourself, you will be able to purchase them from us.



FOOD

We will provide cooking pots and food. Beware that all the food has to be carried and last the whole expedition, so don't expect culinary delights! We will eat mostly vegetarian foods based on foods such as oats, kwak (cassava) that will fill your belly well. You will probably lose some weight during the expedition. **If you have any nutritional demands, allergies etc. please let us know in time!**

Make sure you bring your own **closable container**; this will be your dinner plate during the expedition. We will not waste any food, if there's any left, we will bring it with us in containers. Bring your own **cutlery** to eat with and your own cup if you would like tea.

During our expeditions we visit pristine and untouched areas. Wildlife in most of these areas have not had any bad experiences with humans yet. We would like to keep it that way, therefore we will not hunt any birds or mammals. There are options, however, to fish in some places.

You are always allowed to bring extra food such as nutritional bars, candy etc.



SOAP

We will stay in pristine areas that rarely see human activities. We will do our very best to maintain a zero-impact footprint in these areas. You are allowed to bring soap to wash yourself, clothes etc., but make sure it is **biodegradable**!

OTHER THINGS YOU MAY NEED

Bring **Insect repellent** if you are sensitive to insect bites but be careful as it can wash off paint from e.g., clothes, water bottles and even your camera! Especially if you spend time on boats or along the river; **sunscreen**, **cap**, **sunglasses**, and **water shoes** might come in handy. If you'd like to take a closer look at the wildlife; don't forget your **binoculars**!



WEATHER

Suriname's tropical climate always has a high humidity and warm temperatures. Depending on the elevation and the amount of rain, the temperature can get to about 17 °C at night. A hammock doesn't store any heat; therefore, nights can still feel kind of chilly. During the day it's usually warm and up to 35 °C in the sun. But in the forest, it is usually between 23 °C and 27 °C.

DELAY

Many expeditions start and/or end with a helicopter or airplane flight to the interior. Flights cannot always be performed during or after heavy rainfall. Some airstrips are also not accessible after heavy rainfall. Therefore, take into account that the departure of the trip might be delayed. That also applies for the return day.



EMERGENCY

If you require any specific medical attention, make sure you notify the organization in time. Bring your EpiPen if you have any extreme allergies such as bee/wasps or peanuts. Bring your own specific medication if you are diabetic or asthmatic.

The team will always bring an extensive medical kit during expeditions that includes medical accessories such as bandages, disinfectants and plasters for cuts and burns. Several kinds of pills such as anti-diarrhoea, painkillers, allergy pills, ORS and dextrose are added for systemic effects. Sterilized needles will be available for removing thorns or opening bumps on the skin.

Very few areas in the interior of Suriname have cell phone reception. A satellite phone or InReach will always be brought on expeditions in case of emergencies so a contact person can be informed. Before departing on the expedition, ensure that you share your contact person's information with the organization.

Small cuts and burns are very common during these expeditions. It is always wise to bring some basic first aid yourself: band-aids, disinfectants, tweezers etc. in addition to your own specific medication if you are diabetic, asthmatic, or other medication that you often require.



Dick Lock using the satellite telephone
Lucie River Suriname

INSURANCE

Naturally we will do everything in our power to make your adventure as pleasant and safe as possible. Some events are not within our control, during our expeditions and we are not liable for any of these events. Therefore, it is advisable to check that you have a proper travel insurance and that you have included the required modules to make sure that you are covered for unforeseen circumstances, so you can fully enjoy your unforgettable journey!

NAVIGATION

The team will always carry a GPS and use navigational apps on a mobile phone. Apps like Gaia GPS, Alltrails, Outdooractive etc. can help if you would like to track the routes yourself. We would advise you to download this free app and download the map for the specific area beforehand.



VISA AND DOCUMENTS

ENTRY FEE

As of 1 July 2022, visitors to Suriname no longer require a visa. Instead, tourists must pay an Entry Fee of €58 (€50 entry fee and €8 administrative costs). This payment must be made at least 24 hours before departure to Suriname, and you are required to print the confirmation document and bring a hard copy with you.

For more details, please visit [Suriname Consulate – Entry Fee Information](#) or register [here](#).

Please note that the payment system may not work on mobile devices but should function properly on a computer.

ICF (IMMIGRATION CUSTOMS FORM)

From 15 January 2025, the [Immigration Customs Form \(ICF\)](#) is mandatory for all passengers travelling to and from Suriname. Before completing the form, ensure you have purchased the **Entry Fee**. You can fill out the form online starting **3 days prior to your arrival** in Suriname.

Until 15 January, paper forms were provided on the plane for submission to customs upon arrival in Suriname. This process has now been fully digitalised.



CONTACT

Well in advance of the expedition we would like to call or meet you to find out if this kind of expedition would suit you and if you do not underestimate the physical and mental challenge of it.

Several days before departure the group will meet up to get to know each other, and ask the last questions required for your preparation!

If you have any questions you'd like to have answered before that, you are always welcome to contact us.

Giant Otter
Lucie River Suriname



ARE YOU READY?!

Such an expedition is not only an experience in the field but also the process towards it. Preparing all your gear is also preparing your mind! We know that these kinds of travels are often a life-changing experience, making you more grounded, respectful to nature and aware of the beauty of this world. Are you up for the adventure of a lifetime?



Jungle Expedition T-Shirt
Unlock Nature

CHECKLIST

MAIN GEAR	QUANTITY	PACKED
Rubber boots	<input type="text" value="1"/>	<input type="checkbox"/>
Backpack	<input type="text" value="1"/>	<input type="checkbox"/>
Drybags	<input type="text" value="2"/>	<input type="checkbox"/>
Daypack	<input type="text" value="1"/>	<input type="checkbox"/>
DAY CLOTHING		
Trousers	<input type="text" value="2"/>	<input type="checkbox"/>
Shirts	<input type="text"/>	<input type="checkbox"/>
Quick drying towel	<input type="text" value="1"/>	<input type="checkbox"/>
Underwear	<input type="text"/>	<input type="checkbox"/>
Pairs of socks	<input type="text"/>	<input type="checkbox"/>
SLEEPING GEAR		
Pyjamas	<input type="text" value="1"/>	<input type="checkbox"/>
Sleeping underwear	<input type="text" value="1"/>	<input type="checkbox"/>
Sleeping bag	<input type="text" value="1"/>	<input type="checkbox"/>
ELECTRONIC GEAR		
Head torch	<input type="text" value="1"/>	<input type="checkbox"/>
Spare torch	<input type="text" value="1"/>	<input type="checkbox"/>
Power bank	<input type="text" value="1"/>	<input type="checkbox"/>

CAMPING GEAR	QUANTITY	PACKED
Hammock	<input type="text" value="1"/>	<input type="checkbox"/>
Tarp	<input type="text" value="1"/>	<input type="checkbox"/>
Closable container	<input type="text" value="1"/>	<input type="checkbox"/>
Cutlery	<input type="text" value="1"/>	<input type="checkbox"/>
Toothbrush	<input type="text" value="1"/>	<input type="checkbox"/>
OPTIONAL		
Flipflops	<input type="text"/>	<input type="checkbox"/>
Baby powder	<input type="text"/>	<input type="checkbox"/>
Poncho	<input type="text"/>	<input type="checkbox"/>
Camera	<input type="text"/>	<input type="checkbox"/>
Phone	<input type="text"/>	<input type="checkbox"/>
Biodegradable soap	<input type="text"/>	<input type="checkbox"/>
Insect repellent	<input type="text"/>	<input type="checkbox"/>
Sunscreen	<input type="text"/>	<input type="checkbox"/>
Cap	<input type="text"/>	<input type="checkbox"/>
Sunglasses	<input type="text"/>	<input type="checkbox"/>
Zip-Lock bags	<input type="text"/>	<input type="checkbox"/>
Personal toiletries	<input type="text"/>	<input type="checkbox"/>
Water shoes	<input type="text"/>	<input type="checkbox"/>
Binoculars	<input type="text"/>	<input type="checkbox"/>





UNLOCK NATURE

EXPLORE THE UNSEEN

Guide Steve enjoying the view
Table Mountain Suriname