

East of Wallace

Unlock the Treasures of East Indonesia - Trips & Tours for Explorers ☒

PACKING LIST

Minahasa & Tangkoko Tour

Clothing

- Functional (breathable, moisture wicking) underwear
- Functional shirt, preferably long-sleeved
- Trekking shoes
- Trekking trousers
- Rain jacket and trousers

... and otherwise

- Light cotton clothing / functional clothing
- Comfortable shoes
- Swimwear & snorkelling equipment for a possible bathing extension of your tour

Equipment

- Headlamp - don't forget spare batteries or charging cable!
- Camera – Don't forget spare batteries, charging cable and memory card!
- Power Charger
- Sleeping bag
- Camping mat - for those who want something softer
- Sun lotion/ spray, preferably SPF50
- Mosquito spray
- Swiss army knife

First-aid kit

- Imodium akut* – just in case
- Paracetamol* – against pain and fever
- Ibuprofen – against headaches and toothaches
- Anti-histamines – against allergies
- Malaria prophylaxis
- Panthenol spray* – against sunburn
- Plasters
- Wound disinfection spray

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- Personal medication
- Please also note the recommendations on the travel page of the German/ your country's Foreign Office.

* This information is not intended as a product advertisement but is intended solely as a guide. It is the personal responsibility of the traveller to make use of the above suggestions - in whole, in part or not at all - according to the individual situation (e. g. if allergies etc. are present).