



Shipibo Sama Packing List

We recommend you pack light, the immersion is only a two week trip and will be akin to camping. So it's fine to expect to wear clothes multiple days as your days will be low activity. Washing is all by hand there, so expect to handwash clothes as needed which we will demonstrate is quite easy and simple to do.

Weather is generally quite humid and hot during the day, 85 to low 90s (29-33 C), but can dip down to around 65 degrees (18 C) at night which can feel quite chilly.

There is no electricity at Isa Sina, but there is a solar charger that you can charge devices on during the day. We recommend bringing a power bank that you charge from the solar panels during the day and then you can charge any other devices from your power bank as there are limited connections to the solar panels.

There is also no cell service at Isa Sina, make sure to download beforehand on your phone things like Google Translate app + the Spanish dictionary, books, music, podcasts, bird or plant identifier apps, etc.

Make sure to get cash in Lima or Pucallpa as Pucallpa is a cash only city and any of the Shipibo art at Isa Sina will be cash only. For large art purchases cash in US dollars is fine. We recommend budgeting around \$200 for art purchases.

Essentials List

Documents

- ☐ passport (keep backup picture on your phone and give a photo/printed copy with your emergency contact person) - *must be at least 6 months away from expiration date in your passport*
- ☐ digital/printed plane ticket boarding pass(es)

Gear

- ☐ 1 backpack & 1 small personal item - recommended backpack around 40L or less (suitcases are not recommended as there are many places you cannot roll your luggage on the trip in to Isa Sina)
- ☐ flashlight or headlamp (+ charging cord/extra batteries)
- ☐ small red LED light for during final ceremony (or headlamp with a red light function)



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- ☐ 1 quick drying towel (thin cotton or microfiber camping towels)
- ☐ ziplock bags for phone, passport or other sensitive items
- ☐ journal/notepad and pens/pencils
- ☐ headphones/earbuds for your phone
- ☐ power bank (optional, recommended for charging from the solar panels)

Clothes

Think camping clothes (aka good with dirt or scratches), loose or baggy to keep you cooler, have elastic or drawstring for comfort and light breathable fabrics such as lightweight thin cotton or thin quick dry polyester

- ☐ 1 rugged pair of pants (for forest walks)
- ☐ comfortable loose pants (best if also can double as a long pj bottom)
- ☐ 1-2 light long sleeve shirts (for chilly mornings, forest walks)
- ☐ 3-4 short sleeve or sleeveless shirts
- ☐ 2-3 shorts/skirts
- ☐ 1-2 dresses/sarongs (optional)
- ☐ PJs
- ☐ 2-3 pairs of socks (for rain boots and shoes)
- ☐ 4-6 pairs of underwear
- ☐ bathing suit (for plant baths - or can wear quick dry tank top + shorts)
- ☐ poncho/rain jacket (just a cheap plastic one is fine)
- ☐ scarf or shawl
- ☐ light sweater or sweatshirt
- ☐ lightweight hiking shoes or sneakers
- ☐ flip flops or crocs (for walking around camp - you can also buy these in Pucallpa)

Toiletries

In a traditional sama you do not use any toothpaste, deodorant, soap, lotions, shampoos, etc, you are welcome to choose to opt in/out of this guideline. It's best if any products used during sama are unflavored/unscented

- ☐ toothbrush
- ☐ comb/brush
- ☐ period supplies for folks that bleed (even if you are expecting to be clear or are entering perimenopause)
- ☐ toothpaste (for before/after we close the sama, optional during sama)



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- ☐ unscented soap (optional during sama or for before/after we close the sama)
- ☐ shampoo and conditioner (optional during sama or for before/after we close the sama)

Other Optional Items

- Packing cubes or large ziplock bags to store clothes/personal items to keep bugs or moisture out for things you'd like to keep out
- art supplies (e.g. small set of colored pencils/paints & small pad of art paper)
- bug bite balm (we really like this [one](#))
- insect repellent (we do provide mosquito coils)
- muscle relaxer cream
- ear plugs (if you have a particular kind you like, we will have some on hand)
- small musical instrument
- extra pair of contacts/glasses
- eyemask
- rechargeable/battery operated small fan
- sunglasses
- hat (Isa Sina is quite shaded in camp but can be handy otherwise)
- binoculars/monocular
- hammock (we have hammocks on site, but you're welcome to bring your own or purchase a souvenir one in Peru)
- packable tote bag/checkable bag for purchases such as Shipibo tapestries on your return flight home
- 1-2 sama friendly books to read (avoid violent or drama themed books, we recommend rich story based fiction, indigenous authors or mindful non-fiction - a top recommendation [Braiding Sweetgrass](#))
- Peruvian eSIM or SIM card for your phone (you will only need it for the time you are in Lima & Pucallpa - eSIMs need to be installed on wifi, plan accordingly)