



CHECK LIST

- A HEADLAMP OR TORCH**
To find your way to the bathrooms during ceremonies and find your way back to your cabin. There is no electricity in DAS center.
- A BOTTLE FOR WATER**
All drinking water in DAS is purified. We ask you to bring a bottle (preferably reusable), that you might use during ceremonies.
- A HAT**
It will protect your head from sun (important if you wear a very short haircut), and rain.
- MOSQUITO REPELLENT (ORGANIC RECOMMENDED)**
There's not a lot of mosquitos in DAS center (more during the rain season), but we recommend the use of mosquito repelent for the jungle walks.
- SWIMWEAR FOR THE FLOWER BATHS AND SWIMMING**
Before every ceremony, Percy wold give you a flower bath at the stream that flows through the center (our temple is build above that stream).
- A JOURNAL, MUSIC INSTRUMENT OR ART SUPPLIES FOR INTEGRATION OF THE EXPERIENCE**
Ayahuasca ceremonies inspire your creativity!
- A CAMERA**
Jungle life in and around DAS is very reach, full of butterflies, bugs, plants, birds...
- AN INSPIRING BOOK**
we also have a small library with books in different languagues.
- A PAIR OF SANDALS**
Center DAS is safe area, where you may walk with sandals (or without shoes if you prefer, but we recommend sandals).
- SHORT SLEEVE SHIRTS AND PANTS FOR WARM WEATHER**
During warm weather, there are almost no mosquitos.
- LONG SLEEVE SHIRTS AND PANTS FOR A BIT COLDER WEATHER**
Long sleeves are very useful when the weather is colder, usually after rain. They'll also protect you against mosquitos on your jungle walks.
- TOILETRIES (ORGANIC RECOMMENDED)**
Please help us contribute to the conservation of the jungle and if possible, bring organic toiletries.