

### 13. PACKING FOR ECUADOR



Packing for a trip is a special moment; it is the moment when you feel the vacation has truly begun. It may come with a lot of joy, but also with a touch of anticipation and occasional stress, and that is exactly where we step in.

We have prepared a practical set of recommendations to support your preparation. You will also find a downloadable checklist ready for use.

Rest assured, we are here to support you every step of the way.

Enjoy planning!

Ecuador offers very contrasting climates: tropical coast, humid Amazon, temperate Andes, and cold at night and at altitude. Travel light, wearing layers, and add a change of clothes to your carry-on luggage.

In high-altitude natural areas such as Cotopaxi or Quilotoa, a wool hat and scarf may even be necessary. We recommend the classic "layered look": several lightweight clothing layers that are flexible, functional, easy to combine, and adaptable to changing weather conditions.

- ★ Pack with intention, as light and practical as possible.
- ★ Your essentials will differ based on the regions you will explore within Ecuador.
- ★ As a trusty precaution, include one complete change of clothes in your carry-on in case your checked baggage is delayed, which is particularly valuable on a short Galápagos or Amazon itinerary.
- ★ Finally, and most importantly, take with you what cannot be packed: positivity, adaptability, joy, a relaxed mindset, and the spirit of discovery.

### 14. Packing list for Ecuador, also as a printable PDF

Please adapt the following list to your personal needs, and feel free to let us know if anything is missing or if you have tried-and-tested special tips to share.

#### Luggage:

Best kept practical and lightweight:

- Suitcase, duffel bag, or backpack (lockable for flights), daypack
- Rain covers for backpacks or duffel bags to keep them dry and clean at airports, in canoes, or on speedboats
- Lightweight, foldable bag to store part of your luggage at the hotel during overnight excursions
- Money belt or neck pouch for cash and passport (ideally with RFID protection)
- Small coin purse for loose change, to have it easily accessible in a daypack or jacket pocket, etc.
- Smart organizers: packing cubes for practical sorting and quick access, and/or compression or vacuum travel bags
- Small combination lock: ideal for added security without the hassle of keys
- .....
- .....

★ Always carry a few extra plastic bags (liquid bags with a zipper) in your carry-on/hand luggage.

#### Documents:

- Passport
- Flight ticket, Travel itinerary, booking confirmations (vouchers), and contact details of your agency
- Vaccination record, Insurance documents (important: include emergency contacts)
- Optional: diving certification
- Credit card(s), cash
- .....
- .....

★ Digitize all documents and store them in the cloud, email, and on your mobile phone.

#### Clothing:

- Warm fleece or softshell jacket
- Rain protection: rain jacket (breathable and packable), rain cape/poncho, optionally an umbrella
- Lightweight sweater or cardigan, T-shirts, shirts, blouses
- Long and/or quick-drying (trekking) trousers; depending on the destination, also shorts, optional: belt
- Thermal underwear (as a layering piece for warmth and/or as a warmer pair of pyjamas in highland hotels)

- Sufficient underwear and socks (for rain and cloud forest: good athletic socks not slipping inside rubber boots)
- Pyjama
- Swimwear
- Depending on the type of tour/accommodations, a smart casual shirt or blouse will provide added comfort during dinner
- ★ Tip: A pair of dark trekking pants is an ideal option to mix and match without adding extra weight to your luggage
- .....
- .....
- ★ Our recommendation: Storing clothing in packing cubes or compression bags permits easy packing and quick access.

**Shoes:**

Often an uncertain theme and always space-consuming. Depending on your activities and itinerary, a good pair of well-worn trainers or sneakers may be sufficient for comfortable walking in cities and markets, as well as for light hikes, even on uneven natural terrain.

- Lightweight, sturdy hiking or trekking shoes — also well broken in
- Optional: (trekking) sandals (such as Teva or Keen, etc.)
- Optional: flip-flops or shower sandals for hotel rooms, pools, saunas
- .....
- .....

**Personal hygiene:**

- Toiletry bag, ideally water-resistant and suitable for hanging
- Shampoo, soap, and conditioner in travel size (solid versions are ideal, as they do not leak). Depending on the hotel category, these are provided as standard bathroom amenities
- Deodorant
- Toothbrush, toothpaste, dental floss
- Cotton swabs, nail care set, tweezers
- For men: razor
- Hairbrush, comb, hair ties/clips
- Makeup (keep it minimal, only the essentials). Tip: compressed disposable wipes for makeup removal
- Facial hydration cream
- For women: sufficient menstrual hygiene products. Changes in altitude and climate can affect your cycle.
- .....
- .....
- ★ Shower and bath towels: provided in most bathrooms. Tip: pack a small microfiber towel or disposable towels
- ★ Hair dryer: available in many accommodations

**Excellent sun protection:**

UV radiation is extremely high, even on overcast days!

- Sunglasses
- Head covering (!)
- Sunscreen and lip balm (!) with a high sun protection factor.
- After-sun care, lotion for sunburn relief
- .....
- .....
- ★ A lightweight, long-sleeved shirt provides additional sun protection.

**Personal travel medical kit:**

Medications are easily available on mainland Ecuador (unlike in the Galápagos), often without a prescription; however, you should bring the following with you:

- An adequate supply of any daily medication you take, plus a copy of the doctor's prescription
- Remedies for sore throat
- Medicines for headaches, pain, fever, and colds

- Treatment for diarrhea and for constipation
- Medicines for nausea and motion sickness
- Wound-healing ointment, pain-relief cream or gel, ointment for sunburn
- Disinfectant, plasters and bandages, blister plasters, *Steri-Strips* for cuts and wounds
- Disposable gloves and face mask(s)
- Altitude sickness (requires some acclimatization. Drink plenty of fluids, avoid alcohol; aspirin may help)
- Ev. prescribed by your doctor: broad-spectrum antibiotics and, especially for ladies, medication for bladder infections
- Treatments for insect bites and itching
- .....
- .....
- ! Regular prescription medication must always be carried in your carry-on/hand luggage!**

**Miscellaneous:**

- Writing materials, journal, reading material, etc.; one pen is always kept in your hand or daypack
- Dry bags, larger and smaller plastic or fabric bags for small items, wet or dirty laundry, etc.
- Optional: sweets or small souvenirs from your home country
- Good flashlight, or even better, a headlamp, with spare batteries
- Hand sanitizer (can also be purchased inexpensively on site)
- A small bag or piece of detergent (also to buy inexpensively locally); some laundry washing can help pack lighter
- Glasses or contact lenses, spare glasses or lenses, cleaning products
- Optional: Headphones (for music and optionally noise-cancelling)
- Refillable water bottle
- Optional: pocket knife (important: never pack in carry-on/hand luggage when flying!)
- Paper tissues
- Optional: Foldable walking sticks
- .....
- .....
- ★ Tip: multifunctional neck gaiter (Buff) is useful as a scarf, hat, headband, face covering, etc.
- ! Disposable mask(s): always keep at least one in your carry-on or hand luggage.** We recommend always using a mask in situations of poor air quality on flights, or when coughing or flu-like symptoms are present (whether your own or within the group).

**Photography & Electronic:**

- Mobile phone and charger with adapter
- Camera
- A good cleaning kit, as everything gets really dirty
- Optional: laptop with charger, smartwatch, and its charger
- Chargers (Ecuador uses 110 V with US flat plugs), spare battery, portable battery bank
- Sufficient SD cards (you will take thousands of photos, so it's better to have some too much than one too few!)
- Tip: regularly back up your photos online (e.g., Google Photos, iCloud, Drive, etc.)
- Optional: binoculars
- Water-resistant bags for camera and accessories (!)
- Drones are prohibited in the Galápagos and in mainland national parks.
- .....
- .....
- ★ E-Sims, such as [Airolo](#), [Holafly](#), [Nomad](#), or similar, are very practical for having internet access throughout your trip.

**15. Additional items for the Amazon:**

- Long, quick-drying trousers (no jeans; they never dry)
- Lightweight, long-sleeved cotton or trekking shirts/blouses
- Good cotton or sport socks: ideal for rubber boots (short socks slip under the heel and cause blisters)



- 
- Lightweight rain poncho (inexpensive locally and often available to borrow in lodges)
  - Swimwear
  - Flashlight: ideally a headlamp, with spare batteries
  - Insect repellent with tropical protection, anti-itch cream, optional: insect-repellent spray for clothing
  - Waterproof protection bags for the camera and mobile phone (!)
  - Plastic bags in various sizes for small items, wet laundry, etc.
  - Water bottle
  - Optional: Wildlife guide
  - Recommended: Binoculars
  - .....
  - .....
  - ★ Depending on the lodge category, you may wish to bring smart casual clothing, such as a summer dress, shirt, or polo shirt for evening dinners.
  - ★ Rubber boots and plastic ponchos are provided at most lodges (boots usually available up to size 45).

**A small note on our own behalf:**

♥ You are welcome to bring well-preserved clothing, toys, books in English and Spanish for kids, or school and art supplies. We work with numerous families and foundations that greatly appreciate such donations, and we are happy to take care of their distribution.

For any questions or for personal advice, we are always happy to assist you.

With warmest regards,

**Cometa Travel**