
PREPARING FOR ECUADOR AND THE GALÁPAGOS

A practical guide from Cometa Travel

We have prepared this guide with great care and based it on real travel experience, though information may change over time and cannot be guaranteed or considered legally binding.

1. Amazon Add-On

The regular Coca flights (Coca = Puerto Francisco de Orellana airport) allow one piece of checked luggage up to 20 kg. However, we strongly recommend leaving part of the heavy luggage in the hotel in Quito and traveling lightly with only the essential personal belongings.

- Passport, vaccine records
- Personal medical kit and an adequate supply of any daily medication you take, plus a copy of the doctor's prescription
- Excellent sun protection:
- Photography & Electronics
- Personal hygiene
- Shoes
- Lightweight, quick-drying, and preferably neutral-coloured, long-sleeved shirts and t-shirts; beige, khaki, and light gray attract fewer insects than bright colors.
- Lightweight quick-dry hiking pants/trousers (no jeans; they never dry)
- Good cotton or sport socks. We recommend tall socks that don't slip easily inside rubber boots (socks slip under the heel and cause blisters). Two pairs per day.
- Lightweight rain poncho (inexpensive locally and often available to borrow in lodges)
- Swimwear
- Flashlight: ideally a headlamp, with extra batteries
- Mosquito repellent with tropical protection, anti-itch cream, optional: insect-repellent spray for clothing
- Waterproof protection bags for the camera and mobile phone (!)
- Plastic bags, Ziploc bags, in various sizes for small items, wet laundry, etc.
- Water bottle
- Optional: Wildlife guide
- Recommended: Binoculars
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- ★ Rubber boots and plastic ponchos are provided at most lodges (boots usually available up to size 45).
- ★ In the Amazon, guides usually wear rubber boots and long sleeves year-round, no matter the temperature. It is not only about mosquitoes. The clothing also helps protect against sharp vegetation, muddy trails, and river crossings.
- × Avoid heavy cotton clothing in the Amazon; it stays wet for hours.
- × Avoid perfumes, scented lotions, and dark colors (attract mosquitoes).
- × Do not bring any food; it attracts ants and other critters to your suite.

We hope this guide helps you feel prepared and excited for your journey. Ecuador and the Galápagos have a way of surprising even the most experienced travelers, and we are delighted to be part of your adventure.

The Cometa Travel Team