

Packing For Ecuador



Luggage:

Ideally 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 or Amazon 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.

! Identify your luggage with a luggage tag, colorful strap, or another easily recognizable marker.

Documents:

- Passport
- Flight ticket, travel itinerary, booking confirmations (vouchers), addresses, 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 emergency contacts and store them in the cloud, email, and on your mobile phone.

Clothing:

- Warm fleece or softshell jacket
- Waterproof breathable jacket (Gore-Tex or similar)
- Rain protection: rain jacket, rain cape/poncho, optionally, but very practical, a foldable umbrella
- Lightweight sweater or cardigan, long and short-sleeved 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 pajamas in highland hotels)
- Sufficient underwear, bra, and socks (for rain and cloud forest: good 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 for 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.

Footwear:

Often an uncertain theme because it is 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 with good traction
- Sneakers/tennis shoes for city walking, sport, etc.
- Optional: Trekking sandals (such as Teva, Merrell or Keen, etc.)
- Flip-flops for hotel rooms, pools, saunas
-

Toiletries:

- 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 ladies: sufficient menstrual hygiene products. Changes in altitude and climate can affect your cycle.
-
-
- ★ Shower and bath towels are provided in most bathrooms. Tip: pack a small microfiber towel or disposable towels
- ★ Hair dryer: available in most accommodations

Sun protection:

UV radiation is extremely high, even on overcast days!

- Head covering (!)
- Sunscreen and lip balm (!) with a high sun protection factor
- Sunglasses
- After-sun care, lotion for sunburn relief
-
-

Personal Medical Kit:

Medications are generally easy to obtain on mainland Ecuador, often without a prescription. However, in remote regions such as the Amazon, the high Andes, and the Galápagos Islands, access may be limited. We therefore recommend carrying a personal medical kit tailored to your needs and itinerary. If you're unsure what to pack, speak with your doctor or travel clinic for advice.

- An adequate supply of any daily medication you take
- Copy of prescription
- Pain relievers (paracetamol/acetaminophen, ibuprofen if appropriate)
- Diarrhea & constipation treatment
- Motion sickness medication
- Antihistamines
- Standby antibiotic: If recommended by your physician, a standby antibiotic for severe bacterial infections, such as gastrointestinal infections, respiratory infections, or urinary tract infections, particularly when traveling to remote areas where medical care may not be readily available.
- Oral Rehydration Salts (ORS) and Electrolyte tablets or powder (for Quito and the Andes, hiking, Galápagos snorkeling days. Many travelers underestimate dehydration.
- Eye drops
- Disinfectant
- Plasters, Steri-Strips for cuts and wounds, which can often take the place of stitches



- Blister plasters (e.g., Compeed); these are extremely useful for hiking
- Small elastic bandage; helpful for minor sprains, ankle support, knee support. Especially relevant for active travelers.
- Tweezers
- Thermometer
- Disposable face masks
- Altitude sickness medication for trekking or mountain activity
- Insect bite treatment
- Sunburn cream
- Condoms or other contraceptives. Keep in mind that vomiting or diarrhea can reduce the effectiveness of the contraceptive pill, so consider carrying a backup method if needed)
-
-

Miscellaneous:

- Writing materials, your journal, reading material, etc.; always keep one pen 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 and wipes, paper tissues
- 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-canceling)
- Refillable water bottle, optionally a reusable shopping bag
- Optional: pocket knife (important: never pack in carry-on/hand luggage when flying!)
- Optional: Foldable walking sticks
-
-
- ★ Tip: multifunctional neck gaiter (Buff) is very 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 & Electronics:

- Mobile phone and charger with adapter
- Camera and charger with adapter
- 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 national parks.
- ! Always ask permission before photographing locals.

Enjoy your journey,

The Cometa Travel Team

COMETA TRAVEL

Jorge Juan N30-110 y Cuero Caicedo / 170520, Quito-Ecuador

Phone: + 593 (0)2 256 38 57 / 02 290 54 59 // Mobile & WhatsApp: +593 (0)99 535 12 72 / 099 535 12 86

E-mail: cometa@cometatravel.com / Web: www.cometatravel.com / Facebook: [CometaTravelEcuador](https://www.facebook.com/CometaTravelEcuador) / Instagram: [@cometatrivecuador](https://www.instagram.com/cometatrivecuador)