

PREPARING FOR ECUADOR AND THE GALÁPAGOS

Packing List for Ecuador 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
- ☐ Excellent sun protection
- ☐ Mosquito repellent with tropical protection, anti-itch cream, optional insect-repellent spray for clothing
- ☐ Lightweight, quick-drying, and preferably neutral-colored, long-sleeved shirts and T-shirts; beige, khaki, and light gray attract fewer insects than bright colors
- ☐ Lightweight, quick-drying hiking pants/trousers (no jeans; they dry very slowly in humid conditions)
- ☐ Good cotton or sport socks. We recommend tall socks that don't slip easily inside rubber boots. Socks that slip under the heel can cause blisters. Bring enough pairs for your stay, plus a few extras
- ☐ Lightweight rain poncho (inexpensive locally and often available to borrow in lodges)
- ☐ Swimwear

Photography & Electronics

- ☐ Camera and mobile phone
- ☐ Chargers and adapters; Ecuador uses 110 V with US flat plugs
- ☐ Spare camera battery and portable power bank (new flight regulations: power banks must be carried in cabin/hand luggage)
- ☐ Sufficient SD cards
- ☐ A good cleaning kit, as everything can get really dirty
- ☐ Waterproof protection bags for the camera and mobile phone (!)
- ☐ Flashlight, ideally a headlamp, with extra batteries
- ☐ Basic personal hygiene items

Miscellaneous

- ☐ Plastic bags, Ziploc bags, in various sizes for small items, wet laundry, etc.
- ☐ Water bottle
- ☐ Optional: Wildlife guide
- ☐ **Highly recommended:** Binoculars
- ☐
- ☐

! 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.

What you normally do NOT need to bring if you have booked cruises or tours:

- × Shower and bath towels, hair dryer
- × Jewelry and other urban life valuables

My notes

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