

PACKING LIST 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 speedboats
- ☐ Lightweight, foldable bag to store part of your luggage at the hotel during overnight or Amazon excursions
- ☐ Identify your luggage with a luggage tag, colorful strap, or another easily recognizable marker
- ☐ Small combination lock: ideal for added security without the hassle of keys
- ☐ 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
- ☐ 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), addresses, and contact details of your travel agency
 - ☐ Vaccination record and insurance documents (important: include emergency contacts)
 - ☐ Credit card(s) and cash
 - ☐ Optional: diving certification
 - ☐
 - ☐
- ! Digitize all important documents and emergency contacts and store them securely in the cloud, by 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, and, optionally, a foldable umbrella, which can be very practical
 - ☐ 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, bras, and socks (for rain and cloud forest: good socks that do not slip inside rubber boots)
 - ☐ Pajamas
 - ☐ Swimwear
- Depending on the type of tour/accommodations, a smart casual shirt or blouse will provide added comfort for dinner. One pair of dark (trekking) pants is an ideal option for mixing and matching without adding extra weight.
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 - ☐
- ! Practical advice: Storing clothing in packing cubes or compression bags makes packing easier and provides quick access to your clothes.**

Footwear:

Footwear can be tricky because shoes take up quite a bit of space. 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
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- ☐

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). We like compressed disposable wipes for makeup removal
- ☐ Facial moisturizer
- ☐ For women: sufficient menstrual products. Changes in altitude and climate can affect your cycle.
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- ☐

! **Good to know:** Shower and bath towels are provided in most accommodations

! **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 or lotion for sunburn relief
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- ☐

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 your prescription
- ☐ Pain relievers (paracetamol/acetaminophen, ibuprofen if appropriate)
- ☐ Diarrhea & constipation treatment
- ☐ Oral Rehydration Salts (ORS) and electrolyte tablets or powder, especially useful in the Andes, during trekking, on Galápagos snorkeling days, and in hot weather. Many travelers underestimate dehydration
- ☐ Motion sickness medication
- ☐ Altitude sickness medication, if recommended by your physician, for trekking or mountain activities
- ☐ Antihistamines
- ☐ Insect bite treatment
- ☐ Eye drops
- ☐ Disinfectant
- ☐ Plasters and 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 for minor sprains and for ankle or knee support, especially for active travelers
- ☐ Sunburn cream

- ☐ Tweezers
- ☐ Thermometer
- ☐ Disposable face masks
- ☐ **Standby antibiotic:** If recommended by your physician, a standby antibiotic for severe bacterial infections, particularly when traveling to remote areas where medical care may not be readily available
- ☐ 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.
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Miscellaneous:

- ☐ Writing materials, your journal, reading material, etc.; always keep one pen in your hand or daypack
- ☐ Refillable water bottle, optionally a reusable shopping bag
- ☐ Hand sanitizer and wipes, paper tissues
- ☐ Dry bags, larger and smaller plastic or fabric bags for small items, wet or dirty laundry, etc.
- ☐ A small bag or piece of detergent (also easy to buy inexpensively locally); doing a little laundry along the way can help you pack lighter
- ☐ Good flashlight, or even better, a headlamp, with spare batteries
- ☐ Glasses or contact lenses, spare glasses or lenses, cleaning products
- ☐ Optional: Headphones (for music and optionally noise-canceling)
- ☐ Optional: Foldable walking sticks
- ☐ Optional: Sweets or small souvenirs from your home country
- ☐ Optional: Pocket knife (important: never pack in carry-on/hand luggage when flying!)
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- ☐
- ! **Useful advice:** multifunctional neck gaiter (Buff) is very useful as a scarf, hat, headband, face covering, etc.
- ! **Disposable mask(s):** always keep 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
- ☐ Chargers: Ecuador uses 110 V with US flat plugs. Bring a spare battery and a portable power bank (new flight regulations: power banks must be carried in cabin/hand luggage).
- ☐ Sufficient SD cards (you'll probably take thousands of photos, so it's better to have a few extra)
- ☐ A good cleaning kit, as everything can get really dirty
- ☐ Water-resistant bags for your camera and accessories (!)
- ☐ Optional: Binoculars
- ☐ Optional: Laptop with charger, smartwatch, and its charger
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- ☐
- ! **Regularly back up your photos online (e.g., Google Photos, iCloud, Drive, etc.)**
- ! **Drones are prohibited in the Galápagos and in mainland national parks.**
- ! **Always ask permission before photographing locals.**

My notes

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Your Cometa Travel Team