

PREPARING FOR ECUADOR AND THE GALÁPAGOS

Packing List for Galápagos

Luggage:

Best kept practical and lightweight!

- ☐ Suitcase, duffel bag, or backpack
- ☐ Daypack, preferably light, comfortable, and waterproof
- ☐ Drybag for phone and camera
- ☐ Smart organizers: packing cubes for easy sorting and quick access, and/or vacuum travel bags
- ☐
- ☐

Footwear

- ☐ Light trekking or hiking boots with good traction
- ☐ Some people prefer trainers or sneakers, a good option if you are comfortable walking on uneven terrain in them. However, don't bring your best pair; they will get scratched and dusty on the lava.
- ☐ Trekking sandals (e.g., Teva, Keen, Merrell, etc.), useful for beach outings and many of the trails
- ☐ **Onboard shoes:** lightweight, non-slip slippers or flip-flops. Shoes worn on the islands cannot be used on board. Walking around in socks is not allowed due to the risk of slipping.
- ☐ Optional: flip-flops for the beach (not recommended for most excursions)
- ☐
- ☐

Clothing

- ☐ Lightweight, breathable, and quick-drying clothing
- ☐ Comfortable pants, shorts (ideally with side pockets), summer dress
- ☐ T-shirts, lightweight and quick-drying blouses or shirts, tops
- ☐ A light sweater, hoodie, or fleece, especially during the cool season (June–November). On Galápagos boats, mornings can be cool and windy, so keep your light jacket or fleece handy for early excursions
- ☐ Lightweight windbreaker or waterproof jacket
- ☐ Light rain cape/poncho; a good alternative when it is too warm for a rain jacket. It also helps protect your backpack and camera bag
- ☐ Lightweight pajamas
- ☐ Sufficient underwear and socks
- ☐ Swimsuits (at least 2)
- ☐ Long-sleeved swim shirt (rash guard) for additional sun protection or to wear under wetsuits
- ☐ Optional/recommended for higher-category cruises: a smart-casual shirt, blouse, or summer dress for evening dinners
- ☐
- ☐

Personal Hygiene

- ☐ Toiletry bag, preferably water-resistant and ideally suitable for hanging
- ☐ Shampoo, soap, and conditioner (solid versions are ideal as they do not leak). Most yachts provide these as bathroom amenities.
- ☐ Deodorant
- ☐ Toothbrush, toothpaste, and dental floss
- ☐ Hairbrush, comb, hair ties/clips
- ☐ Cotton swabs, nail care set, tweezers
- ☐ For men: razor
- ☐ Makeup (small quantities, only the essentials). Optional: disposable wipes for makeup removal
- ☐ Facial moisturizer
- ☐ For women: sufficient menstrual products. Changes in altitude and climate can sometimes affect your cycle.

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× Not necessary: Shower and bath towels; provided in most bathrooms. Same applies for hair dryer.

Sun Protection:

UV radiation is extremely high, even on overcast days!

- ☐ Sunglasses with UV protection and a strap
- ☐ Head covering (!): a wide-brimmed hat or cap to protect your face from the intense equatorial sun. A chin strap or ties are useful to keep it securely in place, especially in the strong breezes when traveling by zodiac
- ☐ Sunscreen and lip balm (!) with a high sun protection factor
- ☐ After-sun care, lotion for sunburn relief
- ☐
- ☐

! A lightweight, long-sleeved shirt, ideally with UV protection, provides additional sun protection when snorkeling.

! Especially from January to April, when it is hot and humid: loose-fitting, lightweight long-sleeved shirts, ideally with SPF 50 protection. Cotton or linen button-up shirts are a good option, as they keep your shoulders and arms covered while still allowing air to flow through.

Medical Kit

- ☐ 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 on snorkeling or hot days
- ☐ Motion sickness medication
- ☐ 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
- ☐ Elastic bandages for minor sprains and for ankle or knee support
- ☐ Sunburn cream
- ☐ Tweezers
- ☐ Thermometer
- ☐ Disposable face masks
- ☐ Standby antibiotic: If recommended by your doctor, 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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Photography

- ☐ Camera or camera phone with waterproof protection
- ☐ Plenty of memory cards and spare batteries (you will certainly take far more photos than you expect)
- ☐ Chargers and electricity adapters (110 V, US flat plugs)
- ☐ Lens cleaning products
- ☐ Optional: underwater camera/GoPro, a recommended extra for snorkelers and divers
- ☐ Optional: binoculars
- ☐
- ☐

! Important: Flash photography is strictly prohibited on the islands

- ! Please maintain the required minimum distance of 2 meters (6.5 feet) from wildlife at all times
- ! A special permit from the National Park authorities is required for commercial photography
- ! Drones are prohibited in the Galápagos and in national parks on the mainland.

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; some laundry washing can help pack lighter
- ▢ Refillable water bottle
- ▢ Glasses or contact lenses, spare glasses or lenses, cleaning products
- ▢ Optional: Headphones (for music and optionally noise-canceling)
- ▢ Optional: Foldable walking sticks
- ▢ Optional: Sarong/Pareo (light, to use on the beach)
- ▢
- ▢
- ! 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).

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

- × Wetsuit and snorkel equipment (except if you prefer your own)
- × Shower and bath towels, hair dryer
- × Jewelry and other urban life valuables

My notes

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Your Cometa Travel Team