

## Ecuador Packing List

### This list is divided into 2 parts:

1. Primera parte→ 5 days of host family living / Spanish classes
2. Segunda parte→ 5 days of Amazon backpacking

### Keep In Mind:

- Where we will be based in Ecuador is a temperate/ cool climate. For example during the day it will be in the 70's and at night it will drop into the 50's or 60's.
- Temperatures fluctuate greatly throughout the day--Plan to dress in layers! From 60's to 80's
- Your homestay will not have heat or air conditioning so be sure to pack layers and warm pajamas.
- Bring a day bag that can hold a water bottle, a sack lunch if necessary, your school supplies, a rain jacket, and a few notebooks /other materials. On excursions it should be able to hold a water bottle, sunscreen, bug spray and a towel. While studying at the language school and cultural activities, modest and respectful, semi-professional clothing is necessary.

### Primera Parte→ Clothing/accessories:

- Day bag: Look for one that can be folded up like [this one](#)
- 3 short sleeve shirts / blouses (think thin layers, and fast drying) that you can put a cardigan, sweater layer over (no strapless or spaghetti straps)
- Ladies: 2 pair of pants, capris, long skirts, modest clothing
  - [Examples](#)
- Gentlemen: nice jeans, or khakis & Polo shirts
- Shorts for excursions (optional)
- Socks and undergarments
- Modest pajamas for cooler climate
- Comfortable athletic shoes for light hikes and/or early morning runs, walking around town
- One pair of teva or chaco sandals (something that will stay on your feet in water and hold up to mud)
- House shoes, slippers or flip flops
- Hat for sun protection
- Sunglasses
- Lightweight rain jacket
- Lightweight puffy jacket / fleece
- Swimsuit/coverup for outings
- Conservative athletic clothing if you choose to work out on your trip *Please NO short athletic shorts*

### Segunda Parte→ Clothing/accessories:

#### Necessary for hike to RAC

- Medium backpacking backpack with good waist belt (30-35 liters)
- Waterproof backpack cover
- Ziplocks or dry bags for clothings and critical items, such as camera, journal
- [Retractable Trekking poles](#) (at least 1 minimum, 2 recommended)

- Crocs, sandals or tennis shoes for getting around camp, lightweight.
- 3 Pairs hiking socks (avoid cotton), calf length to prevent against boot chaffing
- 3 Long sleeve shirts (quick dry recommended) (e.g. REI Co-op Savanna Trails Long-Sleeve Shirt)
- 2 T-shirts short sleeves (preferably not cotton)
- 2 pairs of quick dry, synthetic pants (e.g. REI Co-op Savanna Trails Pants)
- 1 pair of shorts.
- Swimming suit
- 1 Hiking/running tights OR Long underwear or medium weight fleece pants (preferably not cotton) for around camp and sleeping
- 1-2 Medium/heavy weight fleece sweater (synthetic not wool or cotton) for around camp
- 1 Lightweight raincoat, loose if possible for breathability, but no ponchos
- 1 Headlamp with set of extra batteries
- Personal toiletries and medication (only small containers to reduce weight)
- Small bottle of hand sanitizer
- 1 Water bottle (1 liter) and optional camelbak bladder to fit in backpack
- Small whistle on string to wear (mandatory!)
- Quick dry towel (small) for rainwater showers
- Insect repellent (2-4 ounces)
- Sunblock / Sunglasses

### Recommended but Optional for Hike to RAC

- Sleeping bag liner. Bags are washed frequently, but a light liner could be used
- Journal, pen, pencil
- Camera and batteries
- Pocket knife (small)
- 1 Baseball cap (lightweight, better if synthetic)
- 1 Beanie or BUFF
- Package of hand wipes
- 1 meter of duct tape for repairs, can be wrapped on water bottle

### Provided at RAC (DO NOT PACK)

- 1 meter of duct tape for repairs, can be wrapped on water bottle
- Light Sleeping bag (provided at RAC, do not need to carry)
- Blankets
- Mattress (provided in RAC)
- Mosquito net in sleeping areas.
- Cotton gloves for protection from mud, cuts, spiny or stinging plants on hikes.
- Rubber boots (provided before hike, need European size) **IF YOU ARE A SIZE 12 OR ABOVE MENS, THERE IS LIMITED SUPPLY. CHECK WITH US TO SEE IF WE HAVE ANY**
- Food
- Water Treatment (with leader and at RAC).
- Complete First Aid Kit (with leader and at RAC)

**Toiletries:**

- Shampoo and Conditioner
  - 2-in-1 recommended for quick showers
- Toothbrush and paste
- Body wash (see recommended [here](#))
- Face wash and any cosmetics (the lighter makeup the better--humidity!!)
- Deodorant
  - You may want to bring 2 (one to keep at home and one to bring in your bag!)
- Hair brush/comb
- Sunscreen (tends to be expensive in Costa Rica / Nicaragua)
- Insect repellent (CDC recommendation is 30-35% DEET, giving you at least 5 hours of protection before reapplication is necessary. See [www.cdc.gov](http://www.cdc.gov) for a complete list.)
- Alcohol Gel (small, portable bottles)
- Tissue packs, antibacterial wipes
- Extra pair of contact lenses/solution (if applicable)
- Personal medications/Vitamins if applicable, plus a copy of any prescription medications
- Customs officials may need to verify that a medication matches its label, so please carry medication in its original container
  - Some recommended medications to pack: activated charcoal pills (very useful for digestion of new foods!), imodium, pepto bismol, ibuprofen, benadryl (cream and/or tablets)

**Documents:**

- Valid Passport: Two copies of your passport
- Your flight itinerary: printed (in and out of country) to show at customs
- Proof of insurance -- Your travel insurance ticket & bag tags
- Other form of identification (Driver's License or School ID)
- Proof of vaccinations

**Money:**

- ATM Card for cash needs (we suggest Visa)
- Credit Card for other expenses that you don't want to pay in cash (we suggest Visa)
  - Call your bank in advance and let them know the dates that your cards will be used internationally

Notes:

- Withdrawing cash at ATMs is the most efficient way to get local currency

**Miscellaneous:**

- Necessary chargers (portable cell phone battery recommended)
- Travel purse/wallet
- Small travel alarm clock/watch
- Ear plugs if you are a light sleeper
- It is safe to bring your cell phone, tablet, etc., as long as it won't distract you from your immersion experience
- Gifts for your host family
  - Some ideas: a packaged food item famous in your home city, game to play with your family, paraphernalia from local sports team, book of pictures of home city, decorative home item from home city (like a picture frame)