



ECUADOR ✪ PACKING LIST

OUR RECOMMENDED CHECKLIST OF WHAT TO BRING

Fellow Travelers: TRAVEL LIGHT! Please follow this list as closely as possible; it will ensure your comfort on the trip and allow us to travel efficiently as a group. **YOU SHOULD BE ABLE TO CARRY ALL YOUR GEAR, COMFORTABLY, WITHOUT HELP, FOR A DISTANCE OF AT LEAST A FEW BLOCKS.** Remember, this is not a trip of high fashion and multiple changes of clothes. We will spend some time getting dirty and we need to consider this when packing. Also, since we will be covering such a variety of elevations and climates, we ask you to bring an equally wide variety of clothes. We will be able to store “high altitude clothing” while you are in warm climates, and vice-versa. We have tried to keep the list short and we will do laundry once a week. You may also consider packing much of your clothing in ziplock bags as it’s a nice way to separate and organize items. Remember, this list is a guideline, however our suggestions have been formed after years of running programs in Ecuador.

*Remember to **TRAVEL LIGHT!**
We will do laundry about every seven days.*

IDENTIFICATION AND MONEY:

PRE-TRIP: AS SOON AS POSSIBLE (preferably by mid-May) PLEASE SEND US A PHOTOCOPY OF THE FIRST INSIDE TWO PAGES OF YOUR PASSPORT (WHERE YOUR PHOTO APPEARS.) THE DIRECTOR OF OUR ECUADOR PROGRAMS, GIANNI SALVADOR, WILL NEED THESE WHEN BOOKING THE ROUNDTRIP FLIGHT TO & FROM THE GALAPAGOS.

❑ Please bring your **VALID PASSPORT** and **TWO PHOTOCOPIES** of the passport page where your picture appears. (PLEASE DON'T FORGET THE PHOTOCOPIES, THEY ARE VERY IMPORTANT!)

❑ At the suggestion of the U.S. State Department and all airlines, in addition to a **passport**, we are asking that all Global Works participants bring **a signed, notarized note from both legal parents or guardians giving permission for them to travel** as part of a Global Works trip. It is becoming a necessary standard for getting through customs and across borders. If you have booked your airline ticket thru Campbell Travel, you may have already received a form to complete via e-mail. If you booked on your own or have misplaced the form that Campbell Travel sent, we have enclosed another with this mailing. (You may also download one from our website.) **Once the form is completed and notarized, participants should keep it with their carry-on bag on opening day; the home office does NOT need a copy of the completed form.**

❑ **An additional form of photo identification** (other than your passport), if possible

❑ **The Global Works Contact Card (you will receive this in our late May mailing).** This card lists the Global Works Home Office phone numbers—keep this in your wallet or carry-on bag during travel days.

❑ **Spending Money:** To satisfy the craven desire for junk food and souvenirs. Most students spend \$200 to \$250 during the trip...but certainly, you can do with less. Global Works pays for meals, admissions, lodging, laundry, etc. Travelers' checks work just fine for much of the trip but we recommend that students bring half of their money in cash since some of the small communities cannot cash travelers checks. (Bring cash in small denominations.)

❑ **A Money Belt** (or purse/pouch that crosses over your neck) to hold your passport, money, and traveler's checks

EQUIPMENT AND CLOTHING

❑ **A Daypack/School Backpack** to use as an airline carry-on & day-hike bag. This item is important because it will afford you the convenience of keeping valuables close while flying.

❑ **A LARGE BACKPACK OR ROLLING DUFFEL BAG FOR ALL YOUR GEAR. YOU SHOULD BE ABLE TO CARRY ALL YOUR GEAR, COMFORTABLY, WITHOUT HELP, FOR A DISTANCE OF AT LEAST A FEW BLOCKS.**

❑ **One Medium Sized (Empty) Duffel Bag.** It does not need to be high quality, you will use it for storage, so bring it empty, packed in your big backpack/duffel.

❑ **Five (5) large, strong garbage bags and four (4), gallon-size ziplock bags** for storing gear and keeping things dry. We will often stow our gear on top of vehicles while in transit.

❑ **Two (2) small locks** for when we leave our duffel bags and backpacks in storage.



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EQUIPMENT AND CLOTHING (CONT.)

- Sleeping bag** (This will be used several times throughout the trip--evenings in the Andes are cool.) We suggest a synthetic fill bag rather than down because they are less expensive and retain their insulating qualities when wet. However, if you already have a down bag, bring it. The bag should be rated to 25-35 degrees.
- A stuff sack/compression bag for your sleeping bag**
- A rainproof backpack cover: It will keep your belongings dry.**
- A pair of **lightweight hiking boots/cross-trainers or waterproof hiking shoes** for hikes and projects. Please be sure they are broken in and comfortable.
- A pair of **comfortable sneakers**
- A pair of **waterproof sandals**—Teva type—or Aqua Socks which are less expensive. Although it is fine to bring flipflops, *please also* bring a more substantial sandal. The ground in the Galapagos is **very** rocky and past participants have cut their feet while wearing flip-flops.
- A lightweight, **waterproof, hooded raincoat** that's suitable for hiking and working.
- Thin Pile or Light Fleece Jacket/Pullover and a sweatshirt**
- One pair of **warm gloves** and **one hat** (fleece or wool are fine)
- Three or four long sleeve shirts** (three warmer, one lighter) Designate one or two as workshirts.
- Long underwear: top & bottom** (polypro, which is warm even when wet and is also quick drying, is recommended)
- Six (6) T-shirts**—three shirts for work & three shirts to wear when you're all cleaned up. ☺
- Two (2) pairs of shorts** (one to work in and get dirty)
- Three (3) pairs of long pants.** One lightweight, quick drying pair and two warmer pairs (jeans, courds, or khakis) for evenings. (One of these should double as work pants.)

EQUIPMENT AND CLOTHING (CONT.)

- One "nice, but not formal" outfit** (*you define*) in case we have the opportunity to go out dancing or somewhere a bit less casual.
- One (1) pair of lightweight pajamas**
- Underwear**
- Eight (8) pairs of socks:** 2-3 pairs should be wool for hiking and working on projects
- One bath towel, one medium towel, one washcloth, and one "swimmer's" towel** (one that's quick drying and compact).
- One or two bathing suits**
- Broad-rimmed sun hat**--baseball hats are not adequate; the Equatorial sun is very intense
- One-liter water bottle** – Nalgene brand works well
- Work gloves** (please label with your name)

MISCELLANEOUS ITEMS TO PACK:

- A couple of small, inexpensive gifts for your host family and the Ecuadorian friends you will make on the trip.** Because you will not know the members of your family until a few days into the trip, a good idea is to bring one gift for your "mom," one for your "dad," and a collective gift for the children. Moms love to receive inexpensive kitchen or bath items or specialty items from your hometown; and popular gifts with dads are T-shirts, picture books and baseball caps. We recommend an interactive gift for the children, i.e. an activity that you can do with them like puzzles, card games (Uno, Crazy Eights, etc.), arts and crafts, Frisbees, hackysacks, magazines or books. **Please do not bring expensive gifts like watches or hand held computer games, etc. This can produce jealousy between homestay families and create a difficult expectation for future groups.**
- One flashlight (or headlamp)** with extra batteries and bulbs.
- PHOTOS and postcards of your hometown and family** are a great way to 'break the ice' with your homestay family on the first evening (and they don't take up a lot of room in your pack!)



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MISCELLANEOUS ITEMS TO PACK (CONT) :

- Toiletries**-- in small sizes
(Ladies, don't forget your tampons/pads)
- A Camera with case (insure, if valuable.)**
Buy your film in the U.S. and bring extra batteries!
- Prescriptions** (keep in your carry-on bag)
- Sunblock** and Lip Protection - SPF 15 or higher
- Afterbite** or other itch relief lotion for mosquito bites
(Cortaid works well.)
- A small notebook and a pen** (We will provide a journal)
- Small alarm clock**-- or a watch with an alarm
- Bug Repellent (non-aerosol)**
- A laundry bag**
- Sunglasses & spare eyeglasses for contact wearers**

A Special Note on Calling Cards:

It should be known that not all calling cards from the US work well from Ecuador. Our leaders suggest that you buy a calling card once you get to Ecuador, or bring extra cash and use the phone centers where you pay on site. **Cell phones are not advised, except for travel days, for use within the U.S. Bring them at your own risk as our leaders will not be responsible for the care or loss of your cell phone.**

OPTIONAL ITEMS TO PACK

- One bandanna** --for various uses
- A sarong** for beach days
- Spanish/ English pocket dictionary**
- Musical Instrument**
- Art Materials (water paints, markers, beads, etc.)**
- Power Bars/Harvest Bars**
- Travel games/ Cards**
- Reading Materials**
- An inflatable travel pillow for bus days**
- Pens/Pencils**
- Shower shoes/thongs**

OPTIONAL READING LIST

There are many books and articles written on Ecuador, so choose some that suite your style. Listed here are some good travel guides but we would encourage you to go to your local bookstore and see what you can find. Or "Google" *Ecuador* on the web and see what you find!

1. **Lonely Planet: Travel Survival Kit, Ecuador & the Galapagos**
2. **The New Key to Ecuador and the Galapagos**, by David Pearson and David Middleton, Ulysses Press, 1996
3. **The Conquest of the Incas**, by John Hemming
4. **Ecuador: Fragile Democracy**, by David Corkill and David Cubitt
5. Charles Darwin's, **On the Origin of Species by Means of Natural Selection**, or (less dated) **Darwin for Beginners** by Jonathan Miller and Borin Van Loon.
6. **Galápagos: A Natural History Guide**, by Michael H Jackson
7. **Travels Amongst the Great Andes of the Equator**, by Edward Whymper (A story of the 1880 mountaineering expedition that made eight first ascents of Ecuador's highest peaks.)
8. **The Panama Hat Trail**, Tom Miller
9. **Galápagos**, by Kurt Vonnegut