

# Ecuador | **Suggested Packing List**

One of the best ways to have a successful trip to Ecuador is to be prepared. The best way to be prepared is to plan ahead and start thinking about packing in advance of your trip. This will allow you to borrow items from others, find items on sale, or ask for them as presents for your birthday or holidays.

As you prepare your backpack, consider how heavy the items you plan to bring are as you will have to carry them around through your travels. In addition, make sure to consider the cultural and environmental impact of your belongings. We recommend you travel with modest clothing and items such as biodegradable soap and shampoo.

## **Important Items**

### **Money:**

- Our Recommendation: bring \$200 USD in small bills (1's, 5's, and 10's). You can call or visit your bank in advance to ask them to order smaller bills for you. Your food, water, transportation and other basic costs are included in the cost of the program, but you will want to have some money on hand to purchase snacks or souvenirs along the way. Typically \$200 USD is enough, but if you are a big shopper or are planning on buying gifts for every one of your friends and family, you may want to bring a little more.
- The local currency in Ecuador is US dollars.
- A document holder
- It is essential that everyone has a money belt or document holder to carry all your important documents (passport, money, etc).
- Label your luggage with your name and full contact information of your home address.

## **Luggage**

For your carry-on, we recommend bringing a school-sized backpack, which will double as a daypack while you're in Ecuador. Because of baggage restrictions, liquid or gel medications and contact solution are not allowed in your carry-on. Checking luggage is not always reliable, so your carry-on should contain everything you need for 1-2 days just in case your luggage gets to Ecuador after you do. This should include:

### **Document Holder:**

- Wallet
- Cash
- Important documents
- Photocopy of passport
- Emergency contact info
- Copy of your flight itinerary
- Spending money

### **Carry-on (a school-sized backpack is recommended):**

- Glasses or contacts
- Reusable water bottle
- Magazines/books
- Camera
- Sunglasses
- Watch
- Journal and pens
- 1 T-shirt
- 1 warm sweater
- 1 pair of pants
- 2 extra pairs of underwear
- Toothbrush and essential toiletries
- Medication

### **Checked Luggage (a hiking backpack is recommended):**

- Hat with a brim
- Winter hat
- Towel and facecloth (nothing too thick as it will take a long time to dry)
- Sleeping bag
- Rain gear
- Flashlight or headlamp with extra batteries

- Extra batteries for camera
- Spare set of glasses/ contacts
- Laundry detergent/ Laundry soap bars
- Safety goggles
- Travel alarm clock
- Gatorade power or juice crystals
- A thin scarf - optional but great for covering your head

### **Toiletry Kit:**

- Toothbrush
- Toothpaste
- Dental floss
- Biodegradable shampoo and conditioner
- Biodegradable soap
- Hairbrush
- Important medications
- Deodorant
- Shaving kit
- Moisturizer
- Hand wipes and sanitizer
- Sunscreen
- Insect repellent with DEET
- Aloe vera
- Feminine products



## **Clothing**

You will be outdoors walking and working hard during your trip, so please ensure that you bring clothing that you do not mind getting dirty. If you would like to wash a few things, you can do so in the sinks at various accommodations if you bring along laundry soap. If you plan on doing laundry, remember that cotton will keep you cool in the hot weather, but takes a long time to dry so plan accordingly.

It is very important that all participants dress conservatively during the trip, which means no clothing that is tight or revealing including shorts above the knee, no tank tops, no leggings, and no yoga wear.

### **Bottoms:**

- 2 light pairs of pants
- 1 warm pair of pants
- 2 pairs of shorts (that meet the knee)

### **Tops:**

- 5 T-Shirts
- 2-3 long-sleeved shirts
- 2 warm sweaters

### **Footwear:**

- Running/hiking shoes with good ankle support
- Sandals (for around lodgings and shower)

### **Miscellaneous:**

- Warm pajamas
- Undergarments for 10 days
- Socks for 7 days

### **WHAT NOT TO BRING:**

- Yoga wear or leggings
- Swim suit
- Tank tops
- Jewelry
- Knives or weapons of any kind (not even a Swiss Army knife. It will not be necessary)
- Your cell phone

## **Build Site Clothing and Equipment**

### **Build Site What to Wear:**

- Long pants are mandatory
- Hat
- T-shirt or long-sleeved shirt
- Sturdy running shoe or hiking boot\*
- Work gloves recommended
- Sunglasses recommended

\*If you have a pair of work boots, this is OK to bring, but it is not required  
Additional build site equipment will be provided by Me to We.