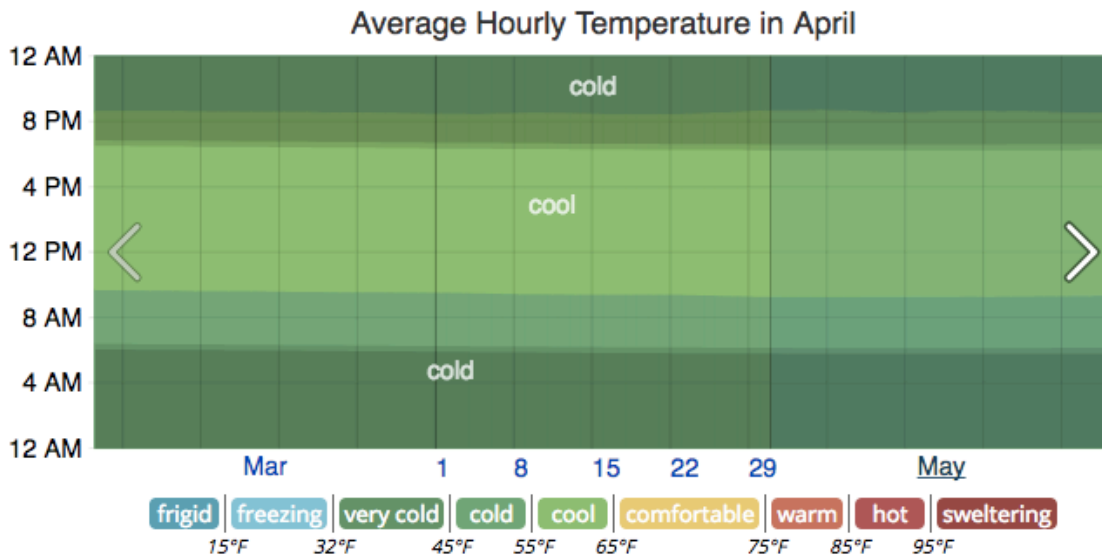


## PACKING LIST

### Weather Conditions



*The average hourly temperature, color coded into bands. The shaded overlays indicate night and civil twilight.*

Daily high temperatures are around 64°F, rarely falling below 60°F or exceeding 68°F. Daily low temperatures are around 49°F, rarely falling below 47°F or exceeding 52°F. However, Ecuador has varying climates and depending on where you are, temperatures can be much warmer than this. Quito will have cooler temperatures while regions near the coast will be much warmer.

### Luggage Restrictions

We encourage you to pack lightly. On the flight between Quito and Cuenca, each checked bag may not weigh more than 20 kilograms. Laundry services will be available at hotels on this trip, so you can refresh your clothes halfway through the trip. Please keep in mind any weight restrictions for your luggage on your international flights.

### Clothes

Due to the various climates in Ecuador, we recommend bringing a variety of layers. We also encourage you to bring a cap or hat for sun protection instead of sunglasses. This protects your head and your eyes and leaves you more open to connecting with the people we meet.

- Light-colored, light-weight, quick-dry clothing
- Light, long-sleeved shirts and pants to protect against mosquitoes
- Good walking shoes and socks
- Comfortable clothes for relaxing in the evenings
- A nice yet casual outfit
- Sun hat or cap
- T-shirts
- Sandals & flip flops
- Sleep wear
- Fitness attire
- Bathing suit & towel or sarong
- Water-friendly sandals
- Waterproof jacket or poncho
- Cotton sweatshirt, fleece jacket, or sweater for evenings and cool days

## Suggested Materials

- An extra bag to bring home purchases
- Book for reading on plane
- Notebook and pens
- Camera & batteries
- Travel pillow
- Energy bars and snacks
- Coffee/tea thermos
- Tissue packs and/or small roll of toilet paper
- Hand sanitizer
- Small padlock to secure suitcase
- Plastic bags – good for keeping valuables dry/dust-free

## Essentials

- Passport
- Money pouch
- Cash (see Money section in Travel Guide)
- Day pack with dry bag (or Ziplock baggies)
- Photocopy of your passport & insurance policy (Email yourself a scanned copy)
- Earplugs (Dogs, buses, noisy neighbors – a pair of good earplugs can be invaluable!)
- Flashlight
- Watch / alarm clock
- Toiletries & wet wipes

## Medical Kit & Toiletries

Be sure to include an adequate supply in your hand luggage of any prescribed medication (in its original labeled container) you may require while traveling.

- Waterproof sunscreen
- Bug spray
- Medication you take
- Allergy medication (please bring your own epi-pen if you have allergies that require it)
- If you have a favorite doctor, bring their phone number in case you get sick and want a trusted expert with whom to talk
- Anti-malarial tablets – if advised to take them by a medical professional
- Re-hydration salts and anti-diarrhea preparations (Imodium)
- Pepto-Bismol for stomach upsets
- Painkillers
- Motion sickness medication (i.e. wrist bands, Dramamine, prescription Scopolamine)
- First aid kit - antiseptic cream, Band-Aids, sterile wipes
- Pre-moistened antibacterial hand wipes (wet type)
- Razor
- Shampoo and conditioner
- Hand lotion
- Soap
- Feminine care products
- Contacts and/or glasses if needed