

Packing Guide



LUGGAGE ALLOWANCE

You will be permitted:

- 1 checked bag of 50lbs or less
- 1 carry-on (small suitcase, duffle, etc.)
- 1 personal item (purse, backpack, etc.)

You will be responsible for carrying and transporting all of your belongings, so bring bags that are easy for you to manage. This list is just a suggestion and you should pack according to your own personal needs. It is a good idea to check the local weather prior to departure and make adjustments as needed. Remember – Your bag will get heavier if you buy gifts while in Ecuador.

GENERAL GUIDELINES

1. Dress code in Ecuador is rather informal.
2. Ecuador Weather: As you will be in the Southern Hemisphere it will be summer in January but cooler at night due to the altitude. January can be rather rainy so be sure to pack a rain jacket. According to last years weather records.
3. The best time to visit Ecuador for beaches is surprisingly the rainy season that takes place from December through to May as this is a lot fresher than the dry season from June to November which can be way too cool as well as cloudy and often overcast.
4. Bring clothes that you dress in with layers. This is certainly best way to go. A jacket over other clothes should be sufficient.
5. You need a day-pack to carry with you during the day. You may want to pack it with writing materials if you are keeping a journal, reading materials, snacks, a water bottle, a sweatshirt, etc.--basically stuff that you'll want during the day.

Aeromexico Airlines

Visit this link for more information:

www.aeromexico.com/en-us/travel-information/baggage

Baggage Allowance/fees:

1st bag checked free. (50lbs/62')

2nd bag checked is \$55.

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Carry-On & Personal Item:

Your carry-on and personal items should contain any items you are not willing to check (e.g. computer, medication, sentimental items, etc.) You should also plan to pack items in case your luggage is delayed. These items could include:

- Toiletries* (shampoo, toothbrush, etc.)
- Change of clothes
- Camera / Phone (Memory card for camera/battery charger)
- Money / Credit cards
- Passport
- Reading material
- Laptop
- Chargers (Converters)
- Something to eat (especially if you have special dietary requirements)
- Medicines, vitamins, and prescriptions
- Glasses or contact lenses and cleaning equipment
- Empty water bottle
- \$15-\$20 for each day

Checked luggage:

- Socks and undergarments
- Long sleeve or short sleeve shirts
- Pants | appropriate shorts or capris
- Rain coat
- Bathing suit
- Sleepwear/workout wear
- Good walking shoes/sneakers with traction for wet surfaces and straps or laces
- Lightweight walking sandals
- Toiletries* (razor and other non-essential items)
- Head-lamp for late night adventures/site-seeing
- Field gear

*Bring enough sets of clothing for 8 days in country, 2 in-transit days, and a couple extra

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Misc. Items

- Journal / Trip Workbook
- Pens
- Plastic bag for wet or dirty clothes
- Small books / reading material for bus
- Sunglasses
- Sunscreen
- Sun hat
- Tissues / Q-tips
- Towel
- Travel alarm clock

Adapters & Converters

Ecuador uses 110-120 volt, 60 cycle electricity, same as the US. Plugs are typically the 2 pronged flat type so US travelers will not typically need a converter or adapter.

In Ecuador the power sockets are of type A and B.

