



Ecuador
Psychology

Packing Guide

Carry-On Bag

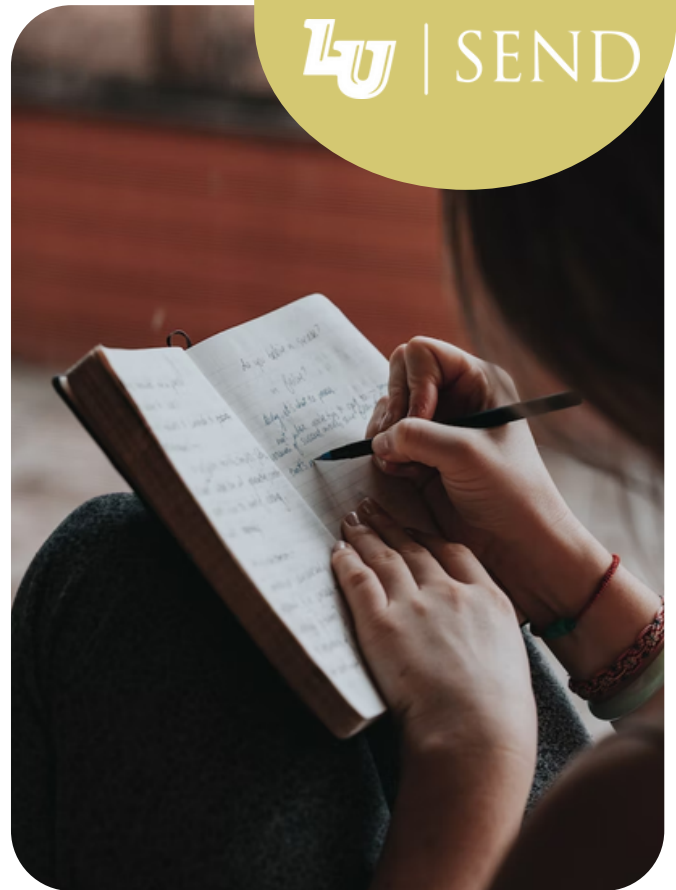
Plan to bring a backpack or bag that is easy to carry and can fit under an airplane seat. Your bag must fit into the baggage gauge at check-in (including handles, pockets, and wheels). You must be able to lift your carryon bag into the overhead locker by yourself.



*Most airlines also require bags to be smaller than approximately 22" x 14" x 9"

Carry-On Items

- ❑ Bible, devotional materials, pencil/pen, and journal
- ❑ Change of clothes
- ❑ Neck pillow/earplugs/eye cover for sleeping
- ❑ Phone/camera with appropriate chargers and memory cards
- ❑ Toiletries under 3oz in a quart-sized, clear bag
- ❑ Advil, Tylenol, and any other over-the-counter medications you typically use including all-natural sleep aid (melatonin, etc.)
- ❑ Personal prescriptions (must be in original container)
- ❑ Snacks (non-perishable, non-melting)
- ❑ Spending money (US dollars can be changed at the hotel) or credit cards (check with your bank for international transaction fees).
- ❑ Playing cards, other small games or reading materials
- ❑ Reusable empty water bottle
- ❑ ALL 3 of the following :
 - Passport
 - Driver's License
 - Student ID (if residential student)



**"Adventures are the best way to learn"
-unknown**



Checked Bag

Can be a suitcase, duffle bag, or large backpack that is under 50 pounds (which you can carry/roll yourself).



Checked Bag Items

☐ Clothing & Footwear

- Bring enough weather-appropriate sets of clothing for the days of the trip plus a few extra outfits
- One business-casual outfit for dinner out and/or worship service
- Slip-on pants/skirt/scarf for modesty at holy sites (shoulders and knees must be covered)
- Comfortable walking shoes or sneakers with traction for wet surfaces and with straps or laces
- Flip-flops and modest swim wear (one-piece and shorts for ladies, loose-fitting shorts for men)
- Hat

☐ Travel Towel

☐ Toiletries and liquids beyond 3oz

- Shampoo, sunscreen, liquid soap, etc.

☐ Healthy snacks to last the duration of the trip

- Snack bars (especially for those with dietary restrictions)

☐ Umbrella/light water-resistant jacket

☐ Travel Scale

☐ Phone or device with alarm capabilities

☐ Travel adapter for electrical devices

- Type A: Has two flat parallel pins.
- Type B: Has two flat parallel pins and one grounding pin.

Suggested Items from our team at LU Send

☐ Motion Sickness Bracelet

☐ Keychain Flashlight

☐ Polaroid Camera

☐ Gatorade Packets

☐ Fannie Pack

☐ Detergent Packs

☐ Travel Size

Febreeze

☐ Travel Blanket

☐ Hammock

☐ Kavu

☐ Mini Fan

☐ Hiking Backpack

☐ Toilet Seat

Covers

☐ Reading Light



Tips & Information

- ❑ Call your bank and inform them which countries you will be visiting, and on what days, to prevent your credit card from being declined.
- ❑ Check the projected weather of where you are going and pack with this in mind (potentially bring a rain jacket, light sweater, or hat depending on the weather of your destination).
- ❑ Be conscientious of clothing modesty and any writing or logos that may be offensive to different cultures.
- ❑ Pack heavy items at the bottom so clothes don't slide around.
- ❑ Leave room in your suitcase for any souvenirs you buy while in-country.
- ❑ Tape the lids of liquid bottles to keep them shut. Do not take pressurized spray cans as they may explode in flight.
- ❑ Make a list of everything you packed (Insurance Purposes).
- ❑ Make two copies of all travel documents and leave one copy at home in case your documents are lost or stolen.
- ❑ Pack as if you will not be able to purchase any necessities you may need at your destination.
- ❑ Pack as light as possible as you will be carrying your own luggage.
- ❑ Consider bringing some clothes with secret pockets to store money and other valuable items when in crowded or large areas to prevent pickpocketing.
- ❑ Remove all baggage tags or stickers from previous flights.
- ❑ Label your bags inside and out with your name, destination address, email, and mobile number.
- ❑ Add colorful straps or tags to help identify your bag on the carousel.
- ❑ Adaptor – In Ecuador, the power plugs and sockets are of type A and B. The standard voltage is 110 V and the standard frequency is 60 Hz.