



## **Packing List - Liberty Department of Biology & Chemistry**

We are so excited to have you down in Quito, Ecuador with us! Please read the following packing list carefully and bring all of the listed items to ensure that you're prepared for your time in Ecuador!

**NOTE:** You are responsible for your own possessions, including properly tagging and checking luggage. Most international flights allow one carry-on, one personal item (laptop bag, purse, small backpack, etc.) and one free checked bag (50 pound weight limit). A charge may accompany additional luggage. Be sure to research each airline after you get your flight itinerary to learn about their limitations and fees. L&LI does not cover additional baggage fees. Do not pack important documents/valuables/cash in checked luggage.

**TRAVEL DOCUMENTS:** In order to travel, you will need to obtain a valid passport (does not expire within 6 months of your arrival date). If you do not have a passport or if the one you have needs to be renewed, please take care of this immediately to be able to travel to Ecuador. Visit your local post office/USPS for new passport and renewal information. <http://iafdb.travel.state.gov> also has this information.

**WEATHER:** The weather in Ecuador during your time here is described as "eternal Spring," ranging from 50F-80F. It will rain most every afternoon. Shorts are generally not worn throughout the city of Quito. Be prepared to dress in layers, as you may be sweating in the morning to freezing in the afternoon and evening.

### ***Carry-on:***

- Passport (and a color copy)
- Camera, GoPros, etc. (optional)
- Bible, journal, pen
- Change of clothes
- Some toiletries (under 3oz)
- \$ (for food en route) - \$1, \$5, and \$10 dollar bills
- Debit/ATM Card
- Laptop, iPod, iPad, & Chargers etc. (if necessary)
- Headphones

### ***Checked Bags:***

- Toiletries\* (including SUNSCREEN & BUG SPRAY, other items detailed below)
- Reusable Water Bottle
- Beach Towel
- Sunglasses & Hat
- Underwear & Socks

- Swim suit/board shorts
- Rain Jacket
- Light Jacket/Sweater/Sweatshirt(s)
- Tennis Shoes/Sandals/Chacos/Water&Casual footwear
- Long-sleeved shirt(s), t-shirts, tank tops
- Shorts (generally not worn in Quito but worn in Galapagos)
- Jeans/long pants/long skirts/dresses

**\*\*SEE BELOW FOR TRIP SPECIFIC PACKING LIST**

\*TOILETRIES (some of these may be in your carry on). Due to altitude, put all liquids/gels in ziploc bags.

- Insect repellent
- Sunscreen** (A LOT, SPF 30 or Higher)
- Toothbrush/toothpaste
- Soap/shampoo/conditioner, etc.
- Deodorant
- Shaving cream/razor
- Wet Wipes/Hand Sanitizer
- Personal Medication(s) (including prescription, Epipen & inhalers)
- Medications: over the counter for motion sickness, sinus/cold medicine, ibuprofen/tylenol, diarrhea (Pepto, Imodium), etc.
- Feminine Hygiene products (particularly tampons and pads)

SNACKS (some of your favorites may not be available for purchase in Ecuador - Peanut butter, granola/protein bars, etc.)

OTHER OPTIONAL ITEMS

- Flashlight/batteries
- Ear Plugs
- Alarm
- Class textbooks (if necessary) & other books
- A few favorite videos/DVD's (optional)
- Speakers (optional)

PACKING ADVICE FROM PAST-STUDENTS:

- Do not bring Traveler's Checks they are difficult (if not impossible) to use.
- Shops and Restaurants don't have change. Bring small bills
- A rain jacket is a must!
- Bring a few pairs of shorts for the Galapagos...and lots & lots of pants for Quito.
- No need to bring Adapters, Ecuador has the same outlets!
- Insect repellent, contact solution & sunscreen are available in Ecuador, but 2-3x the price! Stock up in the US.

## **\*\*TRIP-SPECIFIC PACKING LISTS:**

### **JUNGLE:**

- **BUG SPRAY**
- **SUNSCREEN**
- Reusable Water bottle
- Hat (Optional)
- Beach towel (For caves and other water activities)
- Swimsuit, shorts and t-shirt/tank top (bikinis must be covered the whole time we are in the jungle)
- Toiletries
- Extra undies, socks, t-shirts (they tend to get used up quickly)
- Pajamas
- Tennis shoes, chacos, sandals or shoe of choice for lounging & water activities
- Rain jacket
- Casual/Loungewear for times at the hostel (long pants are great to prevent bug bites but shorts are OK)
- Casual Clothes for daytime activities (Shorts/Pants, Tshirts)
- Playing cards or games (optional)
- \$\$ for snacks at the local tienda or pit stops on the drive there (\$10-15 should be sufficient)
- Medications/prescriptions/inhalers (if necessary)
  - The drive to and from the jungle is pretty narrow and windy, so if you tend to get carsick, bring motion sickness medication!

### Activities on the Jungle Trip:

#### Caves:

- Swimsuit and/or clothes you can get wet in (bikinis must be covered by shorts/t-shirt).
- Chacos/other water shoes (boots can be rented if you do not have shoes for water)
- Beach towel

#### Waterfall Hike:

- swimsuit/shorts/tshirt/tank,
- hiking shoes (it may be really muddy),
- Beach towel
- Chacos/other water shoes (boots can be rented if you do not have shoes for water)
- Sunscreen
- Bug Spray

#### Hot Springs (Papallacta)

- Sunscreen
- Swimsuit (Bikinis OK)
- Beach towel

### **GALAPAGOS**

- Backpack (for travel days and Day trips)
- **SUNSCREEN!!** & Hat (HIGH SPF, 30 minimum), Bring enough for multiple applications each day!
- Bug spray (nights)

- Beach Towel
- Light sweater/jacket (in case is chill at night)
- Swimsuit (Bikinis are okay)
- Shorts, Lightweight pants, Dresses
- T-shirts!! (Tank-tops are okay but also bring shirts that cover your shoulders to prevent getting sunburnt!)
- Tennis shoes, chacos or comfortable shoes to walk on lava rocks & sandals
- Reusable Water Bottle
- Camera, water camera, go-pro
- \$\$ Souvenirs & Snacks
- Playing cards or games (optional)
- Motion Sickness medicine for boat rides
- Toiletries