

PACKING LIST – ECUADOR’S AMAZON JUNGLE

FOOTWEAR

- 1 pair sturdy tennis shoes, running shoes or lightweight hiking boots or trail shoes. Note: You will be wearing rubber boots supplied by our Amazon partner for hiking.
- 1 pair sandals for use around lodge
- 1-2 pair hiking socks - you might consider ‘knee’ socks for use with rubber boots that are provided. The boots are calf height and many participants find that the knee socks will help with possible chafing. (Trust me, your rubber boots will become your very best friend!)
- 1- 2 pair lighter weight socks for use around lodge.
- 1 pair inner soles (prescription or over the counter) for use with rubber boots. We recommend Super Feet – see notes on Packing List.

CLOTHING/EQUIPMENT

- 1-2 pair lightweight pants: (Supplex, or nylon/polyester/spandex blend)
- 2 – 3 t-shirts (non-cotton)
- 1 lightweight, long sleeved shirt for sun protection (button up front is best)
- 1 brimmed hat, for rain and/or sun.
- 1 – 2 changes of comfortable clothes to wear around the lodge.
- Rain Jacket/pants or rain poncho.
- Travel Umbrella
- Trekking poles (recommended – the Yarina Lodge does have hiking ‘sticks’ available for use)
- Capacity to carry 2 liters of water
- 1 – 2 bandanas
- Headlamp or flashlight with extra bulb and batteries
- Small day pack for day use (hiking). Must be able to carry your rain gear, water, snacks, etc
- 1 wide-brimmed hat or baseball style for protection from sun/rain
- Underwear/nightwear

ESSENTIALS

- Passport** (and copy of passport)
- sunglasses plus retention strap: 100% UV blocking
- 2 – 3-gallon Ziploc bags (wet clothes)
- Watch with an alarm and/or small alarm clock
- Ear plugs (for a good night’s sleep)
- Bug Repellant
- Sunscreen** (30 or higher)
- Lip protection with sunscreen (SPF of at least 15)

TOILETRIES (small everything)

- Soap, toothbrush, toothpaste, dental floss, hand sanitizer, contact essentials, skin lotion, etc.
- Extra pair sunglasses (also glasses if you wear them)
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, compeed (or blister bandages), ibuprofen, any personal medications

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL

- Camera and film/extra memory card
- Book, notebook, journal
- Favorite snack and Gatorade powder
- Binoculars
- waterproof camera box/bag

NOTES ON PACKING LIST

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

Daypacks: Your daypack should be large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), sun screen, warm layer (if needed for area) personal first aid kit, personal items such as camera, etc. We recommend a daypack with a capacity of between 24 - 30 Liters (1450 - 1850 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all the items noted above and all personal items you like to carry.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. **NO COTTON** for your active wear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends.

Rain Gear: You will need a waterproof/breathable garment for this trip. Fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex is recommended. **Be sure the garment you choose does keep water out.** A rain jacket works best in Quito where staying warm can sometimes be the issue when it is raining. In the jungle and then in the Galapagos, a poncho (the longer style) is recommended. Ponchos aren't quite as warm and also cover not only you but your backpack as well. Umbrellas are recommended for all 3 areas of your trip. If purchasing a rain poncho – be sure to buy one that is sturdy.

Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

Trekking Poles: Trekking poles are recommended for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions>