

Packing List for Ecuador

Traveling light is the best way to travel in Ecuador. You may have to carry your luggage up stairs or over cobblestone streets to your lodging. Xperitas recommends packing everything in a small- to medium-sized suitcase. Pack a small backpack, purse or messenger bag in your suitcase or use it as your carry on. Here are the other items we recommend packing:

Travel Tips

- Check with your airline for specific luggage guidelines and fees. Most airlines allow one checked bag for international travel (no larger than 62" linear – sum of height, width and length) and weight ranges from 44-50 pounds. Fees vary by airline.
- In your carry-on, TSA currently only allows liquids or gels in 1 clear, quart-sized bag, with only 3oz bottles or smaller.
- Make sure you bring enough layers of clothing for different temperatures
- Roll clothes instead of folding – it saves space and helps with wrinkles.
- Pack electronics in your carry-on. Checked luggage gets tossed around, so don't pack anything fragile in there.

BEST LEFT AT HOME

- Jewelry
- High-heeled or uncomfortable shoes
- Laptop, or other expensive devices

CARRY IN A MONEY BELT OR NECK POUCH

- Passport (and other visas, green cards, or documentation)
- Small amount of cash
- Credit and debit card
- Travel itinerary with addresses of your hotels and your host family
- Copy of your insurance card

FOR YOUR CARRY-ON

- Camera or smart phone and charger
- Spanish language dictionary/other things to study on the plane
- Essential medicines (keep prescriptions in original bottles and carry generic names of all prescriptions)
- Toothbrush and toothpaste, hand sanitizer, deodorant
- A change of clothes
- Sanitary items (as needed)
- Anything else you would not want to do without in the rare event that your suitcase is lost and catches up with you a day or two later
- Reusable water bottle

What Goes In Your Suitcase

TOILETRIES & PERSONAL CARE

- Shampoo & conditioner (in small containers)
- Contact solution, contact case & extra contacts (and your glasses)
- Soap
- Deodorant
- Razor & shaving cream
- Hair products, brush
- Lotion
- Cosmetics

ROOMMATES CAN BRING ONE OF THE FOLLOWING TO SHARE

- Small first-aid kit with band-aids, Pepto Bismol, antacids, tissue, Ibuprofen, EmergenC etc.
- Hair dryer/curler/straighteners

CLOTHING & ACCESSORIES

- 4-5 changes of clothes that can be mixed and matched. Dress in layers to be prepared for extremes in weather. Quito's nights can be very cool and rain every day is common in the winter and spring months. Bring some kind of jacket or a couple sweaters for cooler temperatures.
- Nice jeans with no rips or holes
- 1 or 2 formal outfits: dress pants, dress shirt/collared shirt, skirt/dress, blouse, etc.
- Rain jacket/poncho with a hood or umbrella. If it rains, we will continue our time outside.
- 1 pair of comfortable shoes (old tennis shoes are great), one pair of sandals (we recommend sandals with covered toes, such as Keens), and one pair of flip flops (for around the hotel)
- Underwear and socks
- Pajamas, swimsuit, and a towel
- High factor sunscreen and lip protector
- Insect repellent (necessary for Mindo, Amazon, and Galápagos)
- After-bite lotion
- Sunglasses and hat (it's important to keep your head protected)
- Binoculars (if desired)
- Flashlight or head lamp
- Gift for your host family, and photos of your family and friends/ scrapbook
- Photocopy of your passport
- Plastic bag for dirty clothes/shoes
- Small day pack/backpack for hikes or other activities (bring along a hat, sunglasses, sunscreen and water on excursions. The sun is very strong.)
- Non-perishable snacks to stave off hunger while sightseeing (granola bars, dried fruit, nuts, crackers)
- Notebook/paper to take notes
- Motion sickness pills for boat rides (If your itinerary includes the Galápagos)
- Lightweight clothing, rain gear, and waterproof footwear is essential (if your itinerary includes the amazon)