

## PACKING LIST

**Please note:** This packing list is for the Galapagos trip, items that may be needed for pre-trip time in Quito and for the Amazon Jungle extension. As you will see, it is divided into 3 areas you will be visiting (Quito, Galapagos Islands, *and the Amazon Jungle if you are participating in an extension*). Please concentrate on the section of the packing list that pertains to your trip. Please note: the last section lists items that are common to all such as sleepwear, etc. For those of you doing the Galapagos and the Amazon extension, there will be a secure place to store items between trips. Having the ability to leave items in Quito is especially important on this trip since there are several inter-island flights and luggage is limited to 50 total pounds/person - this includes your checked luggage and your carry on backpack.

**QUITO: (only necessary if you are planning to spend some time in Quito before or after the trip)**

### FOOTWEAR

1 pair comfortable walking shoes for touring Quito.

### CLOTHING/EQUIPMENT

- Clothing suitable for touring Quito. Temps can be quite cool, long pants/long sleeve shirts suggested.
- Travel Umbrella
- Rain Jacket or rain poncho (For Quito, the rain jacket is recommended)
- Warm fleece/down jacket
- 1 buff for use as a neck gaiter
- 1 pair lightweight gloves

### GALAPAGOS ISLANDS:

#### FOOTWEAR

- 1 pair lightweight hiking boots/shoes (on the volcano hike)
- 1 pair sturdy tennis shoes/trail shoes
- 1 pair sandals for use around hotel/village/etc. (If sandals are 'hiking' sandals (sturdy) then can use in place of tennis shoes/trail shoes)
- 2 pair lightweight hiking socks

#### CLOTHING/EQUIPMENT

- 1 pair lightweight pants: (Supplex, or nylon/polyester/spandex blend)
- 1-2 lightweight long-sleeve shirts (a kayaking/surfing shirt, called a "rash guard" is great for snorkeling and kayaking)
- Rain Jacket/pants or rain poncho. (Poncho recommended – lightweight but sturdy)
- 1- 2 pairs of shorts or ¾ pants. Non-cotton and quick drying.
- 2 – 3 t-shirts, non-cotton.
- 1 lightweight, long sleeved shirt for sun protection (button up front is best)
- 1 bathing suit - some women prefer ¾ leggings and long sleeved rash guards for snorkeling, kayaking, and swimming.
- 1 – 2 changes of comfortable clothes to wear around the hotels and out to dinner (e.g. pants and/or skirt, with a couple of tops)

## **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 the lodge.
- 1 pair inner soles (prescription or over the counter) for use with rubber boots. We recommend SuperFeet – 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

## **ALL 3 AREAS:**

### **CLOTHING/EQUIPMENT**

- 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
- \_\_\_ One 2mm or 3mm wetsuit of a “shorty” style. (For the Galapagos trip: these can also be rented prior to snorkeling)
- \_\_\_ Book, notebook, journal
- \_\_\_ Favorite snack and Gatorade powder
- \_\_\_ Binoculars
- \_\_\_ waterproof camera box/bag
- \_\_\_ Dry bag for personal items when on water.
- \_\_\_ Beach cover up/sarong (Galapagos trip)
- \_\_\_ Small beach towel (Galapagos trip: can use hotel towels)
- \_\_\_ Trekking poles (Galapagos trip – these are optional but will come in handy on the volcano hike if you normally use poles. For the Amazon Jungle trip – these are highly recommended, see that packing list)

#### **NOTES ON PACKING**

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs.

**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 activewear! 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. Fabrics like Gore-tex, HellyTech, Membrane, H2No, or Ultrex are 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.

**Dry Bags:** If you choose to bring waterproof bags, several companies make vinyl bags with good closures (Sea to Summit, Phoenix, Outdoor Research, Cascade Designs). Oversize zip lock bags can also be used.

**Bringing your camera on the trip:** in regard to the Galapagos island portion of the trip, ocean water is highly corrosive to camera equipment. We suggest you consider protecting your camera from the salt by packing it in a waterproof sports bag. Many outdoor retailers and most camera shops have inflatable bags that are waterproof, float, and cushion your camera against bumps. Phoenix, Basic Designs, and manufacturers of whitewater equipment make inflatable camera bags.