

## EXPLORING THE GALAPAGOS BY YACHT PACKING LIST

**Please note:** No more than 23 kg (50 lbs) of luggage per person may be checked on board flights to the Galapagos Islands. In addition, each passenger is allowed a carry-on bag, no more than 10 kg (22 lbs), plus a small personal bag like a handbag or camera case.

### FOOTWEAR

- 1 pair lightweight hiking boots/shoes (on the volcano hike)
- 1 pair sturdy tennis shoes/walking shoes that can also be used for touring Quito
- 1 pair sandals for use on the boat
- 3 pairs lightweight hiking socks

### CLOTHING

- Warm fleece or down jacket
- 1 pair lightweight gloves
- 1-2 pair lightweight pants: (Supplex, or nylon/polyester/spandex blend)
- 1-2 lightweight long-sleeved shirts (a kayaking/surfing shirt, called a "rash guard" is great for snorkeling and kayaking)
- Waterproof rain jacket and rain pants. (raincoat should have a hood and layers should fit comfortably underneath.)
- 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 guard for snorkeling, kayaking.
- 1 – 2 changes of comfortable clothes to wear around the hotels, touring Quito, and out to dinner (e.g. pants and/or skirt, with a couple of tops). Temps can be quite cool, long pants/long sleeve shirts suggested.
- Underwear
- Pajamas

### EQUIPMENT

- Capacity to carry 2 liters of water
- 1 – 2 bandanas or a buff
- Travel Umbrella
- 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

### 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.
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, compeed (or blister bandages), ibuprofen, motion sickness medication, 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
- Full length wetsuit if you tend to be cold (shorty wetsuits are provided which should be adequate in May)
- 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
- Trekking poles - these are optional but will come in handy on hikes if you normally use poles

### **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 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.**

**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.