

ltem	Туре	Sierra specific	Coast specific	Amazon specific	Galapagos specific	Personal Check List	Note	Articles
							Only bring tennis shoes if you plan on running, jogging, exercising or want to use them as your walking shoes. Please note that in some locations	
Athletic Shoes	Clothing						where crime is high that tourists have been robbed for wearing highly recognizeable athletic shoes, ie Nike, Adidas, etc.	
	_						There are opportunities to purchase cloth and leather belts at artisan's	
Belts	Clothing					-	markets around Ecuador You will want to bring one warm jacket. I often bring a warm fleece and a	
Coats/Jackets	Clothing						Gortex-raincoat so that I can use them in combination while in the Sierra. If you are planning on hiking at altitude, consider bringing a heavier duty layer that can handle freezing temperatures and high winds. We use Columbia (https://amzn.to/2XSTC4X) and PrAna (https://amzn.to/3h1ZVJp) for many of our outdoor purchases.	
			\checkmark	\checkmark	\checkmark		For general use, lightweight socks that dry easily are best. If hiking in the Amazon jungle, we recommend long socks for better protection from	
Cotton or light weight socks	Clothing		\checkmark		\checkmark		insects On the Coast and in the Galapagos, a cover-up makes a great choice to travel from beach to outdoor restaurant	
							Not necessary but if you prefer wearing dresses, lightweight for the Amazon, Coast, and Galapagos are fine. The Andes can be much colder,	
Dresses	Clothing	_		_	-	_	requiring a heavier duty fabric While we don't use flipflops, they can be handy in sandy locations like the	
Flip flops	Clothing		\checkmark		\checkmark		Coast and the Galapagos	
Gloves	Clothing	\checkmark					Gloves are a good option for the Sierra, especially if hiking in the mountains	
Hiking Boots	Clothing						For any trip that includes hiking or nature excursions, we recommend bringing a sturdy pair of waterproof hiking boots. At the very least, they should be water resistent. Many trails in the Sierra and the Amazon are VERY muddy after a heavy rain and some location will lend you rubber boots. However, those rubber boots can be uncomfortable for long hikes. We tend to hike in our hiking boots and may carry sandals or water shoes for water crossings.	
Rain boots	Clothing						While many eco-lodges offer rubber boots that are fine for short hikes or for people with tough feet, some people prefer to bring their own even though they take up space in a suitcase. If using provided boots, consider bringing extra socks and sole inserts for comfort. If you would like bring your own, Angie uses BOGS (https://amzn.to/3Yu.MWEQ) which are also available for men (https://amzn.to/AUKxCp8)	
Hiking pants	Clothing						Hiking pants that can double as shorts are ideal. Lightweight hiking pants can work in all climates if you bring leggings or long underwear as a layer for the Sierra. We use Columbia (<u>https://amr.to/3XSTGXK</u>) and PrAna (<u>https://amr.to/3h1ZY(p)</u> for many of our outdoor purchases.	
leans	Clothing						Jeans are not useful for nature excursions. However, for cultural excursions, jeans are commonly worn by locals of all ages. A good pair of jeans can help you blend in. Angie loves her PraNa jeans (https://amzn. to/shi7t/p)	
Jewelry	Clothing						DO NOT BRING expensive jewelry. Consider leaving engagement rings and wedding rings at home. While it is rare that people are robbed on the street, when they are robbed, it tends to be for easily seen expensive jewerly, handbags, camera equipment, etc.	https: //notyouraverageamerican, com/crime-quito/
Leggings	Clothing	\checkmark					Leggings or long underwear can make a great layer on the coldest of days or the higher altitude hikes.	
Long sleeved shirt(s), light	Clothing						Long sleeved shirts are handy for insect and sun protection in all climates. Avoid white or bright, unnatural colors if birdwatching or looking for animals in the cloud forest and jungles. We use Colombia (<u>https://amzn.</u> to/3XSZGXk) and PrAna (<u>https://amzn.to/3h1ZY</u> Jp) for many of our outdoor purchases.	
Quick dry bras	Clothing							
Quick dry t-shirt(s) Quick dry underwear	Clothing Clothing							
Raincoat	Clothing						Raincoats can be used in all four geographic regions. A raincoat that can double as a windlayer is most useful in the Sierra. In the warmer regions, some people prefer to use a rain poncho that allows for air to more freely circulate around your body.	
Rainpants	Clothing						Rainpants can be very useful in the cloud forest and in the Sierra; a pair of rainpants over a lightweight hiking pants can add protection from the cold. Rainpants are less useful in the rainforest when warm conditions make wearing an extra layer unbearable.	
Sandals	Clothing						Water resistant sandals are a great option for travel in wetter climates that are also warm; extremely helpul in the Galapagos where you will be hiking on reefs and lava rock directly after being in the water.	
Scarves	Clothing						Scarves are useful for many reasons. A warm wool or fleece scarf can be essential for hiking at high altitude. Lightweight scarves are useful as camoflauge. They can hide cameras, cover purses, serve as protection for the sun, and provide a layer around the neck for warmth.	https: //notyouraverageamerican. com/crime-quito/
Shorts	Clothing		\checkmark	\checkmark	\checkmark		Shorts are never worn by local residents in the Sierra. We do not recommend bringing them for trips focused on the Andes only.	
Skirts	Clothing						Not necessary but if you prefer wearing skirts, lightweight for the Amazon, Coast, and Galapagos are fine. The Andes can be much colder, requiring a heavier duty fabric.	
Sleepwear	Clothing						We tend to use a t-shirt and undies, even in the coldest climates. However, if you want to sit before a fire in your pj's, bring along a warm pair for the Sierra	
Sun Hat	Clothing						For nature trips and hiking trips, we highly recommend bringing a sun hat (https://amzn.to/3Xfkwoß). Ball caps are commonly used by locals. However, we prefer to use a hat with a complete brim that protects the neck as well as the face. It will be possible to purchase "Panama" hats which originally come from Ecuador in serveral locations. While we don't recommend them for natura excursions, they can serve for city and beach pretty well.	



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Mosquito Netting	Clothing						You might want to take moquito netting designed to cover your face (<u>https://amzn.to/3E5qYAc</u>)	
Sweaters/Sweatshirts	Clothing						You will want to bring layers for the Sierra and a lightweight sweater, fleece, or sweatshirt can come in handy for other regions that can sometimes experience cool evenings. Wool or fleece for the Sierra with fleece as the preference as they tend to work better in all climates. Again, Columbia is our go to: https://amzn.to/3XSTGXk	
Swimshirts	Clothing						A good swimshirt can double up as protection from sun and insects - we tend to use Columbia for many of our outdoor clothing purchases: <u>https:</u> //amzn.to/3B5WyMI	
					\checkmark		Swimsuits are practically required for the Coast and the Galapagos (remember those rashguards if snorkeling in either location). For the Sierra and the Amazon, swimsuits may be useful when staying or visiting	
Swimsuits	Clothing						hotsprings and lodges with pools, spas, or saunas. In hot locations, there won't always be bugs. Having an undershirt or a	
Tanks or undershirts	Clothing						tank top to hang out in can feel wonderfully cool. If your trip only includes light hiking and city excursions, we recommend	
Walking Shoes	Clothing						bringing comfortable walking shoes	
Watershoes	Clothing						Handy for river crossings and exploring along the coast line. For the Sierra, a wool or fleece cap can make the difference on a very cool	
Winter Hat	Clothing	\checkmark					day. Wool hats are available at most artisan markets in Ecuador	
Wool socks	Clothing						For the Sierra, wool will keep your feet warm even if your boots get wet. Bring an extra pair so one can always be drying. Bring your favorite camera. Angie uses a Canon D-7000 for her work	https:
Camera	Electronics						(https://amzn.to/3XS7GXkQ) keeping it out of sight in crowds and cities except when in active use.	//notyouraverageamerican. com/crime-quito/
Cell phone	Electronics						Cellphone with dual sim can be helpful if planning to use a local cellphone plan (<u>https://amzn.to/3UzDRrr</u>)	https://notyouraverageamerican. com/best-apps-ecuador/
Electronics chargers	Electronics						Same as US so no need to bring an adaptor	
Portable charger	Electronics						A portable charger (<u>https://amzn.to/3llMq6v</u>) can be handy if you plan on spending time at camp with no electricity or are headed to a location with limited electricity.	
Extra Batteries for Camera	Electronics						While it is possible to buy some battery sizes in Ecuador, they are expensive and may not be availabale in rural areas. Pack spares!	
Extra camera card	Electronics						While it is possible to buy camera cards in big cities, they can be hard to find in rural areas and are expensive. Pack spares!	
Laptop or Tablet	Electronics						You may bring in your own latop and table with no problems. Be aware that these are highly valuable items in Ecuador. If traveling with them, keep them in your backpack rather than in luggage and keep the backpack in sight.	
Travel Hard Drive	Electronics						If you plan on taking a lot of photos, a travel hard drive is essential to backing up your precious photos. Both Scott and Angie use Western Digital portable drives like this one: https://amzn.to/3Frix3n	
Waterproof camera	Electronics						A water proof camera is especially useful for the Coast and the Galapagos where snorkeling is common. In the Sierra, it could be useful for trips that include waterfalls and cascade trails. In the Amazon, some people have successfully photographed pink dolphins underwater. This would take extremely perfect conditions! Scott recommends this Olympus camera: https://amazi.od/3EX/PWF	
Boarding pass/Tickets	Essential						You may be asked for proof of depature - make sure to have your return trip booked and copy of receipt to prove it. If you have not scheduled return date, consider purchasing a ticket that can be cancelled within 24 hours before departure.	
Cash	Essential						Bring at least some small denominations of American dollars and consider bringing 1 roll of US Dollar coins	https: //notyouraverageamerican. com/money-ecuador/
Copies of passport/credit cards	Essential						It can be handy to have color photocopies of your passport. Believe it or not, US American passports are highly desireable and should not be carried around on day trips	
Credit/ATM cards	Essential						Please remember that some remote locations do not have ATM machines or have ATMs that will not accept US American bank cards	https: //notyouraverageamerican, com/money-ecuador/
Facemasks	Essential						We highly recommend that when unable to socially distance or when indoors, that you continue wearing a facemask. Our favorite overall facemask: https://amznto/3ig1W9y comfortable duckbill mask: https://amznto/3iBJW9y	https: //notyouraverageamerican. com/best-face-mask-travel/
Identification	Essential						While your passport is sufficient, it can help to have another form of ID so as not to have to pull out your passport in public	
Itinerary	Essential							
List of medications	Essential						Million and advantage of feat states, which is the feat of the states of the	
Medical insurance card	Essential						While strictly required for entry, this is rarely asked for as the Ecuadorian government cannot find a consistent way to make sure people are complying. However, having your medical card could come in handy if you need to visit a doctor or hospital	
Passport/Visa	Essential						Make sure passport has 6 months remaining from date of entry & has two blank pages for stamps	https: //notyouraverageamerican. com/pre-travel-list-ecuador/
Throwaway Wallet	Essential						In big cities where crime can be a problem, we recommend adding a throwaway wallet into the mix. That is a wallet with a small amount of cash \$20-40, an old ID, and out-dated credit card. If asked to give up your wallet, this is the one you hand over.	https: //notyouraverageamerican, com/pre-travel-list-ecuador/
Travel insurance card	Essential						We highly recommend having travel insurance that includes emergency evacuation	
Vaccination Card(s)	Essential						Rules are consistently changing in regards to Covid-19 vaccinations. Consider adding a QR code to your phone for proof of vaccination. Also, bring your internation yellow vaccination card or other proof of yellow fever vaccine.	
							Consider using a waterproof backpack (https://amzn.to/3XV00Dv) or	
Backpack	Gear						bringing a raincover (<u>https://amzn.to/3H6q9JG</u>)	



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							Useful for mopping brows, wiping noses, drying equipment, and providing sun protection around necks, bandanas are a great, lightweight option to	
Bandanas	Gear						have in your day pack.	
Binoculars	Gear						Binoculares are helpful on any nature excursions but are especially useful for viewing animals that tend not to approach humans. Consider bringing an extra set of binoculars to give away - these are very expensive to purchase in Ecuador and many eco-lodges have programs to introduce local residents to birdwatching, conservation, etc. Spare binoculars are a great gift.	
Bird Guide	Gear						If you are a birdwatcher, it never hurts to bring along a good bird guide (https://bookshop.org/lists/bird-watching-guides-for-ecuador.)	https: //notyouraverageamerican, com/identification-bird-guides- ecuador/
Carbiners and micro-locks	Gear						Carbiners and micro-locks can come in handy for keeping backpacks and zippered cases closed. They make it more difficult for someone to open your gear, though not impossible. We like this brand: https://amzn. to/3ul6UED	
Duffle or Suitcase	Gear						Best not to bring brand new baggage.	
Gaiters	Gear	\checkmark		\checkmark			Gaiters can come in handy for hiking in muddy and wet conditions. They provide a layer of protection for hiking boots, especially when rubber boots are not available or hurt your feet.	
Hand bag with adjustable strap	Gear						this example from Carhartt: https://amzn.to/3VOklik	https: //notyouraverageamerican. com/crime-quito/
Headlamp	Gear						A headlamp can be extremely useful in multiple situations including power outages, Amazon lodges without electricity at night, and lava caves in the Galapagos. A headlamp that has two colors - red and white - for night time observation of insects and animals at night.	
Headphones	Gear						A good set of headphones are super useful, especially for digital nomads working while traveling. Angie also uses hers for nightly meditation to help focus and block out sounds. She likes her JLab Studies set because they fold down fairly small and on't require earbuds that can hurt her ears: https://amzn.to/30ZzKnu	
Lens cleaning cloth	Gear						A lens cleaning cloth can come in handy for your camera and other electronic equipment	
Money belt/pouch	Gear						We tend to keep our extra emergency funds in multiple places. A good money-belt works much better than a wallet in a back pocket.	
Packing Cubes	Gear						Packing cubes can make your trip go more smoothly, especially if traveling between geographic regions that require different types of clothing. Here is a handy example: https://amzn.to/3VRFBO7	
Reuseable water bottle	Gear						Drinkable water is accesible in most locations and using a refillable bottle is key, especially in the Galapagos Islands where plastic bottles are banned. There are several great options out there (https://amzn. to/3it/VsJ1) though one with a filter straw could kill two birds with one stone (https://amzn.to/3ukdE5N)	
Steripen, water filter, or purification tablets	Gear						For locations without access to purified water or for emergency situations, in can be handy to have a method of purifying water	
Travel guidebook	Gear						If you would like to bring along a good travel guide, Scott has reviewed several (https://bookshop.org/lists/ecuador-travel-guides)	
Travel towel	Gear						Super useful for trips in the Amazon, Coast, and Galapagos.	
Travel wallet	Gear						We highly recommend using a wallet on a strap that can be worn underneath jackets or vests. Avoid keeping wallets in back pockets, outside pockets of backpacks, etc.	
Travel washcloth	Gear							
Tripod	Gear						For photographers, investing in a small travel tripod can be extra helpful cloud forests and jungles provide low-light in many situations. We often travel with a compact umbrella as it makes for great protection for our camera equipment as well as for ourselves. Also, in warm climates, wearing a raincoat makes one sweat and you end up as wet as if you	
Umbrella	Gear						hadn't worn one at all. If you are traveling outside of the city into rural or natural areas, you will likely loose cellphone reception and may not have electricity for	
Watch Waterproof bag	Gear		\checkmark	\checkmark			recharging your phone. Therefore, having a watch may be helpful. For trips on the water, it is a good idea to have a dry bag for your electronic equipment.	
Anti-nausea wristbands	Toiletries & First Aid						Useful for boat trips if you experience sea-sickness and have a bad reaction to anti-nausea medication	
Bandaids	Toiletries & First Aid							
Brush/Comb	Toiletries & First Aid							
Conditioner	Toiletries & First Aid							
Contact lenses/ Glasses	Toiletries & First Aid						Consider packing a spare set of glasses; sun glasses can also be helpful on sunny days throughout Ecuador. The equatorial sun can be harsh.	
Deodorant	Toiletries & First Aid							
Ear plugs	Toiletries & First Aid						A set of ear plugs can make a big difference if you happen to book a loud hotel or have problem falling asleep to the sounds of the jungle or don't want to wake up early to the sounds of singing birds.	
Eye mask	Toiletries & First Aid						An eye-mask can come in handy for your flight and for sleeping in accommodations that allow for light penetration at night. Some eco- lodges have cabins with screens only, no curtains.	
Feminine Care Items	Toiletries & First Aid							
Floss	Toiletries & First Aid							
Hair styling products	Toiletries & First Aid							
Hair ties	Toiletries & First Aid						Hot climate, sweaty necks, and long hair bring bands or ties to keep your locks under control	
Hand sanitizer	Toiletries & First Aid							
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nsect repellent	Toiletries & First Aid		Y	M			We recommend using Picaridin-based insect repellents like: https://amzn.to/3QV3128 or natural repellents like: https://amzn.to/3XUP221 . If you must use DEFT, consider using it only on clothing, not on skin. There are a few locations in the Sierra, especially in cloud forests like Mindo, where insects can be a problem.	https: //notyouraverageamerican, com/zika-and-other-mosquito- viruses/ and https://www.rei. com/learn/expert-advice/insect- repellents.html	
ip Balm with sunscreen	Toiletries & First Aid								
Medication - Allergy	Toiletries & First Aid						Alongside regular allergy meds, consider packing an anti-itch cream just in case the mosquitos do get you		
Medication - Anti-diarrheal	Toiletries & First Aid						While we hope to avoid any tummy upset, pack your favorite remedy; Angie tends to use Peptobismal as it does not destroy stomach flora while Cipro can wipe out good bacteria with bad and should only be used under a doctor's supervision. Imodium also tends to be a good choice.		
Medication - Anti-nausea	Toiletries & First Aid		\checkmark				Useful for boat trips if you experience sea-sickness - usually available as pills or patches		
Medication - Malaria	Toiletries & First Aid						Talk to your doctor about the best choice for you	https://www.cdc. gov/malaria/travelers/drugs. html	
Medication - Pain relief	Toiletries & First Aid						Your favorite headache medication will likely be available but cost more than in the US		
Medication - Prescription	Toiletries & First Aid						In Ecuador, it is possible to get many prescribed medications over the counter. However, please check before visiting that your specific medication will be available if you need to refill while traveling (<u>https:</u> //mediistapp.paho.org/en/list/12.)		
Medication for High Altitude	Toiletries & First Aid	\checkmark					Some people benefit from taking a medication to help them adapt to high altitude.	https: //notyouraverageamerican. com/tips-high-altitude-travel/	
Moisturizer	Toiletries & First Aid								
Nail file/Clippers	Toiletries & First Aid								
Saline solution*	Toiletries & First Aid								
Shampoo	Toiletries & First Aid								
Shaving Supplies	Toiletries & First Aid								
Soap	Toiletries & First Aid								
Sunscreen	Toiletries & First Aid						Please bring a reef-friendly sunscreen like : <u>https://amzn.to/3Y72izR</u>		
Foothbrush	Toiletries & First Aid								
Foothpaste	Toiletries & First Aid								
lweezers	Toiletries & First Aid								
Add your own item									
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