



Ecuador Travel Pack List

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Item	Type	Sierra specific	Coast specific	Amazon specific	Galapagos specific	Personal Check List	Note	Articles
Athletic Shoes	Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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 where crime is high that tourists have been robbed for wearing highly recognizable athletic shoes, ie Nike, Adidas, etc.	
Belts	Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	There are opportunities to purchase cloth and leather belts at artisan's markets around Ecuador	
Coats/Jackets	Clothing	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	You will want to bring one warm jacket. I often bring a warm fleece and a 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/3XS7Gxk) and PrAna (https://amzn.to/3h1ZYjp) for many of our outdoor purchases.	
Cotton or light weight socks	Clothing	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	For general use, lightweight socks that dry easily are best. If hiking in the Amazon jungle, we recommend long socks for better protection from insects	
Cover-ups	Clothing	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	On the Coast and in the Galapagos, a cover-up makes a great choice to travel from beach to outdoor restaurant	
Dresses	Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Not necessary but if you prefer wearing dresses, lightweight for the Amazon, Coast, and Galapagos are fine. The Andes can be much colder, requiring a heavier duty fabric	
Flip flops	Clothing	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	While we don't use flipflops, they can be handy in sandy locations like the Coast and the Galapagos	
Gloves	Clothing	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Gloves are a good option for the Sierra, especially if hiking in the mountains	
Hiking Boots	Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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 resistant. 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	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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/3YuMWEQ) which are also available for men (https://amzn.to/40KxCp8)	
Hiking pants	Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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 (https://amzn.to/3XS7Gxk) and PrAna (https://amzn.to/3h1ZYjp) for many of our outdoor purchases.	
Jeans	Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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/3h1ZYjp)	
Jewelry	Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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 jewelry, handbags, camera equipment, etc.	https://notyouraverageamerican.com/crime-quito/
Leggings	Clothing	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Leggings or long underwear can make a great layer on the coldest of days or the higher altitude hikes.	
Long sleeved shirt(s), light weight	Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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 Columbia (https://amzn.to/3XS7Gxk) and PrAna (https://amzn.to/3h1ZYjp) for many of our outdoor purchases.	
Quick dry bras	Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Quick dry t-shirt(s)	Clothing	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		
Quick dry underwear	Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Raincoat	Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Water resistant sandals are a great option for travel in wetter climates that are also warm; extremely helpful in the Galapagos where you will be hiking on reefs and lava rock directly after being in the water.	
Scarves	Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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 camoflage. 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	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	For nature trips and hiking trips, we highly recommend bringing a sun hat (https://amzn.to/3XTkw08). 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 several 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	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	You might want to take mosquito netting designed to cover your face (https://amzn.to/3E5qYAc)	
Sweaters/Sweatshirts	Clothing	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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/3X57GXk	
Swimshirts	Clothing	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	A good swimshirt can double up as protection from sun and insects - we tend to use Columbia for many of our outdoor clothing purchases: https://amzn.to/3B5WyMl	
Swimsuits	Clothing	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	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 hotspots and lodges with pools, spas, or saunas.	
Tanks or undershirts	Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	In hot locations, there won't always be bugs. Having an undershirt or a tank top to hang out in can feel wonderfully cool.	
Walking Shoes	Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	If your trip only includes light hiking and city excursions, we recommend bringing comfortable walking shoes	
Watershoes	Clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Handy for river crossings and exploring along the coast line.	
Winter Hat	Clothing	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	For the Sierra, a wool or fleece cap can make the difference on a very cool day. Wool hats are available at most artisan markets in Ecuador	
Wool socks	Clothing	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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.	
Camera	Electronics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Bring your favorite camera. Angie uses a Canon D-7000 for her work (https://amzn.to/3X57GXk) keeping it out of sight in crowds and cities except when in active use.	https://notyouraverageamerican.com/crime-quito/
Cell phone	Electronics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cellphone with dual sim can be helpful if planning to use a local cellphone plan (https://amzn.to/3UzDRrr)	https://notyouraverageamerican.com/best-apps-ecuador/
Electronics chargers	Electronics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Same as US so no need to bring an adaptor	
Portable charger	Electronics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A portable charger (https://amzn.to/3lMq6v) 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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	While it is possible to buy some battery sizes in Ecuador, they are expensive and may not be available in rural areas. Pack spares!	
Extra camera card	Electronics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	You may bring in your own laptop and tablet 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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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/3Fr3X3n	
Waterproof camera	Electronics	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	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://amzn.to/3EXiFWF	
Boarding pass/Tickets	Essential	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	You may be asked for proof of departure - 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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	It can be handy to have color photocopies of your passport. Believe it or not, US American passports are highly desirable and should not be carried around on day trips	
Credit/ATM cards	Essential	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We highly recommend that when unable to socially distance or when indoors, that you continue wearing a facemask. Our favorite overall facemask: https://amzn.to/3y71ZE and for air travel we recommend a comfortable duckbill mask: https://amzn.to/3lBJW9y	https://notyouraverageamerican.com/best-face-mask-travel/
Identification	Essential	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
List of medications	Essential	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Medical insurance card	Essential	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We highly recommend having travel insurance that includes emergency evacuation	
Vaccination Card(s)	Essential	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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 international yellow vaccination card or other proof of yellow fever vaccine.	
Backpack	Gear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Consider using a waterproof backpack (https://amzn.to/3XV00Dv) or bringing a raincover (https://amzn.to/3H6n9jG)	

