



SOME NOTES

Weather in Ecuador: The weather in Ecuador varies considerably depending on location and time of year. It's important to check the forecast to see what the local weather will be during the time that you're in each location. Generally, the rainy season is very humid and has frequent downpours. Even in the dry season, you can expect at least a couple of rainy days during your trip.

Temperature: Temperature varies by altitude. In the mountainous regions, it's not uncommon to find temperatures drop in the 50's (4°C) at night and rise up to the 80's (30°C) during the day. If there are clouds, it'll feel cooler. Temperatures are much colder as you increase altitude. *There's snow at the top of Cotopaxi!!* The coast is very hot and humid (80's-90's). The Cloud forest ranges from 60's-70's but feels cooler due to the humidity

Most places do not have heating or air-conditioning so please pack accordingly.

MEDICINE

- General pain killers
- Stomach medicine
- Motion sickness medicine
- Altitude sickness medicine
- Rehydration powder
- Your normal medicine

ELECTRONICS

- Camera
- Memory Cards
- All the chargers
- Headlamp / flashlight
- Batteries
- Backup power bank
- Phone
- Headphones
- Music player

DOCUMENTS

- Passport
- Copy of passport
- Copies of credit cards
- US money especially in \$1 coins & small bills (\$5 / \$10)

CLOTHES

- Sturdy Field Pants (Quick dry)
- Shorts
- Lightweight shirts
- Sweater / Sweatshirt / Light Jacket
- Raincoat / Poncho
- Knee high socks (extra)
- Regular socks
- Underwear (extra)
- Bathing suit
- Pajamas
- Sturdy walking shoes
- Strap sandals (flipflops not recommended)
- Brimmed hat
- Laundry / Souvenir bag
- Plastic bag for wet clothes

TOILETRIES

- Personal care products (skin / hair)
- Insect repellent
- Sunscreen (bring extra, it's expensive here)
- Anti-itch cream
- Antibiotic cream
- Band-Aids / Moleskin
- Extra glasses / contacts / contact solution
- Beach Towel (personal towels provided at lodging)

MISCELLANEOUS

- Water bottle
- Binoculars
- Small notebook / Journal
- Pens / Pencils
- Ziplock bags – Jumbo Size – to keep things dry (underwear / socks / electronics)