**ECUADOR PACKING LIST**

Weather: Average daily temperatures in early April in Quito can range anywhere from the mid 50s to the low 70s. The mountains and the evenings in Quito can be chillier (40s), so layer up! The rainforest will be hot (80s) and humid.

**Airport Attire:** (Remember that we may be flying from and returning to chilly temperatures!)

 \_\_\_ Layers: t-shirt, sweatshirt/sweater, lightweight jacket (waterproof would be preferable)

 \_\_\_ Jeans or khakis (NO SWEATS!)

 \_\_\_ Tennis shoes

**Carry On/Backpack:**

 \_\_\_ Passport (Must be signed before you get to the airport!)

 \_\_\_ Spending money (mostly cash and a credit/debit card)

 \_\_\_ Extra change of clothes (including underwear and socks)

 \_\_\_ Camera (with batteries and/or charger, memory card)

 \_\_\_ Prescription medications

 \_\_\_ Band aids, pain reliever, anti-diarrheal medicine (Pepto Bismol or Immodium), Dramamine (if needed)

 \_\_\_ Journal, books, magazines, deck of cards, coloring or drawing stuff (for airport, flights, and down time in hotel)

\_\_\_ Packaged snacks, gum (I recommend having snacks for the first day or two, then buy snacks as needed throughout the trip. Gum is NOT allowed during site visits!)

\_\_\_ Cell phone with charger (see rules for cell phone use on other side)

\_\_\_ Hand sanitizer (3 oz. or less in a quart Ziploc bag with any other carry-on liquids), Kleenex, Wet Wipes

\_\_\_ Empty refillable water bottle (We will be filling it daily with bottled water.)

**Day-To-Day Wear: Layers are a must at this time of year for our destinations!**

 \_\_\_ 9 modest t-shirts

 \_\_\_ 4-5 sweatshirts/long-sleeved shirts for layering

 \_\_\_ 4-5 pairs long pants or jeans (for Quito and in the mountains)

 \_\_\_ 3-4 pairs shorts or capri pants (for the rainforest)

 \_\_\_ Lightweight jacket (Wear to airport to save space!)

 \_\_\_ Comfortable tennis shoes for lots of walking (Practical footwear only! Your feet will thank you.)

 \_\_\_ 10 pairs of underwear and socks

 \_\_\_ Sunscreen

 \_\_\_ Sunglasses

**Hot Springs Wear:**

\_\_\_ Sandals/flip flops for the hot springs

\_\_\_ Modest bathing suit with cover-up/t-shirt (NOTHING TOO REVEALING ladies and gentlemen!)

\_\_\_ Small beach towel

**Rainforest Gear:** (It’s the rainy season in April!)

 \_\_\_ Poncho (invest in a decent one that can be reused multiple times)

 \_\_\_ Baseball hat (to keep rain out of your face)

 \_\_\_ Extra pair of comfortable tennis shoes (in case your other pair gets wet)

 \_\_\_ Mosquito repellant (Cutter or Off! are recommended – NO AEROSOLS!)

**Hotel Wear:**

 \_\_\_Pajamas

 \_\_\_ Sweats

**A Pleasure To Be With Stuff:**

\_\_\_ Toothpaste and toothbrush

\_\_\_ Deodorant and other necessary personal hygiene items (facial cleansing wipes are preferable to other cleansers)

\_\_\_ Hair products

\_\_\_ Bag for dirty clothes

**Notes:** NO outlet adapters needed! ☺ Hotels will have soap, shampoo and conditioner available.

**Dress Code:**

All attire must follow the dress code in the UAIS handbook. We are representatives of our school and community, and will dress appropriately and respectfully as such. Anyone wearing inappropriate (too tight, too low-cut, too saggy, too revealing, etc.) clothing will be sent back to the room to change prior to leaving the hotel, or will be given one of Sra. Burak’s lovely oversized shirts to wear for the day that will cover everything from the neck to the knees. In Quito in particular, we need to dress modestly to be respectful of Easter celebrations happening throughout the city. Swimwear must also be modest or it will be covered with a lovely shirt as well. This is also an adventure tour, so comfortable clothing and shoes are a must!

**Technology and Cell Phones:**

Please leave laptops and tablets at home, especially since we will frequently be moving to different hotels and don’t want to leave anything behind. Students MAY bring their cell phones to use during the daily activities for photography, timekeeping, and communication with the group. Any random texting, calling, listening to music, etc. is NOT permitted during tour activities. Additional fees will apply for international cell phone use. Check with your carrier for specific details. Family and friends at home may stay up to date on our tour by checking the online tour diary (<https://www.explorica.com/My-Account/My-Tours/TourCenter/Tour-Diary-Invitations.aspx?tourCenterCode=Burak-8733>).

**Luggage:**

You are allowed to bring two bags – one checked bag and one carry-on (preferably a backpack). Include a complete change of clothes in your carry-on just in case. You must be able to handle your own luggage at all times. Your luggage must have an Explorica ID tag on it (will be handed out at the pre-departure meeting in March).

**Airport Regulations:**

* One free checked bag is allowed on international flights. Checked luggage should not weigh more than 50lbs. Excess fees are charged if 51-100 lbs.
* One carry-on and one personal item (purse, camera case, etc.) are allowed. Any toiletries packed in a carry-on must be 3 oz. or less and fit in ONE quart sized backpack. Additional liquids are not allowed through security or on the plane. Airport security will take and not return banned items.
* No drinks, including unopened water bottles, can be taken through airport security. If you are bringing your own refillable water bottle, make sure it is empty!

The most up-to-date airline regulations relevant to our travels can be found at: <https://www.tsa.gov/travel/travel-tips/travel-checklist>