

Project Ecuador Packing List

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| | | |
|------------------|----|--|
| Shirts | 10 | t-shirts, tank-tops, short-sleeved shirts |
| | 3 | long-sleeved shirts |
| Shorts | 5 | pairs |
| Pants | 2 | pairs of quick drying, nylon pants or athletic/yoga pants for the Amazon (quick drying pants made by North Face, Columbia, Patagonia...) |
| Jeans | 2 | pairs of jeans for Quito |
| Underwear | 10 | pairs |
| Socks | 10 | pairs |
| Sleepwear | 1 | week's worth |

| | | |
|---------------------|---|---|
| Bathing Suit | 3 | bathing suits |
| Outerwear | 1 | lightweight sweatshirt |
| REQUIRED → | 1 | high quality, waterproof rain jacket |
| | 1 | medium-weight jacket or pullover |
| Shoes | 1 | pair sneakers |
| REQUIRED → | 1 | pair of waterproof hiking boots or shoes for the Amazon |
| | 1 | pair of water sandals (examples: Teva, Chaco) |
| | 1 | pair of flip flops |
| Beach Towel | 2 | beach towels |
| Laundry Bag | 1 | laundry bag with drawstring (labeled) |

Remember: We STRONGLY DISCOURAGE bringing valuable items to your program (expensive jewelry, hand-bags, etc.) Laptops are prohibited. Participants do not need to be burdened with the responsibility of caring for these items.

ADDITIONAL ITEMS

- Valid passport
- Toiletries - toothbrush / toothpaste, deodorant. Hotels provide shampoo and soap
- Cell phone and charger
- Hat
- Sunscreen, SPF30+
- Insect repellent 30% DEET
- Water bottle
- Sunglasses

LAUNDRY & LINENS

Laundry is done by a local service once per week. Please label ALL clothing. Our hotels provide all bedding and linens. Daily housekeeping services are provided.

REQUIRED LUGGAGE

(Refer to the enclosed "Gear-to-Go" flyer for size appropriate choices.)

- **Duffel Bag / Suitcase**, not exceeding 30"L x 15"D x 14"H. A rolling duffel with handle and wheels is recommended.
- **1 Small Carry-on Bag or Backpack**. Please note that this bag can NOT be a second large duffel or suitcase. It is a smaller bag that can be carried onto the bus.

PACKING INSTRUCTIONS

- THE MAXIMUM PACKED WEIGHT OF YOUR SUITCASE OR DUFFEL IS 50 POUNDS! This limit is imposed by the airlines, and an additional, substantial fee will be charged by the airlines each time we fly for luggage exceeding 50 pounds.
- Please keep in mind current airport security regulations when packing your carry-on bag.

