



PACKING LIST - ANSWERS IN GENESIS ECUADOR - MAY/JUN 2024

We are so excited to have you on a study tour with us soon! Please read the following packing list carefully and bring all of the listed items to ensure that you're prepared for your time in Ecuador!

You are responsible for your own possessions, including properly tagging and checking luggage. Most international flights allow one carry-on, one personal item (laptop bag, purse, small backpack, etc.) and one free checked bag (50-pound weight limit). A charge may accompany additional luggage. Be sure to research each airline after you get your flight itinerary to learn about their limitations and fees. L&L does not cover additional baggage fees. Do not pack important documents/medications/valuables/cash in checked luggage.

TRAVEL DOCUMENTS: In order to travel, you will need to obtain a valid passport which does not expire within 6 months of your departure-from-Ecuador date. Double check your passport expiration date now. If you do not have a passport or if the one you have needs to be renewed, please take care of this immediately to be able to travel to Ecuador. Visit your local post office/USPS for new passport and renewal information. <http://iafdb.travel.state.gov> also has this information.

Carry-on/Personal Item:

- Passport (and a color copy)
- Camera, GoPros, etc. (optional)
- Bible, journal, pen
- Change of clothes
- Toiletries (under 3oz)
- \$ (for food and souvenirs) - small bills are suggested
- Debit/Credit Card
- Laptop, iPad, & Chargers etc. (if necessary)
- Headphones
- Snacks (some of your favorites may not be available in the country you are visiting - Peanut butter, granola/protein bars, etc.)
- Ear Plugs

Checked Bag:

- Toiletries* (including SUNSCREEN & BUG SPRAY, very expensive in Ecuador)
- Reusable Water Bottle
- Beach Towel
- Sunglasses & Hat
- Underwear & Socks
- Swimsuit/board shorts

- ___ Rain Jacket
- ___ Light Jacket(s)
- ___ Tennis Shoes/Sandals/Chacos/Casual footwear
- ___ Long-sleeved shirt(s), t-shirts, tank tops
- ___ Shorts
- ___ Jeans/long pants/long skirts/dresses

*TOILETRIES (some of these may be in your carry-on). Due to flight cabin pressure, put all liquids/gels in Ziploc bags.

- ___ Insect repellent
- ___ **Sunscreen** (A LOT, SPF 30 or Higher)
- ___ Toothbrush/toothpaste
- ___ Soap/shampoo/conditioner, etc.
- ___ Deodorant
- ___ Shaving cream/razor
- ___ Wet Wipes/Hand Sanitizer
- ___ Personal Medication(s) (including prescription, Epipen & inhalers)
- ___ Medications: over-the-counter for motion sickness, sinus/cold medicine, ibuprofen/tylenol, diarrhea (Pepto, Imodium), etc.
- ___ Feminine Hygiene products

TRIP-SPECIFIC PACKING LISTS:

While in Quito, you will need to wear long pants to be culturally appropriate. As for the Galapagos, shorts and tank tops are more than appropriate. Plan to be comfortable in the Galapagos as your itinerary will keep you active and on the go. Multiple bathingsuits, shirts, shorts, etc. would be recommended. You can do laundry on the islands, but it may take a few days to get your clean clothes back.

GALAPAGOS

- Backpack (for travel days and Day trips)
- **SUNSCREEN!!** & Hat (HIGH SPF, 30 minimum), Bring enough for multiple applications each day!
- Aloe Vera for sunburn
- Bug spray (nights)
- Beach Towel
- Light sweater/jacket (in case it is chilly at night)
- Swimsuits (pack multiple so you can rotate them as they dry)
- Extra sunscreen
- Shorts, Lightweight pants, Dresses
- T-shirts!! (Tank-tops are okay but also bring shirts that cover your shoulders to prevent getting sunburnt!)
- Tennis shoes, chacos, or comfortable shoes to walk on lava rocks & sandals
- Reusable Water Bottle
- Camera, water camera, go-pro
- Extra money for Souvenirs & Snacks
- Playing cards or games (optional)
- Motion Sickness medicine for boat rides
- Toiletries
- Even more sunscreen