

Packing List

Galápagos Islands

Are you ready for your expedition? You are going to have a great time, but you must prepare. In the weeks before departure, check the weather forecast for your destination by visiting the *Travel Lounge* on our website at www.joshuaexpeditions.org and clicking on Travel Links. Weather can be very unpredictable, so be prepared for a variety of conditions.

When packing for your trip to the Galápagos Islands, pack lightly! The fewer things you bring the more carefree and enjoyable your trip will be. It is best to have two bags for packing: one for warmer clothes and city clothes that can be left in your hotel in Quito, and a separate bag for storage of your gear aboard the boat to Galápagos. There will be plenty of time for snorkeling for those who are interested. Snorkeling gear is provided aboard the yacht, however, for personal hygiene and to ensure that it will be there when you need it, we recommend that you bring your own gear. It is suggested that you bring a 2mm "shorty" to help keep you warm in cold water.

Remember, for your flight to the Islands you may only check one bag and it must not exceed 40lbs. Be sure to pack lightweight clothes and the following items:

Sun Protection

- Cap or Wide-brim hat
- Light cotton scarf to protect your neck
- Sunglasses
- PABA sunscreen (at least #30) – *bring a lot as you will be on the Equator!*
- Sun block
- Lip salve or ointment
- Long-sleeve light cotton shirt
- Light cotton pants
- One-piece swimwear that offers sun protection

Clothing

- 2 pairs of walking/trekking shoes (one to keep dry, the other for wet landings)
- Light cotton socks
- 2 pairs of shorts
- 2 pairs of lightweight long pants
- Light short sleeve shirts
- Light poncho or rain jacket
- Sweater or sweatshirt

First Aid & Motion Sickness Relief

- Insect repellent
- Band-Aids + antibiotic cream
- Aloe Vera cream or gel for sunburn
- Tylenol or other mild pain reliever
- Pepto Bismol or Kaopectate for stomach upset and mild diarrhea
- Immodium or Lomotil for more severe diarrhea
- Dramamine or similar medication for motion sickness
- Salted crackers, candied ginger or ginger tablets
- Pressure wristband or patch for sea sickness
- Plastic bags for sickness
- Toilet paper or small Kleenex packs (just in case)

Money & Security

- Passport
- Copy of passport
- Passport Pouch
- Credit card(s)
- U.S. Cash
- Money belt

Cameras and Other Gear

- Camera and extra film or memory cards
- Video camera and extra tapes
- Extra batteries
- Waterproof bag for gear
- Small day pack
- Travel Alarm Clock
- Flashlight with extra batteries
- Binoculars
- Spare pair of prescription glasses + strap for glasses, if you wear them
- Water bottle (1 litre)
- Shampoo + Personal Toiletries
- Stuff sacks to organize your gear
- Plastic bags for wet items

Snorkel Gear

- Snorkel, fins and mask (with prescription lenses if you require them)
- "Shorty" wetsuit (2mm thick is all you will need)

Student Travelers

- Notarized letter from non-traveling parents, authorizing travel with your group
- Bible, pen and journal
- Books to read
- Pencils for sketching/drawing/coloring
- Snacks