

# Packing List

## Expedition to Ecuador



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](http://www.joshuaexpeditions.org) and clicking on Travel Links. Weather can be very unpredictable, so be prepared for a variety of conditions.

**When packing for a trip to Ecuador, pack lightly!** The fewer things you bring the more carefree and enjoyable your trip will be.

### Sun Protection

- Wide-brim hat
- Light cotton scarf to protect your neck
- Sunglasses
- PABA sunscreen (at least #15) –  
*bring a lot as you will be on the equator!*
- Sun block
- Lip salve or ointment
- Long-sleeve light cotton shirt
- Light cotton pants

### Clothing

- 2 pairs of walking 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, rain jacket or umbrella
- Sweater or sweatshirt

### First-Aid

- Pepto Bismol (or Kaopectate) for stomach upset and mild diarrhea
- Immodium or Lomotil for more severe diarrhea
- Band-Aids
- Antibiotic cream
- Aloe Vera cream or gel for sunburn
- Tylenol or other mild pain reliever
- Dramamine or similar medication for motion sickness

### Money & Security

- Passport
- Copy of passport
- Passport Pouch
- Credit card(s)
- US Cash
- Money belt

### Cameras and Other Gear

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

### Student Travelers

- Notarized letter from non-traveling parents, authorizing travel with your group
- Bible, pen and journal
- Snacks
- Books