Packing for the Amazon!

One of the best ways to have a successful trip to the Amazon is to plan ahead and start thinking about what you will be packing. Be sure to consider how heavy the items are that you are planning to bring and remember that you will have to carry them around throughout your travels.

**Important Items**

**Money**
- Our recommendation: We recommend bringing between $150 and $200 USD in small bills (1’s, 5’s and 10’s). Your food, water, transportation and other basic costs are included in the cost of the program, but you will want to have some money on hand to purchase souvenirs. You may also want to buy snacks or drinks along the way or at the airport before and during your travel –this will be at your own expense.
- Please note the following
  - You do not need to exchange your money before your trip – US currency is accepted in Ecuador.
  - You will be responsible for any additional baggage fees.

**A Document holder**
- It is essential that everyone has a money belt or document holder to carry all important documents (passport, money, immunization record, etc), that should never leave your person while in transit. Upon signing up for your trip you should have already submitted clear photocopies of your passport and medical insurance information. Your facilitators and the Me to We office will retain copies of this information should an emergency arise. We ask that you also leave a copy of this information with your parents/guardians.

**Labels**
- Please ensure you label your luggage with your name, and full contact information of your home address.

**Carry-On**
- We recommend bringing a school sized backpack, which will double as a daypack while you are in the Amazon.
- Remember that airline regulations restrict you to only bringing 100ml bottles of liquid or gel medications and contact solution in your carry-on.
- As checking luggage is not always reliable, your carry-on should contain everything you would need for 1-2 days just in case your luggage gets to the Amazon after you do.

**Your document holder should include:**
- Wallet
- Cash
- Important documents
- Passport
- Travel Medical Insurance

**The rest of your carry-on should include:**
- Glasses/contacts and sunglasses
- 1 magazine or book to read
- Camera
- Watch or alarm clock
- Journal and pens
- 1 T-shirt
- 1 Sweater
- Pair of pants
- 2 Extra pairs of underwear
- Toothbrush/essential toiletries
- Important medications

**Checked Luggage**

**A Hiking Backpack**
- Please do not bring a suitcase – all of your clothes and personal items should be packed in a hiking backpack.
- You may choose to invest in one from a local outdoor store such as Mountain Equipment Co-op or Coast Mountain Sports. The cost of a backpack from these stores may range between $150 - $350 CDN.
- Alternatively you can also purchase hiking backpacks at local stores where the cost of a backpack may be closer to $50 - $100 CDN.

Please remember to:
- Pack any liquids or gels in Ziploc bags and in your hiking backpack, which will be checked before your flight.
- Pack lightly –You will have to carry everything you bring!

**Clothing**
- Cotton and natural fibres do not dry well in the humidity of the Amazon. We advise synthetic, quick-drying fabrics.
- You will be outdoors walking and working hard during your trip, so please ensure that you bring clothing that you do not mind getting dirty.
- If you would like to wash a few things, you can do so in the sinks at various accommodations if you bring along laundry soap. If you plan on doing laundry, remember that cotton will keep you cool in the hot weather, but takes a long time to dry.
- It is also very important that all participants dress conservatively during the trip, which means no clothing which is tight or revealing.
- It is important that participants plan their wardrobe according to the region where they will be staying. Please look up recent weather information for the Amazon before packing.

**Average Temperatures in the Amazon**
Temperatures in the Amazon range between 22°C - 36°C and humidity can be as high as 90% Expect periods of heavy rain. It is the rainforest after all.

**Average Temperatures in Quito (you will be spending your first two and last night there)**
Temperatures range between 9°C - 21°C so please bring a few warmer items to wear when in Quito.

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Ecuador – Amazon: Packing List
# Must Haves

<table>
<thead>
<tr>
<th>Bottoms</th>
<th>Tops:</th>
<th>Footwear:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ 3 quick-dry pants</td>
<td>□ 5 quick-dry t-shirts, no low-cut v-necks</td>
<td>□ Running/hiking shoes with ankle support</td>
</tr>
<tr>
<td>□ 2 full length pants</td>
<td>□ 2-3 long sleeve quick-dry shirts</td>
<td>□ Close-toed shoes for around the lodge</td>
</tr>
<tr>
<td>□ 3 pairs of knee length shorts/capris</td>
<td>□ 2 warm sweater</td>
<td>□ Flip flops for the accommodations</td>
</tr>
<tr>
<td>□ Undergarments for length of the trip</td>
<td>□ 1 light rain jacket with hood</td>
<td>□ Warm socks for length of trip</td>
</tr>
</tbody>
</table>

# Volunteer Clothing

*All visitors will be provided with hard hats, work gloves, safety glasses and dust masks. If you would prefer to use your own please feel free to pack them.*

All items on this list are **mandatory** for all volunteer activities in the community:

- □ Hat with a brim
- □ Work/gardening gloves
- □ Safety goggles
- □ 2 1L Reusable water bottles
- □ 2 pairs of light, long full length pants. (These must be worn at all times on build site)

**Please note: Steel toe boots**

- o Upon arrival everyone will be provided with rubber boots for jungle activities. As you can imagine, it rains often in the Amazon and can get very muddy. Some rubber boots are steel-toe rubber boots and others are regular rubber boots.
  - o Regular rubber boots are available in sizes 5-12, men and women.
  - o Steel-toe rubber boots are available in sizes 7 – 12, men and women.
- o You must be wearing steel-toe rubber boots when doing your build site volunteering.
- o If your foot size is outside of the range of 7 to 12, men or women, you will need to bring your own steel-toe rubber boots. If you cannot find steel-toe rubber boots that fit you, please bring regular steel-toe shoes to wear during your build site volunteering.

# Toiletry Kit

Please bring travel size amounts and only what you will need for the duration of the trip. Please also remove any plastics and packaging from products before packing them, to ensure proper recycling and limited waste in the Amazon.

- □ Toothbrush
- □ Toothpaste
- □ Dental floss
- □ Biodegradable shampoo and soap are provided in all lodge bathrooms. If you choose to bring your own please ensure that it is biodegradable. We recommend CampSuds or other brands at sporting goods stores
- □ Hairbrush
- □ Deodorant
- □ Shaving kit
- □ Moisturizer
- □ Hand wipes and sanitizer
- □ Sunscreen
- □ Aloe vera
- □ Feminine products
- □ Anti-Itch Cream

# Additional Required Items

- □ Bug spray – with deet and Afterbite
- □ Snacks –cliff bars or trail mix in re-sealable bags
- □ Light pajamas
- □ Camera and extra batteries/charger
- □ Towels are provided
- □ Waterproof rain jacket
- □ Light Blanket or single sheet (optional)
- □ Flashlight or headlamp with extra batteries
- □ Gatorade powder or electrolytes
- □ Spare set of glasses/ contacts
- □ Laundry detergent/ Laundry soap bars
- □ Travel alarm clock

# For Quito (Your first two nights, first full day and last night of your trip)

- □ 1 warm sweater
- □ 1 pair of jeans
- □ 2 cotton t-shirts
- □ Whatever you want to wear home

# What Not To Bring

- □ Your cell phone (your Facilitators will have a phone at all times for emergency purposes)
- □ Yoga pants or leggings
- □ Tank tops
- □ Jewelry
- □ Clothing with any brand names or sayings that may be culturally inappropriate
- □ Knives or weapons of any kind (including Swiss Army knives)
- □ Hair straightener and blow dryer
- □ Electric shaver