



GoBeyond Galapagos/Ecuador & ActionQuest Darwin - Packing List



Important Notes

Pack smart and travel light! – For your travel bags, bring no more than the following...

- 1 large bag – This bag should be reasonably sized (~50-70 liter capacity), as students are responsible for carrying their own bags. Wheeled luggage is allowed but should be easy to carry over long stretches of rough terrain (dirt ground, cobblestone streets, stairs, etc.). Oftentimes students prefer either a wilderness-style backpack or duffel bag for their ease of use in various environments abroad. **Also note, baggage weight restrictions are more strict for Galapagos flights. You are allowed only 20kg (44 lbs.) of checked luggage in addition to one carry-on when flying from Quito to the Galapagos.**
- 1 small backpack/daypack – This bag will be used for day trips, so should be large enough to carry a few small items (water bottle, raincoat, snacks, camera, etc.).
- 1 small duffel bag (optional) – For some multi-day excursions (typically 3-5 nights in length), you may wish to leave gear you will not need in your larger bag in our primary hotel and travel only with this small duffel and your backpack/daypack.

Weather – Ecuador is a place of dramatic weather changes. Nights in the Andes can be cold with lows in the 40s and 50s (°F). Days are more pleasant with average highs in the upper 60s (°F). The Amazon can be quite hot and humid during the day, but cooler at night. The Galapagos averages 60s during the nights and 70s during the days. Please bring raingear and clothing that can be easily layered to adjust to swings in temperature.

Altitude – Quito and our inn in the Andes are located high in the mountains (~9,000–10,500 feet above sea level). Occasionally, travelers arriving in Quito experience headaches, fatigue, insomnia, nausea and other adverse reactions to high altitudes. To help avoid this, be sure to get good sleep the night before departure, and eat something on your flights. Drink plenty of water and avoid dehydrating, caffeinated beverages. The first few days include low impact activities so we can acclimatize rapidly.

Dress Etiquette – ActionQuest/GoBeyond staff will advise students on what to wear throughout the trip based, in part, on local dress etiquette. **Note that sleeveless shirts, low cut shirts, short shorts, and other revealing attire are NOT APPROPRIATE for many of the locations we will visit.** Females in revealing clothing often garner unwanted attention from local males, and are often considered disrespectful by other locals. Students must be respectful of local customs and bring conservative clothes. As noted in the Student Agreement Contract, staff may ask students to change or purchase new clothing with their spending money if they ignore instructions.

Laundry – Students will have at least two opportunities to do laundry during the trip. Before travel, please use a permanent marker to label your items. Any lost, unlabeled items found at the end of the

program will be donated to our affiliate organizations. Also, for the service projects and excursions, please pack clothes that you don't mind getting dirty. GoBeyond is a focused community service experience, so clothes can and do get ruined on program!

Valuables – ActionQuest/GoBeyond is not responsible for lost, stolen, or damaged items. If you are concerned about losing/damaging an item, then please leave it at home. DO NOT bring tablet computers or laptops. Please see the Cell Phone & Electronics Policy section of the GoBeyond Pre-Trip Packet for more information on what is and what is not allowed on program.

Donations – Every year, GoBeyond donates to our partner organizations on behalf of our enrolled students/families. This includes both tangible items (arts, crafts, sport supplies, educational materials, etc.) as well as a financial donation. Though not required, every summer we find that a few students/families also wish to donate to our partner organizations. If you would like to do so, we suggest that your donation either be financial (<http://sumakallpa.org/> | <http://blacksheepinn.com/volunteer/opportunities.php>) or “functional” in nature. By “functional” we mean bringing a small amount of basic, purposeful items such as educational materials (pencils, pens, colors, paper, books, etc.), sport supplies (soccer balls, Frisbees, etc.), or simple medical supplies (thermometers, band-aids, etc.). Please do NOT bring large quantities of candy to give to children. Remember that many people we work with lack basic necessities, including adequate dental care.

Travel day – Place necessary travel-sized toiletries, a change of clothes, some snacks, any prescription medication, and other important items in your carry-on, just in case your large bag does not make it onto the same flight as you do. Please pack all toiletries in zip-lock freezer bags, and beware of airline restrictions regarding the size and quantity of liquids in your carry-on luggage.

Recommended / Required Items

- Your GoBeyond or ActionQuest shirt
- 5 – 7 t-shirts
- 2 long-sleeve, lightweight shirts for protection from the sun and insects
- 2 sweatshirts/sweaters/fleeces for cold Andean nights
- 1 pr long-sleeved thermal underwear
- 1 rainproof jacket (rain pants optional)
- 1 pr warm pants (sweatpants, etc) for cooler nights
- 2 pr work pants for projects and hiking excursions
- 3 pr work shorts (shorts should come to just above the knee or lower...Capri style is great!)
- 1 dress-casual outfit for our closing program
- 1 pr warm gloves
- UV protected sunglasses
- 2 pr sturdy, leather work gloves
- 1 scarf
- 1 warm hat that covers the ears
- 1 sun hat, baseball cap, or visor
- 6 pr socks (at least 2 pr should be thick and warm for cold Andean nights)
- 2 pr warm sleep wear

- 2 swimsuits (Girls, please bring full-coverage bikini bottoms. No thong or cheeky bikinis.)
- Any underwear quantity desired
- 1 pr rubber-soled sandals such as Tevas/Chacos/Reefs/etc. with heel strap
- 1-2 pr sport type shoes with good support to walk and work in (will get wet and muddy!)
- Toothbrush, paste, and floss
- Soap or body wash
- Shampoo
- Deodorant
- 1 tube of Chapstick or similar sun block lip crème
- 1 bottle of waterproof sun block (SPF30 or higher)
- Travel size laundry detergent for hand laundry
- Any personal, misc. toiletries you need not on this list
- Any sanitary items needed (you will not find your usual brand or type of feminine hygiene supplies in Ecuador)
- Medications (clearly identified, labeled with instructions) needed over the course of the program
- Insect (mosquito) repellent with DEET
- Valid Passport
- Ecuadorian Visa (Not required for U.S. citizens; All others, please see the passport and visa section in the GoBeyond Pre-Trip Packet)
- All pertinent flight documents and information (e-tickets, itineraries, etc.)
- Travel and reserve cash envelope (\$200+)
- Spending money (~\$300 or \$100 and a valid ATM card with PIN)
- 1 Photocopy of other important documents (see Copy Important Documents section of the GoBeyond Pre-Trip Packet)
- 1 towel and 1 washcloth
- Travel alarm clock (you will not be able to use your cell phone for this function)
- Mesh laundry bag labeled with name
- 1-2 water bottles (collectively they should hold at least 32oz)
- Flashlight or headlamp for nights in the Amazon
- Cell phone for travel days and possible use in Ecuador (**NOTE: ALL CELL PHONES will be collected at the beginning of the program, even if the phone doubles as the student's music player, camera, gaming system, address list, etc. No exceptions!** Cell phones will be made available at designated times throughout the program for making calls home.)
- Spare glasses and/or contact lenses

Optional Items

- 1 rash guard (or similar shirt to wear at beach/water for sun protection)
- 1 pr flip-flops or slippers for the hotel/hostel
- Battery powered razor or blades
- Personal first aid kit (see the Student Medications section of the GoBeyond Pre-Trip Packet)
- Antibacterial hand sanitizer (the kind that works without water is great)
- Diamox (or similar med for altitude sickness)
- Dramamine (or similar sea sickness med)
- Student I.D. or additional identification

- 1 journal and 2 pens
- List of emergency phone numbers and addresses for postcards
- Small items or games for activities with Ecuadorian children (GoBeyond provides some things too, but we'd like to see how creative you can be!)
- Ear plugs and/or sleep mask
- 1 wetsuit – Water temperature in the Galapagos can get quite cold. If you own a wetsuit, you may bring it along. They can also be rented in town.
- 1 personal snorkel and mask – ActionQuest/GoBeyond provides fins and masks to the students, but you may bring your own.
- Camera
- Locks for luggage