

# Wao Vision Trip

## Ecuador Packing List

Typical Daytime Weather: 70-80 Degrees - may feel like 100+ with humidity  
Typical Nighttime Weather: Cools down to the 50's

### **OUTSIDE the Jungle**

- Passport
- 1 outfit for travel
- 1-2 changes of casual clothes (shorts and jeans)
- Sweater/jacket and waterproof windbreaker
- Comfortable walking shoes
- 1 hydration packet per day
- Large roll of toilet paper (many bathrooms do not provide toilet paper)
- Small bills for souvenirs, gifts and snacks (\$100/person suggestion) (Ecuador uses United States currency)
- Flip flops or sandals for showering

### **INSIDE the Jungle**

- Lightweight backpack
- 2-3 hydration packets per day
- 2-3 outfits
  - bottoms: lightweight, quick-dry pants, modest shorts or zip-off pants
  - tops: quick-dry fishing shirts or t-shirts
- Long sleeved shirt and sweatpants (or scrub pants) for sleeping
- Knit cap and lightweight jacket optional (for cooler nights)
- Knee-high socks (4-5 pair) to be worn with boots and at bedtime
- 4-5 undergarments as you will be sweaty/wet every day
- Comfortable sun/rain hat
- Small camera or video camera (if desired, bring batteries)
- Small flashlight with extra batteries (headlamp recommended - can be purchased at Walmart)
- Very small containers (enough for 3-4 days only) of shampoo, toothpaste and other essential toiletries
- Water bottle with carrying strap or carabiner (for hands-free hiking)
- Swimsuit for bathing in river (or extra undergarments if you swim in clothes)
- Sandals/water shoes for camp and walking in/around river

**Jungle boots will be provided up to size 12.**

**If your feet are larger than size 12, you must bring your own rubber boots.**

**Sunscreen and insect repellent will be provided.**

**Total weight will be limited to 10 pounds in the lightweight backpack!**

**Your carry-on suitcase will be securely stored in Shell Mera while you're in the jungle.**