

## **Clothing and Equipment List** **Eco Family Adventures In Galapagos**

The key to staying comfortable while on an active trip is layering. To obtain maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. This gear list has been created to help you choose your clothing and gear for this trip. Try to bring only what is necessary—this will help you and your leaders!

### **Weather**

Galapagos enjoys the advantage of the perfect climate most of the year, as it is on the equator and also at sea level. The average daytime temperature is 70-90 F, and in Cuenca it is in the upper 60's to 70's, Evening temps are 10-15F below the daytime temperatures.

### **Gear Checklist**

#### **Official Papers**

- Valid passport
- International airline tickets

#### **Luggage**

- Duffel bag(s), sturdy and large enough to hold all your gear
- Small daypack for carrying water bottle(s), rain gear, camera
- Luggage tags and luggage locks

#### **City Clothes**

- Easily washable items for city/evening wear or when traveling

#### **Clothing**

- Hiking shorts, quick drying
- Midweight fleece or wool sweater
- T-shirts, synthetic
- Long-sleeve shirt for evenings or for extra sun/insect protection
- Lightweight pants, quick drying
- Underwear
- Hiking socks and liners, synthetic
- Swimsuit

#### **Outerwear**

- Rain jacket/pants-waterproof and breathable

#### **Headwear**

- Sun hat or visor

#### **Footwear**

- Casual, comfortable shoes for evenings

- Lightweight hiking boots/trail shoes
- Water sandals

#### **Accessories**

- one-quart water bottle or hydration pack
- Personal first-aid kit
- Toiletry kit
- Sunscreen and lip protection
- Sunglasses and strap
- Insect repellent
- Watch with alarm or travel clock
- Towel and washcloth

#### **Optional Accessories**

- Camera and spare batteries
- Compact binoculars
- Reading and writing material
- Ziplocks, various sizes
- Headlamp or flashlight

#### **Things to Consider**

- Please remember to always pack essential items such as your passport, money, eyewear, a change of clothing and medications in your carry-on baggage, in case your luggage is delayed.
- Space for luggage is limited—please pack lightly!
- Plan on bringing at least one synthetic shirt that maintains its warmth when wet, yet dries quickly. Examples of these fabrics are Capilene®, MTS® and Thermax®.
- Always test your layers before a trip. Your outer layer should fit easily over the inside ones without binding and bunching up.
- Stuff sacks are great for sorting your gear.