

## FIELD STUDIES ECUADOR Packing List

### Things to know

- We travel light on Overland trips; please only bring items on your packing list.
- Please do not bring any electronics (including your cell phone). See FAQs for more information on our cell phone and electronics policy.
- Your group will have access to laundry periodically.
- Do not bring any type of knife or multi-tool (such as a Swiss Army knife or Leatherman tool).
- There are no reimbursements for lost, damaged or stolen items.
- Please wear the navy Overland shirt that you will receive from the Overland office to your trip start location.

Please know that if your student arrives sick at trip start, they will not be allowed on the program. For more information on the packing list, please refer to the “What to Pack” tab on your trip’s page on the website.

### Luggage

- Medium-Sized Duffle Bag or Backpack

### Clothing

- Navy Overland Shirt (1)
- Synthetic Hiking Pants (1)
- Pants (1)
- Fleece Pants (1)
- Shorts (2)
- Synthetic Long Underwear Top & Bottom (1)
- Synthetic T-Shirt (3)
- T-Shirt (2)
- Long-Sleeve T-Shirt (1)
- Underwear (7)
- Wool and/or Synthetic Socks (3)
- Athletic Socks (pair) (4)
- Winter Hat (1)
- Gloves or Mittens (pair)
- Swimsuit (1)
- Hat with Visor (optional)
- Bandana (optional)
- Pajamas (optional)

### Outer Layers

- Fleece Jacket or Pullover
- Packable Synthetic or Down Jacket
- Insulated Vest
- Waterproof Raincoat
- Waterproof Rain Pants

### General Gear

- Day Pack
- Water Bottle

- Headlamp & Extra Batteries

### Footwear

- Waterproof Hiking Boots
- Sneakers (pair)
- Sandals (pair)

### Travel Documents

- Passport
- Passport Photocopies (4)
- Unaccompanied Minor Fee Receipt (if applicable)
- Baggage Fee Receipt (if applicable)

### Miscellaneous

- Synthetic Camping Towel
- Toiletries
- Sunscreen (SPF 15+) & Chapstick (with SPF)
- Insect Repellent
- Package of Moleskin or Molefoam
- Gallon Sized Ziploc Bags (10)
- Large Trash Bags (4)
- Spending Money
- Community Donation Items
- Spanish-English Dictionary
- Notebook & Pen
- Sunglasses
- Personal Journal or Book (optional)
- Camera, Charger & Extra Batteries (optional)
- Health Insurance Card

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