Field Studies Ecuador & Galápagos Packing List

Things to know
- We travel light at Overland; please only bring items on this list.
- Please wear the navy Overland T-shirt that you will receive from Overland to your trip start.
- Your group will have access to laundry periodically.
- Please do not bring your smart phone (or any other electronics).
- Do not bring any type of knife or multi-tool (such as a Swiss Army knife or Leatherman tool).
- Be sure to bring comfortable clothes that can get dirty and worn while volunteering.
- Linens and pillows are provided at all accommodations.
- There are no reimbursements for lost, damaged or stolen items.

Luggage
- Medium-Sized Duffel Bag or Backpack—3,000-5,000 cubic inch (50-80 liters) backpack or duffel bag.

Clothing
- Navy Overland T-Shirt (1)
- T-Shirt (3)
- Synthetic T-Shirt (3)
- Lightweight Long-Sleeve T-Shirt (1)
- Synthetic Shorts (3)
- Pants (2)—One pair for traveling and walks through cities and towns. A second pair, synthetic, suitable for hiking.
- Fleece Pants (1)—Please do not bring cotton sweatpants (they are heavy and bulky and will not keep you warm if wet).
- Synthetic Long Underwear Top & Bottom (1)
- Underwear (7)
- Athletic Socks (4)
- Wool and/or Synthetic Socks (3)
- Swimsuit (1)
- Neck Gaiter or Buff (1)
- Winter Gloves or Mittens (1)—Insulated, warm and waterproof. Avoid knit and porous materials.
- Winter Hat (1)
- Hat with Visor (optional)
- Bandana (optional)
- Pajamas (optional)—Students sometimes prefer to sleep in shorts and a T-shirt instead of pajamas.

Outer Layers
- Fleece Jacket or Pullover (1)
- Midweight Synthetic or Down Jacket (1)
- Insulated Fleece or Down Vest (1)
- Raincoat (1)—Waterproof material (e.g., Gore-Tex, or similar) is required. Your jacket should be large enough to allow layers underneath. Ponchos are not acceptable.
- Waterproof Rain Pants (1)

General Gear
- Day Pack—1,300-2,000 cubic inch (20 - 30 liters) two-shoulder backpack with a hip belt and chest strap large enough to hold your lunch, two water bottles, snacks, extra layers and rain jacket. Use your day pack as a carry-on for your flight and for daily activities or hikes. No satchels or shoulder bags.
- Waterproof Pack Cover—if your backpack does not come with a cover, we recommend buying a cover one size larger than your pack.
- Sleeping Bag—A lightweight, compact sleeping bag rated to 0 degrees Fahrenheit or less. We recommend either synthetic or treated down material. Your sleeping bag should compress into a stuff sack no larger than 20” in length.
- Headlamp—Please bring an extra battery/batteries.
- 1-Liter Water Bottle
### Footwear
- **Waterproof Hiking Boots**—Choose comfortable boots designed for hiking with a pack (i.e., mid to high cut for ankle support). Boots should be waterproof. Break them in before the start of your trip.
- **Sneakers**—Comfortable shoes with good traction.
- **Sandals**—Flip flops or Crocs work well.

### Miscellaneous
- **Synthetic Camping Towel**—A medium-size synthetic camping towel (synthetic camping towels dry much faster than regular towels).
- **Travel Size Toiletries**
- **Sunglasses**
- **Sunscreen (SPF 15+) & Chapstick (with SPF protection)**
- **Insect Repellent**
- **Gallon Sized Ziploc Bags (10)**—To organize and waterproof your gear and small items.
- **Large Trash Bags (4)**—To waterproof your gear.
- **Package of Moleskin or Molefoam**—To protect your feet from blisters.
- **Community Donation Items**—A few items of second-hand clothing for children or adults, arts and crafts materials such markers, paint brushes and construction paper or your favorite children’s books.
- **Travel-sized Spanish-English Dictionary**
- **Notebook & Pen**
- **Camera, Charger & Extra Batteries** (optional)—A digital or disposable camera.
- **Personal Journal or Book** (optional)

### Important Documents
- **Health Insurance Card**—Please bring an original or copy of your health insurance card.
- **Passport**—Please bring a passport that is valid until at least six months after your trip end date.
- **Passport Photocopies**—Make at least four photocopies of your passport and visa (if applicable). Leave one copy with your family and put photocopies in both your checked luggage and carry-on luggage for the flight, separate from your original documents.

### Spending Money
- **Spending Money & Miscellaneous Expenses**—Each student should bring a debit card, an ATM card or a prepaid Visa card to cover spending money and miscellaneous expenses. Spending Money: While all meals and activities are included in the trip fee, we recommend $25/week for spending money (for example: for souvenirs or an occasional drink or snack beyond what is provided to the group as a whole). Miscellaneous Expenses: Most Overland students will incur some expenses while traveling (for example: an equipment repair or baggage fees at trip end). Please add $100 to the debit/ATM/Visa card (in addition to spending money), to cover these expenses.