

# 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.*