

Useful Items and Information for Travel to Ecuador (Amazon, Andes)

1. Passport: Bring your passport as well as a hard copy of passport two main pages as a back-up in case you lose the passport. Store both in watertight bags separately from each other.
2. Health Insurance Card: Travel insurance with the appropriate coverage is available from ESF Business Office, and **you are required to purchase that coverage. If you have not purchased health insurance from the ESF Business Office yet, it needs to be done soon so you will have an insurance card in time to carry on the trip to Ecuador. Also, carry any personal insurance cards from home as a back-up.** Make copies of your insurance card(s) and store them in a separate dry location (e.g., with copy of your passport).
3. Yellow fever certificate: Required in order to be allowed access into the rain forest. Make a copy and store it in a separate location from the actual certificate (e.g., w/passport copy).
4. Malaria pills and any other medicine that you may require (take in carry-on bag). There are drugstores in Quito and Coca, but they may not have the brands or medicines you would find in the U.S, and **some drugs sold there could be fake.** If you are strongly allergic to insect bites (e.g., hornets), bring an EpiPen. Other allergy and itch relief medicine may be useful too (e.g., Benadryl). You may want medicine for altitudinal sickness if you are prone to that (we will be in high elevation in the Andes when not at TBS).
5. Cash (Ecuador uses US dollars) and a credit card, for meals-in-transit, incidentals, taxi to/from airport in Syracuse, souvenirs, etc. Travelers' checks are not ideal; they may be cashed in Ecuadorian banks, but not on the day that you may wish. We will be travelling in remote areas so opportunities to visit a bank will be rare and can cause delays for group. You may want to use a 'money belt' (worn under clothes) to keep some cash with you during travel; at times, you passport can be carried in money belt – but be sure to use ziplock to keep it dry.
6. **REQUIRED – A HEAD LAMP OR FLASHLIGHT** (with extra or rechargeable batteries). We recommend a head lamp (keep hands free) that can be recharged via USB cable.
7. Soap and towel, shampoo, etc; bedding and mosquito netting is provided at station.
8. Daypack – some like to use a 'camel pack' for water; dehydration can be a serious problem, even in the rainforest because you are sweating a lot in the heat.
9. Hat, sunglasses and sunscreen (15 or higher, ~50 best).
10. Solid hiking footgear - one pair which can get wet and muddy, and a second pair for evenings and travel. Running shoes will work fine as long as they are substantial. Avoid partially open foot-gear like some 'water-shoes', as they can leave your feet exposed to punctures. No flip-flops in field.
11. Swim suit and an extra towel (light-weight travel towels work great and dry fast) if you expect to swim a lot (e.g., hotel pools); swimming may be limited by caiman in rainforest; TBS will provide life vests for possible river swim during boat trips.
12. **Bound 'write-in-rain' notebook for daily journal – required.**
13. Plastic bags to keep items dry.
14. In Ecuador, the standard voltage is **120 V** and the frequency is 60 Hz. So you can use your electric appliances in Ecuador because standard voltage in US is the same.
15. Canteen or plastic water bottle (or camel pack, see #8, above); you will need more water than you expect.

16. Insect repellent – particularly to use at the Amazon rainforest portion of the trip at the TBS as many diseases there are transmitted by mosquitos (e.g., Zika virus, Malaria); Deet is best.
17. Light windbreaker or raincoat and a warmer jacket or sweater for high elevations in the Andes.
18. Binoculars if you are a bird or primate watcher (can be borrowed from ESF, request via your professors).
19. A camera (including spare batteries and all the film or memory you expect to use). Bring a waterproof case or Ziploc for the camera and some silica gel to keep it dry in high humidity. Today, cell phones do an excellent job, even for video.
20. Long pants [e.g., cargo style, light-weight nylon, dries quickly, not levis] for hiking in forest and long sleeve shirts [light-weight nylon] are useful as protection from sun, mosquitos, thorns, and/or for warmth in cool evenings and higher elevations. Shorts and T-shirts can be worn in camp or city; T-shirt under open long-sleeve shirt works in field. Consider taking light-colored wear [cooler in sun]. Some field shirts are designed to protect from UV radiation, much like sunscreen up to SPF 50 (note, a typical T-shirt has SPF value about 15, so you can burn in equatorial sun). It rains almost every day, so cloths that dry fast are better (i.e., nylon). In the very warm and humid weather a regular change of clothes (especially socks) may be necessary; there are laundry facilities at Tiputini Station and at some hotels, but light-weight nylon can be hand-washed and let dry overnight.
21. Reading material for the trip; we will provide hard copy of field lecture slides; consider field guide to favorite animal group; etc.
22. The station has wireless internet access [purchased for a fee individually from the station manager]. However, it is not recommended that you bring a computer unless it is important, because there is a small but ever-present risk of theft, and it is extra bulk to hand carry.
23. Cell phones might not have service [or variable service] in remote areas. Some find that ‘Whatsapp’ works better – so perhaps consider that for links to family/friends.
24. Antifungal cream, for feet especially – toe-nail fungus is an issue in rainforest.
25. Toilet paper (just enough for when traveling out from city or field station).
26. Snacks for yourself (e.g., granola bars; but chocolate can be messy in heat).
27. Alarm clock/batteries – cell phone/charger alarm works great; wrist watch important.
28. Sense of adventure, openness to exotic foods!

Baggage restrictions: one 50 lb bag; if overweight, there will be extra charge. Each person is responsible for their own baggage fees [usually \$25 × 2].

Important: You will be asked for a **picture ID** at the airline counter when you check in. Please **bring your passport** [and it is also best to have some other form of picture ID with you]. **You will not be allowed to board the plane without a passport.** Only trial size liquids, gels and aerosol items (3 oz. or less) that fit in one quart-size (7.5 x 8 inches), clear plastic zip-lock bag will be allowed in carry-on bag; any such carry-on items not placed in the proper zip-lock bag will be confiscated by airport security. Larger amounts can go in checked luggage [but, liquids/creams/pastes in checked bag should be in ziplocks because change of altitude can cause leakage]. Important medications, electronics and change of clothes should go in carry-on, in case luggage is delayed or lost. Restrictions vary for non-U.S. flights.