

## 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). Bring an antibiotic ointment and some band aids for scrapes.
5. Cash (in \$1-10 bills; Ecuador uses US dollars) and a credit card, for meals-in-transit, incidentals, taxi to/from airport in Syracuse, souvenirs, etc. Some places (e.g. Waorani villagers selling souvenirs in the rainforest) will not take credits card or large bills. Avoid Travelers' checks—they do not always work and we will be travelling in remote areas without banks much of the time and on tight schedule. You may want to use a 'money belt' (worn under clothes) to keep some cash with you during travel; at times, your 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. Towel, dental hygiene, etc. Soap/shampoo is provided at TBS/most hotels so you only need a small amount for may be one hotel and during transit if need be; bedding and mosquito netting is provided.
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 of boots which can get wet and muddy, and a second pair of shoes for evenings and travel. Running shoes will work fine as long as they are substantial. Avoid partially open foot-gear like some 'water-shoes'-they can leave your feet exposed to punctures. No flip-flops in field.
11. Swim suit/extra towel (light-weight travel towels dry fast) if you expect to swim (in hotel pools, swimming is limited by caiman in rainforest); TBS will provide life vests for a river swim from a boat.
12. **Bound 'write-in-rain' notebook for daily journal – required.**
13. Plastic bags/Ziplocks to keep items dry (large heavy duty ones for luggage in a boat); and silica gels.
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.
20. Clothes do not dry well in the rainforest and get wet from rain and sweat so they should be light-weight [nylon] to dry as well as they can [no jeans or other thick materials]. Bring long pants [e.g., cargo style] and long sleeve shirts for hiking 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. Light-colored wear is cooler in sun. Some field shirts protect from UV radiation, much like sunscreen up to SPF 50 (a typical T-shirt has SPF about 15, so you can burn in equatorial sun). Bring an extra change of clothes (especially socks/underwear). There are laundry facilities at TBS/some hotels, but light-weight nylon can be hand-washed/dried overnight.
21. There may be opportunity to play soccer at the camp so bring soccer shoes and shorts/t-shirt.
22. Reading material for the trip; we will provide hard copy of field lecture slides; consider bringing field guide to favorite animal or plant group; etc.
23. 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 (and sensitive to moisture).
24. 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.
25. Antifungal cream, for feet especially – toe-nail fungus is an issue in rainforest.
26. Toilet paper (just enough for when traveling out from city or field station).
27. Snacks for yourself (e.g., granola bars; but chocolate can be messy in heat).
28. Alarm clock/batteries – cell phone/charger alarm works great; wrist watch important.
29. 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]. Light packing or backpack will be helpful in travel (boats, docks, staircases, rainforest station trails).**

**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]. No sharp objects should be placed in carry-on bags (e.g., scissors, swiss army knives). 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.