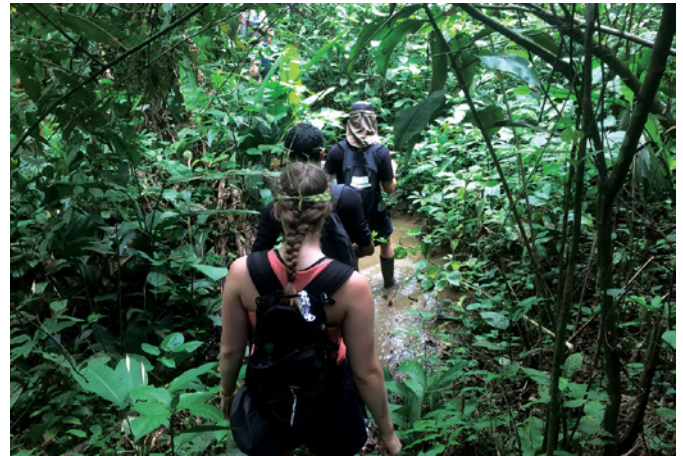


# What to bring!

## Amazonas Explored



### Don't leave home without:

- Passport with minimum 6 months validity remaining at date of arrival home
- Photocopy of passport (leave another copy at home with family/friends)
- Insurance policy (leave a copy at home with family/friends)
- VESA Travel Waiver printed and filled in
- Toiletries to be bio-degradable (more info on pg 2)
- Any prescribed medications
- Gastro kit essentials (see sidebar) →
- General first aid kit essential (see sidebar) →



### A basic gastro kit includes:

- Gastrolyte tablets or similar for fluid replacement
- Imodium or similar for diarrhea
- Maxolon or similar for nausea and vomiting

### A basic first aid kit includes:



- antiseptic
- painkillers
- wound-cleaning gauze
- sterile dressings
- bandage tape
- plasters
- tweezers
- scissors

### The Hostel and jungle trek lodges have bed linen and insect netting where required

### Weather

The Ecuadorian Amazon is rainy, humid and warm! Keep in mind that downpours and cool rainstorms can appear unexpectedly anytime of the year, so be prepared! Banos may reach 20°C during the day and as low as 8°C at night.



### Volunteer and trekking clothing:

- T-shirts and tops
- Shorts/capri pants, light weight long pants
- Gumboots for volunteer work and jungle trek
- Sandals or flip flops/Havaianas
- Rain jacket and wet weather gear
- Sunglasses, hat and work gloves for construction
- Lots of socks and underwear
- Long socks for under gumboots



### General clothing:

- Holiday clothes – dresses, shorts, t-shirts/singlets/tank tops
- Closed toe shoes
- Sandals or flip flops/Havaianas
- Swimmers (girls...bikinis are fine)
- Warm sweater jacket for night time in Quito and Banos

## Other important essentials:

- A large backpack is recommended but not a rule – we'll be on and off planes, buses, and coaches etc. and you will be carrying your own luggage
- Day pack (small) for jungle trek and volunteer work to carry water, first aid kit, sunscreen, camera and insect repellent
- Reusable water bottle for personal use (not a bottle of water)
- Sunscreen with min 30+ protection (preferably natural sunscreen so that the chemicals from normal sunscreen aren't running off to feed the fish!)
- Insect repellent with high Deet content (again, if possible, insect repellent that isn't a spray so that we can avoid spraying all plants and insects around)
- Calamine lotion for bites, sunburn and other skin irritations
- Towel (fast dry travel towels are recommended)
- Biodegradable soap, shampoo and conditioner, preferably as little plastic as possible (Lush offers shampoo bars, so that you just pick up a new bar to refill the tin, and poof... no more plastic waste!)
- Sufficient medications for the duration of your stay if applicable
- Flashlight and spare batteries
- Power adaptor (available for purchase at travel shops) to recharge phones etc.
- Small padlock for your pack/bag
- Money belt (for the work site)

## Nice to have:

- Neck cushion for plane and coach travel
- Spending money for souvenirs, drinks and optional activities etc. You can withdraw US\$ cash at Quito Airport ATMs with your regular EFTPOS card.
- Small useful items as gifts for the students or school i.e. old sport jerseys/hats/soccer balls or children's books and stationery
- Spanish to English dictionary (optional)



## Vaccinations

Yellow Fever vaccinations are required by the Australian quarantine and customs service if you are returning to Australia within three weeks from Ecuador. Your vaccination provider will supply a certificate of proof that you must keep with your travel documents. For all other vaccination advice, please see your doctor.

**There is a laundry service next to our accommodation in Misahualli**



**CHANGE.  
MADE BY YOU.**

Travel Responsibly

