

# ECUADOR/GALAPAGOS: ISLAND & VILLAGE IMPACT CLOTHING & EQUIPMENT LIST

## CLOTHING

- 2-3 PAIRS OF SHORTS (at least one pair should be POLYPROPYLENE QUICK-DRY SHORTS)\*
- 1 PAIR OF BOARD SHORTS OR CAPRIS (long shorts are best for sun & mosquito protection and for cultural sensitivity)
- 1-2 PAIR LIGHTWEIGHT NYLON OR YOGA PANTS\*
- 1 PAIR FLEECE PANTS OR SWEATPANTS \*
- 1 LIGHTWEIGHT RAIN JACKET\*
- 1 PAIR JEANS
- 8 T-SHIRTS OR TANK TOPS – at least 3 should be SYNTHETIC/QUICKDRY T-SHIRTS \*
- 1 WORK SWEATSHIRT (that you may leave behind)
- 1 LONG-SLEEVED NYLON/POLYPROPYLENE SHIRT
- 12 PAIRS UNDERWEAR
- 1 FLEECE JACKET OR WOOL SWEATER\*
- 2 BATHING SUITS
- 1 PAIR OF PAJAMAS (or preferred sleepwear)
- LIGHT WOOL OR FLEECE HAT\*
- 1 SET OF CITY CLOTHES (skirts/dresses/pants & shirt)

## FOOTWEAR

- 1 PAIR CHACOS, TEXAS OR RIVER SANDALS WITH HEEL STRAP\*
- 1 PAIR LOW HIKING SHOES OR TRAIL RUNNING SHOES\*
- 6-7 PAIRS OF SOCKS – at least 3 should be SYNTHETIC SOCKS\*
- 2 PAIRS OF THICK KNEE-LENGTH SOCKS (very important to wear with rubber boots that will be provided)

## BEDDING

- SLEEPING BAG (20 degrees)\*
- SLEEPING PAD\*
- COMPRESSION SACK FOR SLEEPING BAG\*

## LUGGAGE

- BACKPACK OR TRAVEL BACKPACK (4,500-5,000 cubic inches)\*
- DAYPACK (only necessary if you are **NOT** bringing a travel backpack with attached daypack)\*

## ACCESSORIES

- 1 QUICK-DRY TRAVEL TOWEL\* OR SMALL BEACH TOWEL
- WORK GLOVES (for service projects)
- HEADLAMP OR FLASHLIGHT AND 2 SETS OF BATTERIES\*
- 2-3 INSECT REPELLENT WITH 20-35% DEET\*
- TOILETRIES (shampoo, conditioner, soap, toothpaste, etc. in small bottles)
- WET WIPES (to use when showers are not available)
- 1 SMALL BOTTLE BIO-DEGRADABLE SOAP (Dr. Bronner's or similar)
- PERSONAL MEDICAL KIT\*
- 1-2 CAMELBACK/NALGENE WATER BOTTLES\*
- SUNGLASSES PLUS CROAKIES\*
- 1-2 BOTTLE OF SUNSCREEN (SPF 30 minimum)
- VISOR/BASEBALL CAP
- WATCH w/ ALARM\* (cell phones and other wifi-devices will be collected and not available to use as an alarm)
- SMALL JOURNAL OR SPIRAL NOTEBOOK & 5-10 PENS IN A ZIPLOCK BAG
- 6 LARGE ZIPLOCK BAGS & 3 MEDIUM TRASH BAGS (for storing damp clothes)
- SPENDING MONEY (see **International Fact Sheet** for details)

## FORMS AND DOCUMENTS

- PASSPORT AND PHOTOCOPY OF PASSPORT\*
- AIRPORT MEETING INFORMATION FORM (you will receive this form as we get closer to the summer)

## OPTIONAL

- STUFF SACKS\*
- PACK COVER\*
- 1 PAIR FLIP FLOPS OR CROCS
- RASH GUARD\*
- DONATIONS FOR SCHOOLS (school supplies, children's books, art supplies or clothing)\*
- CAMERA, MEMORY CARD & CHARGER (OR EXTRA BATTERIES)\*
- WATERPROOF CAMERA
- TRAVEL PILLOW\*

**\*Please reference the Clothing & Equipment Glossary for more information on these items.**

## **ECUADOR/GALAPAGOS CLOTHING & EQUIPMENT GLOSSARY**

Clothing packed for your ARCC program will keep you comfortable throughout the varied weather conditions we encounter. We emphasize using a layering system while living in the outdoors. Layering well and attending to small changes in temperature and exertion will result in much more comfort. You can add or subtract clothing to control a comfortable body temperature for yourself. The synthetic materials suggested are chosen for their insulation (even while wet), their warmth and their light traveling weight. Keep in mind, once cotton is wet it will not keep you warm or act as an insulator against the cold.

**NOTE: This glossary is a supplement to your Clothing & Equipment List. Please see your Clothing & Equipment List for a full list of necessary items.**

### **CLOTHING**

**POLYPROPYLENE QUICK-DRY SHORTS:** These shorts are 100% synthetic and dry much more quickly than cotton. An example of these are athletic or swimming shorts.

**LIGHTWEIGHT NYLON PANTS OR YOGA PANTS:** To be worn for protection from bugs, sun and wind.

**FLEECE PANTS OR SWEATPANTS:** This is recommended for extra warmth at night and chillier parts of the program.

**LIGHTWEIGHT RAIN JACKET:** Either strong coated nylon or Gore-Tex jacket works best. We recommend raincoats with a built-in hood. Thin nylon ponchos are not acceptable as they tear easily.

**SYNTHETIC/ QUICK-DRY T-SHIRTS:** These shirts are 100% synthetic and are able to keep you warm when they are wet. They also dry much more quickly than cotton. An example of these are athletic shirts or workout tops.

**FLEECE JACKET OR WOOL SWEATER:** This is recommended for extra warmth at night and chillier parts of the program.

**LIGHT WOOL OR FLEECE HAT:** This is made of fabric (non-cotton) perfect for activities at varied temperatures.

### **FOOTWEAR**

**CHACOS, TEVAS OR RIVER SANDALS WITH HEEL STRAP:** Chacos, Tevas, or river sandals (like Keens) are great for any water activity. Be sure that the sandals have a heel strap so they don't fall off your feet when swimming.

**LOW HIKING SHOES OR TRAIL RUNNING SHOES:** These will be your primary walking shoes. Trail shoes are typically lighter weight than hiking boots and are not as bulky. You should find a shoe that gives you a lot of support and one that has a good rugged sole. The more traction the easier it will be to walk on varied terrain. As with hiking boots, when trying low hiking shoes on, be sure to wear the same socks you are bringing on the program (see Clothing & Equipment List) and walk around the store for 20 to 30 minutes to make sure that the shoes are comfortable and a good fit – it is worth the extra time!

**SYNTHETIC SOCKS:** Synthetic and wool fiber blends are important to enhance your comfort while hiking or walking. This will also provide good insulation, moisture-wicking ability, and cushioning. Be sure you find a pair that will fit **HIGHER** than your low hiking shoe to prevent painful rubbing.

### **BEDDING**

**SLEEPING BAG:** Your sleeping bag should be comfortable for temperatures as low as 20 degrees. It should be lightweight, compressible and filled with synthetic fabric or down. We would prefer synthetic fabric over down. Down provides no warmth if wet and will take much longer to dry.

**SLEEPING PAD:** The sleeping pad is used for comfort when camping. Pads come in two styles: 1) self-inflating brands, such as Thermarest®, which tend to be more comfortable, but more expensive and heavier to carry and 2) closed-cell foam types, such as Ridgerest®, which are much lighter and significantly cheaper. Both styles are appropriate for your ARCC program.

**COMPRESSION SACK FOR SLEEPING BAG:** A small nylon sack used to compress your sleeping bag to a smaller size making it easy to fit in a backpack (usually comes with a sleeping bag when purchased).

## **LUGGAGE**

**BACKPACK:** Your backpack should be large with ample room to carry all your personal items, clothing and gear. Your backpack should be **4,500 to 5,000 cubic inches in size** and have a well-fitting padded waist strap and padded shoulder straps. It is recommended to be store-fit/sized to fit appropriately.

**OR**

**TRAVEL BACKPACK:** A travel backpack is typically a bit smaller than a backpacking pack and usually includes several features, which make it ideal for international travel. The most notable difference between a backpacking pack and a travel backpack is the fact that the shoulder and waist straps stow-away for checking on an airplane. Most travel packs feature a removable daypack, eliminating the need to purchase a separate daypack. Other features often include a one-zipper entry system, making it easier to access all of your belongings, organization pockets, a rain cover, as well as side and top handles to carry as hand luggage. **You should try to find a travel pack that is 4,500 to 5,000 cubic inches.** It is recommended to be store-fit/sized to fit appropriately.

**DAYPACK:** Your daypack can be your school book bag or something similar. We use these for day hikes or on travel days when a large backpack is unnecessary or inaccessible. If you purchase a Travel Backpack with a removable daypack, you do not need to purchase or bring a separate daypack.

**DUFFEL BAG:** This duffel is used to store items that you will not use during specific sections of your program. Please bring a small nylon duffel which can be folded and packed into your backpack when you travel to your program. This duffel **MUST be packed EMPTY** inside of your large backpack, and should **not** be checked as a separate piece of luggage for your flight.

## **ACCESSORIES**

**QUICK-DRY TRAVEL TOWEL:** A small quick-drying towel to be used for showers taken in between activities. There are several brands, such as Travel Towel®, and they are inexpensive and a nice alternative to cotton.

**HEADLAMP OR FLASHLIGHT:** Headlamps are flashlights with a headband so that the user can have both hands free to cook or do camp chores. If you prefer a flashlight, it should be lightweight. Please bring 2 extra sets of batteries.

**INSECT REPELLENT:** ARCC strongly recommends using insect repellent with a 20-35% concentration of DEET, as studies have found this to be most effective in combating insects.

**PERSONAL MEDICAL KIT:** All ARCC leaders carry a full first aid kit, however please consider bringing a personal medical kit with a few items you might need as you adjust to the new environment. For this program, ARCC recommends the following items:

- Pepto Bismol
- Probiotic (eg. acidophilus)
- Imodium
- Electrolyte packets (eg. Emergen-C)
- Small bottle of hand sanitizer
- Motion Sickness Medication (for boat rides in the Galapagos)
- Antibiotic (eg. Ciprofloxacin)

With the exception of the antibiotic, all of these items are available over-the-counter. However, please discuss the use of any and all medications with your physician.

**CAMELBAK/NALGENE WATER BOTTLES:** Hydration is the key to a healthy adventure. A Camelbak is an alternative to a water bottle; it is a water pouch that slides into the back of your backpack and can often hold more water than one liter of water. Nalgene bottles are one-liter bottles made of durable plastic that are easy to clean and refill.

**SUNGLASSES PLUS CROAKIES:** We strongly suggest that you do not bring expensive designer sunglasses on this program as they can be easily lost or damaged. Croakies are devices attached to the sunglass stem to keep the glasses from falling off your head.

**WATCH w/ ALARM:** A watch is essential for any type of travel. Yours should have an alarm for days when we have an early morning. We recommend waterproof or water-resistant watches. Remember that your cell phone and other wifi-devices will be collected and not available to use as an alarm.

## **FORMS AND DOCUMENTS**

**PASSPORT AND PHOTOCOPY OF PASSPORT:** A valid passport is required for travel to Ecuador. Please double-check that your passport is valid for at least 6 months after the start date of your program. Your leaders will hold on to your passports for safekeeping during the program, but you should carry a copy of your passport in your luggage.

## **OPTIONAL**

**STUFF SACKS:** Stuff sacks are small nylon bags used to organize clothes and gear in your backpack. We suggest two stuff sacks approximately 8" x 20" in dimension. 'Compression Sacks' (stuff sacks that compress to a smaller size) can also come in handy.

**PACK COVER:** A pack cover is used to go on the outside of the pack to protect the contents of your backpack from getting wet when it is raining. It must be waterproof. This is not to be used in place of a plastic bag for airplane travel.

**RASH GUARD:** This is a long-sleeved shirt used to protect the body from the sun and can be used while snorkeling, rafting or on the beach. Generally they are made of a synthetic material and can be found at any surf shop. You may also find them at some outdoor stores like REI.

**DONATIONS FOR SCHOOLS:** During our Andes community service section we'll be visiting a community with schools that are in need of school supplies. Appropriate donations are things like pens, pencils, paper, art supplies, etc. This is completely optional.

**CAMERA, MEMORY CARD & CHARGER:** We encourage you to bring a camera as there will be many great opportunities for pictures. The small digital cameras (or 35mm cameras) are a nice combination of size and weight. If you are bringing a digital camera, be sure to bring at least one memory card and your charger or extra batteries. The waterproof/disposable cameras are also a great choice for this program. Please bring at your own risk; ARCC does not reimburse the cost of lost, damaged, or stolen property. Cell phones and other wifi devices will be collected and not available to use as a camera.

**TRAVEL PILLOW:** This is a SMALL compressible travel pillow which can be found in camping stores or REI, **NOT** a bed pillow!