

# SWA Rafting Packing List

Here are our suggestions of what gear and clothing you should bring on your trip to Ecuador. Everyone is a little different in their packing needs, so adjust accordingly!

While rafting/adventuring with SWA in Ecuador, you will paddle in Baeza which is higher elevation and tends to be a little colder. Here we'll paddle between 5,000-9,000 feet (1,500-2,700 meters). Day time temps will be 70-80 F (20-26 C). Night time temps will be 50-60 F (10-15 C).

You will also spend time in Tena, much lower in elevation and much hotter! Around Tena we'll be paddling between 1,600-3,000 feet in elevation (480-900 meters). Daytime temps will be 80-90 F (26-31 C). Night time temps will be 70-80 F (20-26 C).

Our packing list reflects the gear you'll need for both climate zones.

## **LAND GEAR**

- 3 casual shirts
- 2 T-shirts
- 2 pair shorts
- 2 pair long pants
- 1 pair shoes (hiking or athletic)
- 4 pair socks
- 1 fleece or pile jacket
- 1 rain coat
- underwear/bra/jog top (as appropriate)
- personal medication
- personal toiletries
- 1 copy of birth certificate
- 1 copy of passport
- day pack
- 1 hat

## **RIVER GEAR**

- swimsuit or shorts
- 1 light & 1 medium-weight capilene tops (bring a heavy weight if you get cold easily)
- 1 lt weight capilene bottoms, tights, or any pants that you can raft in (we occasionally get no see-ums biting bugs and long pants are the perfect protection against them).
- 1 pair of sturdy boating shoes (river sandals or shoes, booties, etc.)
- 1 pair sunglasses and retention strap
- 1 water bottle
- Sun screen and bug repellent
- \* Personal medications including specialized allergy or cold meds that you may not be able to find in Ecuador—Pack any prescription meds that you will need on the trip in your carry on!

## **OPTIONAL GEAR**

- wet suit (SWA rents shortie wetsuits)
- towel
- tall sox (for occasional bugs at beaches)
- umbrella
- earplugs (for possible nighttime noise)
- flip-flops
- Spanish dictionary or phrasebook
- spare glasses or contacts
- sundress
- neoprene gloves
- camera
- book
- headlamp/flashlight
- paddle jacket (SWA has them)
- Pepto Bismol
- rain pants