

## Ecuador 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 kayaking 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 paddle 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.

### Paddling Gear

Paddle

Helmet

PFD

Spray Skirt. Make sure your skirt is in good condition!

Dry Top. Make sure your gaskets are in good condition!

Sturdy paddling shoes—some rivers require a hike in or a hike out and jungle thorns can be hard on the feet.

Socks (neoprene or regular depending on your preference)

Paddling shorts

Nylon or other quick-drying pants to paddle in (or tall socks). *There are no-see-um biting bugs (primarily around Tena) and long pants or tall socks do wonders for keeping your legs bite-free! Insect repellent doesn't seem to work against these bugs.*

Layers—bring thicker layers for the Quijos Valley, thinner layers for paddling around Tena

Shorty top (optional). You can get away with a dry top and thin layer in Tena, but most people enjoy paddling in a shorty while in Tena.

Elbow pads

Ear plugs for kayaking

Throw Bag

Float bags—we do NOT have float bags for you to borrow, please bring your own!

Any other rescue/first aid gear you like to carry (your guides will be carrying full first aid kits and rescue gear so this stuff is optional for you)

1-2 small dry bags for carrying any “day gear” you wish to bring along

Water bottle

Kayak outfitting—foam, butt pad, knee pads, etc...if you know you like specific or strange outfitting, bring it with you.

Sponge

***(We recommend packing the “essentials”—helmet, PFD, Spray Skirt, drytop—into your carry on. This way if the airlines lose your luggage, you can still kayak. Remember to remove your knife from your PDF though!)***

## **Clothing**

Tennis shoes

Flip flops or other sandals

Socks

1-2 pairs of pants for nights in Baeza

2 pairs of shorts

2 T-shirts

1-2 casual shirts

1-2 fleece tops/sweat shirts

rain jacket

1 warm hat for cool nights

Under garments

Personal toiletries

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!

## **Other gear**

Sunglasses with retention strap

Sun Screen

Insect repellent

Hat—baseball cap or sunhat

Headlamp

Camera

Memory cards, flash drive

Book

Ear plugs in case of night time noise or a snoring roommate

Pepto Bismol

Extra contacts or prescription glasses

Journal/notebook

Spending money (Ecuador uses the USD) for drinks, souvenirs, tips, etc...

2 copies of passport

