



GEAR LIST - TUCAN

N.B. Items & amounts are intended as a guide for your 11 day trip, but what you bring is really up to you. You will need the cold weather items – even in summer!

Please read the gear list carefully. **You really do need the required stuff!** We want you to be warm and happy when it's cold and rainy – and cool and relaxed while we're in the jungle! Because Ecuador is on the equator, and because we visit both mountain and jungle areas, you should not count on any particular season when packing for your trip – there is every chance you will experience every sort of weather! The good thing is, you'll probably have warm weather for most of your trip no matter when you travel – but you need to be prepared for anything.

ESSENTIAL GEAR

- 1 x duffle bag/backpack/suitcase - medium to large.
- 1 x camel back (~2L/70oz) or daypack – large enough for water, lunch, raincoat, camera & fleece
- 1 x waterproof jacket – medium weight with hood (without padded lining is best)
- 2 x fleece or wool sweater
- 1 x hiking boots or sturdy walking shoes
- 1 x sports sandals
- 1 set of long thermal underwear – top & bottom (e.g. polypropylene, capilene™)
- 1-2 x pair of long pants - the zip-off kind that convert to shorts are really convenient.
- 5-6 x t-shirts (non-cotton & quick-drying recommended)
- 1-2 x pair of shorts (non-cotton & quick-drying recommended)
- 3-4 x long-sleeve shirts (non-cotton & quick-drying recommended)
- 1 x warm hat (e.g. wool/fleece ski hat)
- Underwear
- Socks
- Camping towel
- 4 heavy duty plastic trash bags and plenty of plastic shopping bags to keep your belongings dry
- 1-2 x swim suit
- 1 x sun hat (e.g. baseball cap)
- 1 x sunglasses (Croakies or retainer strip is handy for paddling!)
- 1 x camera, film/memory cards & batteries/charger
- Insect repellent containing DEET
- Sun-block – SPF 15-30 UVA/UVB broad spectrum minimum recommended
- 1 liter water bottle (if you don't have a Camelback)
- 1 x flashlight/headlamp
- Toilet paper – not provided in public facilities in Ecuador, so you need to carry it with you at all times! (**IMPORTANT NOTE** – Do NOT flush toilet paper in Ecuador – use the trashcan provided!!)
- 1 x toiletries/first aid kit – you'll need your own shampoo/conditioner, soap, toothbrush/paste, prescription medications/lenses, razors, feminine hygiene products etc. If you have preferred medication brands, it's best to bring them from home as brands vary in Ecuador. High-grade blister products such as second skin are also unavailable in Ecuador.

ESSENTIAL PAPERS

- Passport (valid for at least 3 months)
- International & domestic air tickets
- Travel insurance papers
- ACTIVE SA Trip Summary & Tucan Itinerary & other travel documents
- ACTIVE SA Emergency Contact Number
- Credit cards

OPTIONAL ITEMS

- Money belt/pouch for valuables (For transit only; you can always leave your valuables in the hotel safe)
- Hairdryer
- Reading material, pocketknife, alarm clock, binoculars etc.
- 1 pair of cycle shorts
- 1 x waterproof trousers – lightweight nylon or polyester
- Potable water treatment tablets - Only necessary if you want to drink tap or stream water. Boiled or bottled water is available every day.
- 1 Energy snacks and drinks – your favourite brands may not be available in South America.
- Antiseptic wipes or hand sanitizing gel
- Ear plugs – in case there are any snorers nearby!

If you have any further questions on this gear list or your trip, please email sophie@nzactive.com