

# PACKING LIST – GALAPAGOS ISLANDS

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your yacht adventure in the Galápagos Islands. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

## Dress for the Weather

Be prepared for a range of weather, and dress in layers. Temperatures can range from the mid 60°s to high 80°s, and nights can be cool on the boat. You'll likely be changing your clothing fairly frequently as you'll be in and out of the water (you'll want to bring water shoes or shoes you don't mind getting wet, as you be in and out of the water via the dinghy). You should bring 2-3 bathing suits. **The open waters can be choppy!** If you are prone to seasickness, please be sure to bring over the counter medication (i.e. Dramamine, Bonine or a patch) or something prescribed by your doctor.

## Be Conscious of the Environment

Remember as you choose sunscreen, insect repellent, and toiletries that the Galapagos is a pristine national park. You'll be in and out of the water, and everything you put on your body will likely end up in the ocean. Please be respectful of this unique ecosystem. Wifi is VERY LIMITED on the ship and on the islands. Please let friends and family know that you may not be able to be in touch with them every day.

## Luggage Restrictions

Only one checked bag is allowed (hard or soft sided with wheels is fine). Your bag cannot weigh more than 44 pounds on the domestic flights to Baltra. Please note there is limited space in the rooms for storing your luggage, particularly if you are sharing a room.

## Special Gear

Snorkeling equipment will be provided on board, but if you have your own mask and fins, you should certainly bring them. "Shorty" wet suits are provided on board; sizes will be requested prior to your departure.

## PACKING CHECKLIST

### Clothing & Gear

- ☐ Small duffel bag/suitcase
- ☐ 1 daypack – we recommend a comfortable backpack large enough to carry sunscreen, insect repellent, water, extra layers, your camera, and a towel
- ☐ 4-5 short sleeve shirts (quick dry recommended)
- ☐ 1-2 long sleeve shirts (quick dry recommended)
- ☐ 1 medium weight fleece sweater/jacket for cool evenings
- ☐ 1-2 pairs of pants
- ☐ 2-3 pairs of shorts
- ☐ 2-3 bathing suits (you'll be in and out of the water each day. If you want to change into a dry bathing suit, you should have more than one)
- ☐ Rash guard (sun protection and easier to put on wet suit)
- ☐ Waterproof jacket/windbreaker
- ☐ Hat for sun protection
- ☐ Underwear & bras
- ☐ 4-5 pairs socks
- ☐ 1 pair long socks (you may be given a tall pair of Wellies to wear at the tortoise viewing place, if the ground is wet and muddy, and may want to wear longer socks with the boots)
- ☐ Sneakers/walking shoes with good treads
- ☐ Water shoes/sandals - closed toed for hikes/walks
- ☐ Flip flops

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- ☐ Sleepwear
- ☐ Water bottle
- ☐ Eco-friendly, non-spray sunscreen and bug repellent
- ☐ Carabiner clips – it's an easy way to securely air dry clothes on the ship

## AdventureWomen Essentials

- ☐ Travel documents (passport, airline tickets/itinerary, money)
- ☐ 2-3 spare passport photos (optional – in case of lost passport)
- ☐ Write down or print out your travel insurance number
- ☐ Locks for your luggage (optional)
- ☐ Travel alarm clock with spare batteries or phone (optional)
- ☐ Headlamp or small flashlight with spare batteries (optional – if you get up in the middle of the night you may want a flashlight)
- ☐ Digital camera, memory cards, battery charger
- ☐ Power adapters/power bank (Ecuador uses same voltage as US – 110 volt. Many of the outlets are 2 prong, types A & B)
- ☐ Binoculars (optional)
- ☐ Waterproof Go Pro or Camera (optional)
- ☐ Sunglasses, case, and strap
- ☐ Spare glasses, contact lenses, cleaner, saline, etc.
- ☐ Money belt or neck pouch
- ☐ Sunscreen and lip balm with SPF - **look for reef safe products**
- ☐ Hand wipes/hand sanitizer
- ☐ Toiletries: soap, optional shampoo, and conditioner (**biodegradable, reef-safe, eco-friendly**); toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators). *Travel-size soap, shampoo & conditioner, and a hair dryer, will be provided in each room*
- ☐ Ecofriendly laundry soap for handwashing clothes (there are no laundry facilities on the boat, but you are welcome to hand wash your clothes in your bathroom. A

dryer is available to quick dry clothes when not in use by the ship staff.)

- ☐ Earplugs (optional) – we recommend silicone earplugs
- ☐ Assortment of stuff sacks and bags to organize your items – please consider bringing reusable stuff sacks or silicone bags to reduce the use of disposable plastics
- ☐ Reading material/journal and pens

## Personal First Aid Kit

- ☐ Prescription medicine you usually take (in original containers)
- ☐ Person epi pen – if you need one, don't forget to pack it!
- ☐ Seasick medication (if prone to sea sickness), such as Dramamine or Bonine
- ☐ Bandages, gauze, ace bandage, blister prevention
- ☐ Cortisone or Benadryl Cream (in the case of jellyfish stings)
- ☐ Antiseptic wipes/spray
- ☐ Antibiotic ointment
- ☐ Cotton-tipped applicators
- ☐ Oral rehydration tablets/packets – helpful to rehydrate at higher altitudes
- ☐ Antidiarrheal medication
- ☐ Mild laxative
- ☐ Antacid
- ☐ Cold remedies
- ☐ Ibuprofen/acetaminophen
- ☐ Eye drops
- ☐ Tweezers, scissors (travel size), safety pins

*Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.*