

# Wao Vision Trip

## Ecuador Packing List

**Typical Daytime Weather:** 70-80 Degrees (May Feel Like 100+ Due to Humidity)

**Typical Nighttime Weather:** Cools Down to the 50's

### OUTSIDE of the Jungle

- ☐ One Outfit for Travel
- ☐ One or Two Changes of Casual Clothes (Shorts and Jeans)
- ☐ Lightweight Windbreaker (Waterproof) and Sweater/Jacket
- ☐ Comfortable Walking Shoes
- ☐ Roll of Toilet Paper (For When We Are Traveling Around)
- ☐ Small Bills for Souvenirs and Snacks (Ecuador uses United States Currency)

### INSIDE the Jungle

- ☐ Lightweight Backpack
- ☐ 2-3 outfits (Bottoms: Light Weight Pants, Modest shorts, or Zip-Off Pants)  
(Tops: T-shirts, Suplex Material Shirts, or 100% Nylon Shirts)
- ☐ Long Sleeved Shirt and Sweat Pants (or Scrub Pants) for Sleeping
- ☐ Knit Cap and Lightweight Jacket Optional (for Cooler Nights)
- ☐ Knee Hi Socks (3-5 pair) to be Worn with Boots and at Bedtime
- ☐ Comfortable Cap or Hat (for Sun/Rain)
- ☐ Small Camera or Video Camera (If Desired, Bring Batteries)
- ☐ Small Flashlight (Headlamp Recommended – Can be Purchased at Walmart)
- ☐ Very Small Containers (**Enough for 3 or 4 Days Only**) of Shampoo, Toothpaste and Other  
Essential Toiletries
- ☐ Water Bottle with Carrying Strap or Carabiner
- ☐ Swim Suit (or Extra Under-Garments for Ladies if You Swim in Clothes)
- ☐ Flip Flops for Camp (optional)

**Jungle boots will be provided up to size 12.**

**If your feet are bigger than size 12 you must bring your own rubber boots.**

**Sunscreen and insect repellent will be provided.**

**Total weight will be limited to 10 pounds in the lightweight back pack!**

**Your carry-on suitcase will be securely stored in Shell Mera while in the jungle.**