THE SOLO FEMALE TRAVELER NETWORK

ECUADOR PACKING CHECKLIST

The Andes, Quito and the Amazon.

WEATHER	PLUGS	MONEY	DRESS CODE	MUST-HAVE
Cool in the Andes, hot and humid in the Amazon.	Same as the US. 120V.	US dollars. Bring small bills.	Casual. Layers for the mountains.	Layers plus serious bug spray.

CLOTHES

- [ ] 3 to 4 quick-dry tops
- [ ] 1 or 2 long-sleeve layers
- [ ] 2 pairs of light hiking pants
- [ ] Warm fleece
- [ ] Rain jacket
- [ ] Swimsuit
- [ ] Sleepwear and underwear

AMAZON DAYS

- [ ] Long, light pants and long sleeves
- [ ] Dry bag
- [ ] Headlamp
- [ ] Quick-dry socks

SHOES

- [ ] Trail runners or hiking shoes
- [ ] Sandals

DOCUMENTS AND MONEY

- [ ] Passport (6+ months validity)
- [ ] Travel insurance details
- [ ] Debit card plus a backup card
- [ ] Small US dollar bills

HEALTH AND TOILETRIES

- [ ] High-SPF sunscreen and SPF lip balm
- [ ] Pain relievers and electrolytes
- [ ] Band-aids and blister care
- [ ] Stomach meds
- [ ] Hand sanitizer, wipes, tissues
- [ ] Period products
- [ ] Prescription meds plus extra days
- [ ] Insect repellent (DEET or picaridin)
- [ ] Altitude: ask your doctor what to bring

TECH AND EXTRAS

- [ ] Power bank
- [ ] eSIM or local SIM
- [ ] Offline maps
- [ ] Binoculars

THE THING EVERYONE FORGETS

Small US bills. Ecuador uses dollars, but big notes are hard to break.

MY EXTRAS