

WHAT TO PACK

You should expect it to rain every day while you are here, particularly in the afternoons. Guests will be provided with rubber boots and walking sticks.

Weather at Maquipucuna: Between October and May, there is high humidity as rainfall is more than likely in the afternoons; mornings can be sunny or cloudy. June through September is the dry season, but it still rains some. Temperature is the similar year round, with temperatures varying between 15 °C (60°F) at night and 28°C (82°F) during the day.

Malaria and other tropical diseases: There is no need of Malaria prophylaxis or Yellow Fever vaccination to come to Maquipucuna.

Weather in the rest of Ecuador: Temperatures get colder as you go higher in altitude. The coast is very hot and humid (80-90's °F). Quito can be sunny or rainy during the day (70-80's °F) and cool to cold at night (40-50's °F). The areas of the "Paramo" through the snowline of the Andean mountains have freezing temperatures. Plan your clothing according to where you are going.

Documents:

- Passport
- Copies of your passport and credit cards in case of theft

Clothes:

- Sturdy field pants – quick dry is best
- Lightweight shirts
- Sweatshirt, sweater, or light jacket
- Raincoat or poncho
- Long socks for inside boots (never hurts to bring extra)
- Underwear
- Sturdy walking shoes
- Bathing suit
- Strap on sandals (flip-flops are not recommended)
- Brimmed hat
- Laundry bag / Souvenir bag

Toiletries:

- Shampoo, conditioner, soap etc...
- Sunscreen
- Insect repellent
- Anti-itch cream

- Antibiotic cream
- Band-Aids
- Extra glasses, contacts, contact solution

Medicine:

- General pain killers
- Stomach medicine
- Dramamine
- Rehydration powder
- Your personal medication that you need.

Electronics:

- Camera
- Memory cards
- Chargers for all the things you need
- Headlamps or flashlights
- Batteries
- Phone

Miscellaneous:

- Water bottle
- Binoculars
- Ziploc bags (large) to keep things dry
- Small notebook and pens/pencils