






When you are packing you should think about the following:




Luggage: You should bring a backpack as your hand luggage. It is a good way to carry your belongings when you are on field trips. As your main luggage, you should only bring one piece (recommended is a backpack, but if you do not have one, something that can be carried on your shoulders or have sturdy wheels would be advisable). *You will be responsible for carrying your luggage around by yourself*, so make sure you can handle it! Maximum weight for 1 piece of luggage checked-in (free) at the airport is 50 pounds for overseas flights. To the airplane you can take 1 carry-on piece (must fit into overhead bins) plus 1 personal item (handbag/ purse or camera or a coat). Do not lock your luggage as it needs to pass the security check at the airport. No liquids or gels over 3oz. are allowed before you pass the security at the airport (no water bottles, hand lotions, hand sanitizers, etc.)




Clothing: think about what you are going to do during your program abroad. Will you need walking shoes or dressy shoes? Are you going to be outside a lot? It is always recommended to bring layers of clothing to Ecuador for rainy days and light weight clothes and water-repellent (resistant) shoes or tennis shoes for warm and humid climate. Find out about the weather in your host country at: www.worldweather.org and read your Orientation Handbook




Laundry: washing and cleaning your laundry will be limited in Ecuador. Please take light weight (non-heavy cotton) outfits that can dry easily if you do need to wash them. Be advised that the humidity in the rainforest is high therefore drying clothes completely could be an issue.




Electricity: The (voltage) power (120-127 V) and plugs in Ecuador are the same as in the US (110-120 V). Both 2-prong and 3-prong plugs work fine in Ecuador. Find out about your digital camera power adaptability for recharging purposes.




Calling cards: If you want to call home from abroad, it's a good idea to buy a pre-paid calling card before you leave (try Nobelcom.com). Calling from Ecuador, however, will be limited so please plan with your family in regard to any emergency communication. More information on emergency contacts in Ecuador can be found in the Contact List flyer and your Travel Flash Card.



Cell phones: If you wish to bring a cell phone, check with your service provider if it works in Ecuador. In general, it can be expensive to use a cell phone abroad, plus recharging it may be a hassle too.



Currency exchange: Ecuador uses American Dollar \$, so it will be easy for you to pay for any items you need or want to buy there. Bring a lot of small change, best would be \$1 notes. Taking your ATM card, which is also a credit card, may be your best bet for getting the local currency from ATM machines in Quito. It may be wise to take 2 credit cards with you in case one gets "eaten" by the ATM machine. To use your "true" credit card for obtaining a cash, you'll need to request a PIN from your credit card company. Also, advise them about your travel abroad. Have at least \$50 on hand in case you need professional medical treatment – your insurance has a \$50 deductible which you'd need to pay on spot.



Papers: Take the CCID travel document holder/ pouch (black) with you to keep all of your personal papers at one place: passport, air tickets, contact list flash card, and insurance ID cards. Don't forget to *take copies of all of these documents (and put them in various places in your luggage)* and leave them also with your emergency contacts in the US. This way it will be easier to replace any of them if they get lost or stolen. Your lead faculty also has emergency contacts for your family and college.

Please complement this information with whatever you'll find posted by your lead instructor. Also, do not hesitate to ask questions if anything on this list is not quite clear to you. Kathryn Smith can provide best advice due to her long-time experience in Ecuador. Her email is: ksmith@hccfl.edu.