



# Ecuador Packing Checklist 2026

Complete packing guide for the Galápagos, Andes & Amazon

**4**

Regions

**7**

Pages

**100+**

Items



**💡 Pro Tip:** Pack light! Most Ecuador itineraries include domestic flights. Keep luggage under **15kg (33 lbs)** to avoid excess baggage fees.



## ESSENTIAL DOCUMENTS

- Valid passport (6+ months validity)
- Visa (if required — check your nationality)
- FRA form** (Formulario de Registro Aduanero) MANDATORY — *Complete online before travel, bring QR code*
- Yellow fever vaccination certificate** MANDATORY — *Required for Amazon travel since May 2025*
- Travel insurance (mandatory for Galápagos)
- Flight confirmations (printed or digital)
- Hotel/ecolodge reservations
- Emergency contacts (written down, separate from phone)



## MONEY & BANKING

- USD cash in small bills (\$1, \$5, \$10) — *Large bills (\$50, \$100) often refused***
- Credit/debit cards (notify bank before travel)
- Travel wallet (RFID-blocking recommended)

 **QUITO & ANDES (High Altitude)** **High Altitude Essentials****Clothing**

- Thermal base layer (merino wool recommended)
- Long-sleeve shirts (2-3)
- Fleece or wool sweater
- Warm jacket (down or synthetic)
- Waterproof/windproof shell
- Jeans or hiking pants (2 pairs)
- Wool socks (3-4 pairs)
- Hiking boots or sturdy walking shoes
- Beanie and gloves (for early mornings/nights)

**Essentials**

- Sunscreen (high altitude = stronger UV)
- Lip balm with SPF
- Sunglasses with UV protection
- Daypack for day trips
- Reusable water bottle
- Altitude sickness medication (consult doctor)
- Lightweight rain jacket or compact umbrella

***Local insight:*** Quito sits at 2,850m. Mornings are chilly (10-15°C), afternoons warm (18-22°C).

*Locals carry umbrellas even in dry season—sudden afternoon showers are common from December to May.*

 **AMAZON RAINFOREST**

## Jungle Essentials

### Clothing

- Long-sleeve quick-dry shirts (3-4) — *protects from sun and mosquitoes*
- Quick-dry pants (2-3 pairs) — *avoid cotton (stays wet)*
- Lightweight rain jacket or poncho
- Waterproof boots (knee-high recommended)
- Wide-brim hat
- Lightweight socks (quick-dry)

### Essentials

- Mosquito repellent (DEET 30%+ or picaridin)**
- Dry bag (for electronics, documents)
- Headlamp with extra batteries
- Waterproof phone case
- First aid kit (antiseptic, bandages, anti-diarrheal)
- Water purification tablets or filter
- Binoculars (for wildlife spotting)
- Malaria medication (consult doctor based on province)

**Pro tip:** Light colors attract fewer mosquitoes. Avoid perfumes and scented products. **Important:** Avoid heavy cotton—it stays wet for hours and can lead to fungal infections. Choose quick-dry synthetic or merino wool.



# GALÁPAGOS ISLANDS



## Island & Marine Essentials

### Clothing

- UV-protection long-sleeve shirts (2-3)
- Quick-dry shorts or pants
- Swimwear (2 sets)
- Lightweight layers for boat rides (windy)
- Water shoes or reef-safe sandals
- Wide-brim hat with chin strap

### Essentials

- Reef-safe sunscreen (SPF 50+, zinc oxide)** MANDATORY — *Regular sunscreen not allowed*
- Snorkel mask and fins (optional — can rent)
- Underwater camera or GoPro
- Reusable water bottle (single-use plastics banned)
- Dry bag for boat trips
- Motion sickness medication (if prone)
- Light jacket or fleece (mornings are cool and windy)
- Lightweight long sleeves and repellent (insects can be present)

**Important:** Single-use plastics are banned in Galápagos. Reef-safe sunscreen is mandatory to protect coral reefs. Choose mineral-based sunscreens (zinc oxide, titanium dioxide) without oxybenzone or octinoxate.



## PACIFIC COAST



### Beach Essentials

- Swimwear (2-3 sets)
- Light cotton or linen clothing
- Sandals or flip-flops
- Lightweight cover-up
- Sun hat
- Sunscreen (waterproof)
- Beach towel
- Reusable water bottle
- Light sweater (evenings can be breezy)



## ELECTRONICS

- Universal power adapter (Type A/B plugs, 120V)
- Portable charger/power bank (reliable brand)
- Local SIM card (Claro or Movistar — available at airports)
- Camera (with extra memory cards)
- Phone with offline maps (download Google Maps before arrival)



## HEALTH & SAFETY

- Prescription medications (bring extra supply)
- Altitude sickness medication (consult doctor)
- First aid kit (antiseptic, bandages, pain relievers, anti-diarrheal, blister treatment)
- Water purification tablets (for Amazon/remote areas)
- Insect repellent (DEET 30%+ for Amazon)
- Sunscreen (SPF 50+, reef-safe for Galápagos)
- Malaria medication (if visiting Amazon — consult doctor)



## TRAVEL GEAR

- Daypack (20-30L for day trips)
- Dry bag (essential for Amazon and Galápagos boat trips)
- Reusable water bottle (single-use plastics banned in Galápagos)
- Headlamp (for Amazon lodges, early morning excursions)
- Travel locks (for luggage)



**Important:** Most Ecuador itineraries include domestic flights (Quito → Coca for Amazon, Quito → Baltra for Galápagos). Keep luggage under **15kg (33 lbs)** for internal flights to avoid excess baggage fees.

### Carry-On Essentials

- Travel documents (passport, visa, insurance, FRA QR code)
- Medications (prescription and altitude sickness)
- Electronics (camera, phone, charger)
- Change of clothes (in case checked luggage is delayed)
- Reusable water bottle (empty, fill after security)



## RESPONSIBLE PACKING

- Reef-safe sunscreen (mineral-based, no oxybenzone/octinoxate)
- Reusable water bottle (stainless steel or BPA-free)
- Reusable shopping bags
- Biodegradable soap and shampoo
- Bamboo toothbrush
- Plan to buy locally made items (hats, textiles) in Ecuador

**Travel Differently tip:** Every item you pack impacts the places you visit. Choose sustainable products and support local artisans when possible.



## QUICK REFERENCE BY REGION

Region	Clothing Focus	Top 3 Must-Haves
 Andes	Layered, warm, weatherproof	Fleece jacket, hiking boots, waterproof shell
 Amazon	Light, quick-dry, insect-proof	Long sleeves, repellent, dry bag
 Galápagos	UV-protective, beach-ready	Reef-safe sunscreen, hat, swimwear
 Coast	Tropical, casual	Sandals, light cotton, reusable bottle

Last updated: January 2026

This checklist is based on current travel regulations and verified climate data.

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