

WHAT TO PACK LIST

TRAVEL ESSENTIALS

Money belt - Should be worn under your clothes and contain your money, passport, credit cards, ATM card, telephone calling card, etc.

Passport and copies of your passport – It is convenient to have copies with you at all times.

Important contact information – Please have the contact information of our staff at Universidad Casa Grande and your host families with you during your trip. We suggest not relying entirely on your phone but also having this information printed or written in a notepad or journal so you can have easy access to it in case of an emergency. Remember that migration officers might ask for your address in Ecuador, as well as other details about your exchange.

Acceptance letter – Bring a copy of your acceptance letter in case you are required to show it to migration authorities at the airport.

Over the counter and prescription medication – If you are currently taking any kind of prescription drugs, please bring enough medication for your stay and make sure to keep your prescription with you while travelling. If there is any particular over-the-counter medicine you prefer to take at your home country (and fear you will not find during your stay) please bring them with you.

International Certificate of Vaccination – Talk to your doctor about your vaccination history. Please refer to Ecuador's Country Profile in ISEP's website for more information about the vaccines required to visit Ecuador, or click on the following link: https://wwwnc.cdc.gov/travel/destinations/traveler/extended_student/ecuador?s_cid=nceqid-dgmg-travel-single-001

International Travel Insurance – Covering emergency evacuation and repatriation. The policy offered to students holding ISIC cards in the USA (but not in other countries) is sufficient, but there is a wide range of policies available (e.g. HTH Worldwide).

Cash – Ecuador's currency is the United States Dollar. It is handy to bring US dollars in smaller bills (\$1s, \$5s, \$10s), especially for the first few days of your trip. Remember it could be risky to carry a lot of money with you on the street, and that most places do not accept \$100 bills.

ATM/Debit/Credit card - ATM machines are the fastest, cheapest way to receive money in Ecuador. The limit per day is approximately \$300 from an ATM. Please notify your bank of your intention to travel to Ecuador in advance, in order for them to authorize your credit card to be used abroad; failure to do so may lead to your card being cancelled.

Padlocks and ID tags for each piece of luggage — Ask at check-in if you should check your luggage locked or not (sometimes security will cut open locked bags). Carry your money, IDs (passport), prescription medicine, and other valuables in a money belt rather than checking them in a suitcase.

Sunscreen, lip sun block – Radiation in Ecuador is stronger than in other parts of the world, and Guayaquil is a tropical-humid city. Please take care of yourself and wear sunscreen at all times, especially when partaking in outdoor activities, as there are high chances of suffering from heatstroke or sunburns.

Spanish / English Dictionary – There are many offline app options to download in your phone. Bring a list of useful phrases in Spanish that you can use while traveling.

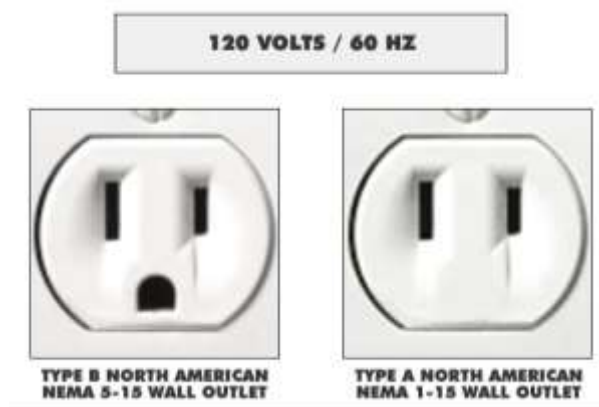
Hand Sanitizer – Especially for small trips, it is convenient to have hand sanitizer in case there

are no bathrooms close by. Moreover, there might be seasonal viruses during the rainy season in Guayaquil (December-May), so it is better to keep your hands as clean as possible.

Insect repellent – During the rainy season in Guayaquil (December-May) there are higher amounts of mosquitoes in the city. Use insect repellent at all times (especially at night) to avoid inconveniences and reduce the chances of suffering from tropical diseases.

Anti-Itch Lotion – For when repellent fails. It can be bought in pharmacies around Ecuador so, if you cannot find this product in your country, you will be able to acquire it here.

Laptop, phone and charger + Universal adapter – Please be aware that plug sockets in Ecuador might differ to the ones you use in your home country (see image below). Make sure to bring a universal adapter with you, especially to plug in your essentials like laptop and phone.



Daypack - small backpack that can double as your carry-on.

Large pack or duffel – good for short trips (although these are available in local markets)

Hair drier/Straightener/Curling iron – if you feel you need these while in Ecuador, bring them. You could also buy them at local stores, but prices might vary from the ones you are used to.

Extra pair of glasses and/or contacts + copy of your prescription – Just in case there is any accident and you need to get a new pair of glasses/contacts.

Host Family gift – local foods, candies, picture books about your city, typical souvenirs. It could be a good way to bond with your hosts and share your culture with them.

ESSENTIALS: CLOTHING, JEWELRY

Light clothing – The heat and humidity in Guayaquil is probably unlike anything you have experienced before, and you need to have appropriate clothing (but not too revealing) that will also allow you to live comfortably.

Pants and shorts – Jeans are very common, especially amongst female students here, but Bermuda shorts and capris are acceptable.

Shirts – In Guayaquil, the heat is intense, so bring shirts that are loose and airy for daywear. Bring some more formal shirts for social occasions.

Summer Dresses – Acceptable provided they are not too revealing, and help with the heat.

Workout Clothes – There are various gyms in the city and places where you can go jogging.

Clothing layers – While Guayaquil weather is hot and humid, the climate in Ecuador can change drastically in short distances, particularly when travelling to the Andes. You can go from sweating to shivering, from sea level to 12,000 feet /4,000 meters, in a matter of hours. In order to deal with such changes, we recommend light layers that can be added to or subtracted as needed. Thus base layer, t-shirts, fleeces or sweaters, and some kind of lightweight rain jacket, along with gloves and hat, equip you for all conditions. Consider these advices if you plan on visiting cities in the Andes region.

Swimsuits – December through April is considered as the official beach season in the Ecuadorian coast. Make sure to pack swimsuits so you can enjoy bathing in the sea.

Light raincoat or small umbrella – Especially for those arriving in January – April. Rains can be heavy during this period so we encourage having a raincoat/umbrella with you. You could also buy one at a local store if you wish to save space in your suitcase.

Walking shoes and/or good sneakers – Short trips around the country will most likely require lots of walking, so it is convenient to have comfortable shoes.

Dress shoes for social occasions.

Flip flops or sandals for regular wear (available in local markets).

Sunglasses

Jewellery – Do not bring anything that will attract a lot of attention, or that you are overly fond of, but inexpensive jewellery is ok and common on campus.

NON - ESSENTIALS, BUT RECOMMENDED:

International Student Identification Card (ISIC Card) - for insurance and discounts and required for travel to Galápagos and Perú.

Anti-diarrhea medication and over the counter cold & flu medication

Small flashlight – While all smartphones have a flashlight incorporated, you might need one if you are planning on going on a trip to the Amazon region or camping in the Andes. Moreover, note that during the rainy season in Guayaquil there could be light outages, so having a flashlight might be convenient.

Ziplock and plastic bags - For keeping your camera, IDs and money dry

Small towel – Provided by families, but it is convenient to have one when travelling. You can always buy a towel here if you want to save space in your suitcase.

Journal

Sewing kit

WHAT NOT TO BRING

Expensive professional camera – You could lose it or damage it during a trip.

School supplies – Easily attainable in Guayaquil

All other toiletries – Unless there is a very specific product you fear you will not be able to find

in Ecuador, we suggest not to bring big bottles of toiletries. If any, bring very small bottles for short trips.

Bed sheets – For those staying with host families, your hosts will provide the bed sheets. For those staying in student houses or apartments, we recommend you bring your own bed sheets or buy a set when you arrive in the city.

Formal clothing – There are little chances you will need a smoking or a long dress. Do not pack these.

Expensive jewelry – Do not bring any piece of jewelry you are fond of or that could catch unnecessary attention. Remember that security levels in Ecuador are, most likely, lower than those in your home country. Please, avoid putting yourselves under unnecessary risk.