



## ECUADOR CLOUD FOREST BIRDING PACKING LIST

This exciting trip takes you to one of the most diverse areas of the world. You will need clothing and equipment for a variety of climate conditions and will want to be prepared for them all! The following list is designed specifically for this trip.

The two key elements we advise you to consider when packing for this trip are comfort and ability to layer for the varied weather conditions. The cloud forest is characterized by heavy cloud cover and high moisture content, but can also have some wonderfully sunny and warm days. We want you to be able to see your favorite birds no matter the weather!

### WHAT TO BRING:

CLOTHING	FOOTWEAR	MISCELLANEOUS	TOILETRIES/FIRST AID
<ul style="list-style-type: none"> <li><input type="checkbox"/> T-shirts and long sleeve</li> <li><input type="checkbox"/> Medium light-weight long underwear top</li> <li><input type="checkbox"/> Rain jacket with hood</li> <li><input type="checkbox"/> Rain pants (if you have them)</li> <li><input type="checkbox"/> Sunhat</li> <li><input type="checkbox"/> Quick dry pants</li> <li><input type="checkbox"/> Light sweater or thin fleece jacket</li> <li><input type="checkbox"/> Hiking shorts (Please be aware that wearing shorts in public is typically only acceptable for exercise &amp; sporting events)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Medium-weight hiking boots</li> <li><input type="checkbox"/> Comfortable pair of shoes to change into after the day's adventure</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sunglasses</li> <li><input type="checkbox"/> Headlamp with spare batteries</li> <li><input type="checkbox"/> Binoculars</li> <li><input type="checkbox"/> Money belt or pouch</li> <li><input type="checkbox"/> Small day pack</li> <li><input type="checkbox"/> Snacks</li> <li><input type="checkbox"/> Refillable one-liter water bottle</li> <li><input type="checkbox"/> Camera!</li> <li><input type="checkbox"/> Small lock for securing valuables in your luggage</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> SPF 30+ sunscreen &amp; lip protector</li> <li><input type="checkbox"/> Personal drug kit (include motion sickness medication if you think this may be an issue)</li> <li><input type="checkbox"/> Personal toiletries</li> <li><input type="checkbox"/> Bug repellent</li> </ul>

Quito is a large city, but the other areas that you will be visiting are more rural and remote. Please take this opportunity to travel light and simple, bringing modest clothing and leaving jewelry and other valuables at home. We recommend doing a trial packing of your gear 2 weeks prior to your trip to allow for adequate time to pick up last minute items. If you have any questions about the packing list don't hesitate to contact us!