

# PACKING LIST – GALAPAGOS ISLANDS

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your yacht adventure in the Galápagos Islands. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

### Dress for the Weather

Be prepared for a range of weather, and dress in layers. Temperatures can range from the mid 60°s to high 80°s, and nights can be cool on the boat. You'll likely be changing your clothing fairly frequently as you'll be in and out of the water.

### Be Conscious of the Environment

Remember as you choose sunscreen, insect repellent, and toiletries that the Galapagos is a pristine national park. You'll be in and out of the water, and everything you put on your body will likely end up in the ocean. Please be respectful of this unique ecosystem.

### Luggage Restrictions

Only one checked bag is allowed. Your bag cannot weigh more than 44 pounds.

### Special Gear

Snorkeling equipment will be provided on board, but if you have your own mask and fins, you should certainly bring them. "Shorty" wet suits are provided on board; AdventureWomen will need to know your wet suit size three months prior to departure.

## PACKING CHECKLIST

### Clothing & Gear

- Small duffel bag/suitcase
- 1 daypack - we recommend a comfortable backpack large enough to carry sunscreen, insect repellent, water, extra layers, your camera, and a towel
- 4-5 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 2-3 pairs of shorts
- 2-3 bathing suits
- Rash guard (sun protection and easier to put on wet suit)
- Waterproof jacket/windbreaker
- Hat for sun protection
- Underwear & bras
- 4-5 pairs socks
- Sneakers/walking shoes with good treads
- Water shoes/sandals - closed toed for hikes/walks
- Sleepwear
- Water bottle
- Eco-friendly, non-spray sunscreen and bug repellent

### AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, money)
- 2-3 spare passport photos (in case of lost passport)

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- Write down or print out your travel insurance number
  
- Locks for your luggage (optional)
- Travel alarm clock with spare batteries or phone
- Headlamp or small flashlight with spare batteries
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF - **look for reef safe products**
- Hand wipes/hand sanitizer
- Toiletries: soap, shampoo, and conditioner (**biodegradable, reef-safe, eco-friendly**); toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Earplugs – we recommend silicone earplugs
- Assortment of stuff sacks and bags – please consider bringing reusable stuff sacks or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens
- Masks/face coverings

## Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Person epi pen – if you need one, don't forget to pack it!
- Seasick medication (if prone to sea sickness)
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets – helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.