

Packing Checklist

Galapagos Islands Active Adventure

Come prepared for all kinds of weather! Choose dual-purpose, lightweight clothing that you can efficiently layer. Merino wool and synthetic fabrics like polar fleece are recommended over anything cotton or denim for their quick-drying and sweat-wicking capabilities.

If you're not sure what any of the items in the packing list are, please ask us or your nearest outdoor outfitter. We want you to be Girl Scout-prepared for your adventure ahead!

Check the forecast and remember, even though you're closer to the equator, nights can still be unexpectedly windy and chilly.

Clothing Items

- 1 pair of lightweight pants (zip-off legs and zipper pockets are ideal)
- 1 other comfortable pair of pants or skirt
- 1 pair quick-dry shorts (surf shorts are ideal)
- swimsuit(s)
- 2 t-shirts
- 1 pair lightweight pajamas
- 1 casual short sleeve and long sleeve button-up shirt (or whatever suits your style!)
- 1 long sleeve shirt for sun protection (many brands now carry UPF 50+ shirts). The equatorial sun is intense, especially when reflected on the water.

- 1 light fleece or polyester sweater or jacket for cooler evenings and mornings
- Underwear (as desired, 3 or 4 pairs will suffice—or go commando!), bras
- 1 wide-brim, tie-on floppy hat or baseball cap and bandana/Buff
- 1 lightweight raincoat/windbreaker (your best option is one with a hood and armpit zips for ventilation)
- 3 pairs of light merino wool socks
- 1 pair of water shoes or sandals to wear while kayaking, on the beaches and for walking around towns. Chaco, Teva and Keen are solid options.
- 1 pair of running shoes or light trail runners for the hikes and as an alternative to wear around the campsite or if your sandals are wet. Most women who have participated on this trip have found hiking boots to be unnecessary, but if you prefer them for extra ankle support, then a lightweight pair may be appropriate for you.

Water Gear

- 1 pair of paddling gloves (If your hands are prone to blisters—fingerless bike gloves also work!)
- 1 Lycra “rash guard” shirt can add to your warmth and ease of getting your wetsuit on and off but is not essential
- 1 mask and snorkel (these are provided, but you may wish to bring your own gear to ensure a perfect fit)
- 1 wetsuit (provided)

TIP TOP YACHTS

Wetsuit and equipment rental services for Snorkeling

Instructions: Please select your gender and compare your size to the ranges shown in the sizing chart. Requested sizes or equivalent will be provided; we are not responsible for customer error in size requests. Please do it carefully!



WOMEN'S WETSUIT FITTING CHART

SIZE	6	8	10	12	14	16	18
WEIGHT(lbs.)	100-115	110-125	120-135	130-145	135-155	145 - 165	155 - 175
WEIGHT(Kg.)	45-52	50-57	54-61	59-66	61-70	66 - 75	70 - 79
HEIGHT(ft./in.)	5'2"-5'4"	5'3"-5'5"	5'4"-5'6"	5'5"-5'7"	5'6"-5'8"	5'7" - 5'9"	5'8" - 5'10"
HEIGHT(cm.)	157-163	160-165	163-168	165-170	168-173	170 - 175	173 - 178
CHEST(in.)	31-33	32-34	34-36	35-37	37-39	38 - 40	40 - 42
CHEST(cm.)	79-84	81-86	86-91	89-94	94-99	97 - 102	102 - 107
WAIST(in.)	22-24	23-25	25-27	26-28	28-30	29 - 31	31 - 33
WAIST(cm.)	56-61	58-64	64-69	66-71	71-76	74 - 79	79-84
HIP(in.)	32-34	33-35	35-37	36-38	38-40	39 - 41	41 - 43
HIP(cm.)	81-86	84-89	89-94	91-97	97-102	99 - 104	104 - 109

Camping Gear

- 1 flashlight (headlamps are ideal as they allow you to be hands-free).
- Extra batteries
- 1 wide-mouth water bottle (1L is ideal)

- Small towel for camping (larger beach towels are available on the snorkel boats)
- 1 bandana or Buff (for sun protection and cooling off)

Toiletries

- Toothbrush, toothpaste, deodorant, razor, tampons, shampoo, soap (biodegradable)
- SPF (30+ is recommended—look for "reef-friendly" brands)
- Super absorbent skin repair lotion (cocoa butter) for post-sun exposure
- Aloe vera gel (if you are prone to sunburns)
- Chapstick/ lip balm with sunscreen.
- Medications—(optional): Dramamine (for motion sickness), Benadryl (for allergic reactions)
- Prescription medications (bring extras and pack separately)
- Small squeeze bottle of hand sanitizer
- Sewing kit (optional), first aid kit (optional)



Note: Under our Park Service permit, we are not allowed to use any soap in the sea. We will have a bucket at camp that we can use to wash our hands, face, etc.

Miscellaneous

- Bug spray or lotion. Mosquitos can be a nuisance at the campsite. It's highly recommended that you have plenty of bug spray, preferably with DEET.

- Lip balm with sunscreen
- Sunglasses and strap in case of an accidental wet exit (Chums or Croakies are great)
- a few plastic bags for wet swimsuits or soggy shoes
- Ziploc bags of various sizes (great for packing liquids that might leak)
- Camera/phone
- A waterproof camera or GoPro for snorkeling (optional)
- Binoculars
- Books, journal, sketchbook, cards (optional)

Essential Items

- Money belt to carry your passport, travel documents and money
- A copy of your passport, medical insurance coverage, e-tickets, vaccine QR code or immunization card (*pack these separate from your originals!)
- Cash for gratuities (optional) for your Wild Women guide. Please note that tips for all other guides, camp assistants, boatmen and drivers are built into your trip cost. \$10-\$15 USD per passenger per day is suggested but not mandatory.
- Watch or small travel alarm clock
- Face masks and RAT antigen test kits for self-monitoring

Packing Notes

Luggage Logistics

Checked luggage can sometimes be lost or delayed. You should prepare for this possibility by wearing the items that are most essential to your trip enjoyment (like running shoes, a fleece jacket). Be sure to include the following items in your carry-on: all paperwork, medication, camera/phone, swimsuit, an extra pair of socks. Remember, any liquids and gels in your carry-on must be under 100ml!

Upon arrival, you will be repacking for the sea kayak trip and sorting your gear into three or four bags. One is your main duffel for things you will only need at camp, the second will be your small day pack (for quick-access items like snacks, hat, SPF). The third is a dry bag that will be provided by Wild Women Expeditions—you will keep this in your kayak to carry wet-unfriendly items like your camera and binoculars. The fourth bag is an optional mesh bag for wet gear like your snorkel, fins, and wetsuit.

Laundry

On Isabela Island (where we stay mid-trip), there is a laundry service at the hotel Casa Marita. Alternatively, this is an ideal time to hand-wash any items.

Personal Gear & Equipment

Camping equipment like sleeping bags, tents, mosquito nets, cooking implements, etc., will be provided. The gear list above is of required, recommended and optional items to bring on your trip. **Please bring soft-sided luggage (such as a duffel bag or backpack). Inter-island flights have varying restrictions on baggage weight and size. Pack light and efficiently because you will be responsible for your schlepping your own gear!**

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Co-op, SAIL, REI, Atmosphere and Sport Check are all great resources for outdoor clothing. Online buy & sell sites like Facebook marketplace and second hand shops are sustainable and reasonable places to search for gear—reduce, reuse, recycle and re-wear!