





# WILD WOMEN

EXPEDITIONS

## Galapagos Active Adventure Packing Checklist

 **Luggage Logistics:** Checked luggage can get lost or delayed on the way to any destination. Prepare for this possibility by wearing items that are essential to your Wild Women Expeditions adventure. In your carry-on, pack a light jacket, change of clothes, snacks, toiletries, water bottle, medications, camera, and all paperwork. Depending on group size, luggage space in vehicles can be limited - please use a small-medium sized suitcase or duffel on rollers, and do not pack more than you can carry.

 **Hot tip:** Always check the weather in your destination in the week leading up to your trip!

 **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.

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*). Think about how you travel and what works best for you. If you know you'll never wear or use a particular item on this list, don't worry about it!

### Required Items

- Main luggage: suggested small to medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack in the airport and from vehicles to your accommodation
- Daypack: A 20L-25L pack should be sufficient for your water bottle, rain jacket, sunblock, camera/phone, and personal items
- Comfortable walking shoes
- Shoes for paddling (old runners, neoprene booties, or sandals with straps are best to protect your feet from rocks, reefs, sea urchins, etc.)
- Light rain/wind jacket since it can be breezy at night
- Water bottles or CamelBak hydration system (you will need to carry 1 to 2L per day). You can also fill one with electrolyte powder for hydration if you wish.

## Recommended Items

- Pants/capris (lightweight quick dry, linen, or cotton)
- Tops (mix of t-shirts, lightweight long sleeves)
- Light scarf or buff for sun protection on your next while paddling or to cover face
- Brimmed hat to protect from sun while paddling
- Sunscreen and lip balm (with SPF)
- Sunglasses (with optional leash/hard case)
- 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.
- Underwear, bras, socks as needed
- Pajamas
- 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)
- Toiletries
- Small towel for camping (larger beach towels are available on the snorkel boats)
- 1 flashlight (headlamps are ideal as they allow you to be hands-free).
- Prescriptions/medication (if applicable)
- Personal first aid kit
- Insect repellent. Mosquitos can be a nuisance at the campsite. It's highly recommended that you have plenty of bug spray, preferably with DEET.
- Ear plugs for shared rooms
- Smartphone with charger, plug adapter for destination and converter, and external battery for charging phone and other electronic devices

## Optional Items

- Snacks (if you have faves you like to travel with)
- Electrolyte drink mix (to aid in rehydration)
- Reading material
- Pencil and notebook/journal (if that's your thing!)
- a few plastic/Ziploc bags for wet swimsuits or soggy shoes or a 5L drybag for those items

## Essential Documents

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- Local currency, ATM and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved for easy access on your phone)

- Any entry visas or vaccination certificates as required
- 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.

💡 Note: Pack photocopies of travel documents separate from originals (or save to your phone) in the event that your baggage is lost or delayed.

## Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Thrift stores and online swap sites are also great places to find second-hand gear for a fraction of the price. Reduce, Reuse, Recycle, Rewear!

**Gear Note:** We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!