



# WILD WOMEN

EXPEDITIONS

## Galapagos Yacht Adventure

### Packing Checklist

 **Gear Note:** We want you to be 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 generally have great advice!

 **Fabric Note:** We recommend that you choose multi-purpose, UV protective (SPF), quick-dry clothing. Covering up from the sun is essential, as you will spend most of the day outside and often on the water. You can bring cotton or denim items, but be aware that they won't be easy to wash or dry.

 **Laundry note:** There is no laundry service on the ship. You can hand-wash items and hang them on the deck to dry.

 **Luggage Logistics Note:** 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, medications, camera, a swimsuit and all necessary paperwork.

 **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.

Below is a list of recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive. You don't need to bring everything if you know you will never use it, and may wish to bring items that aren't listed.. Consider how you travel and what works best for you.

## Recommended Items

- Main luggage: suggested small-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 while traveling.
- 1 lightweight waterproof jacket with hood
- Light fleece for cooler evenings or air-conditioned interiors
- 2 lightweight long-sleeve shirts
- 3-5 lightweight, short-sleeved shirts
- 1-2 pairs of lightweight pants
- 2-3 pairs of shorts (at least one pair should be quick dry)
- 3-4 pairs of lightweight merino socks
- 1 pair of knee socks to wear under provided rubber boots when visiting tortoises in Santa Cruz
- Underwear and bras as desired
- 1-2 swimsuits
- Long-sleeved SPF rash guard to keep the sun off while in/on the water and to wear under your wetsuit
- Swim tights to wear under your shorty wetsuit to protect against the sun
- 1-2 casual outfits to wear onboard in the evenings
- Workout clothing if you wish to take part in stretch classes or use onboard exercise equipment
- Brimmed hat or baseball cap
- Sunglasses, consider adding a strap for extra security
- Bandana/Buff
- Running shoes, trail runners or hiking shoes will suffice for the short walks on the islands
- Non-slip comfortable shoes/sandals to wear on board (in case your land shoes are wet or dirty)
- Sport sandals or water shoes for wet landings
- Water bottle
- Small quick dry towel to dry your feet after wet landings

💡 Note: When visiting the islands, a 'wet' or 'dry' exit from the panga boat will be involved. If it's a wet exit, you will be entering water that is knee to ankle-deep and walking to shore. Most walks are over lava rock, so closed-toed shoes are best. There's also sea lion and marine iguana scat to dodge! Dry landings can involve slippery rocks! Our Wild Woman guide and ship staff will offer support during the landings, but be sure to always wear proper footwear.

## Equipment

- Daypack: a 20L bag is sufficient. The island walks are 30 to 90 minutes maximum, so aside from a water bottle, you shouldn't have much to carry!
- A small dry bag (5L) for your camera and/or phone for the panga rides
- Binoculars—highly recommended for spotting whales and dolphins while at sea!

💡 Ecuador uses the same plug type (A and B) as North America (two flat parallel pins or two flat parallel pins with a grounding pin). If you're travelling from North America, you don't need an adapter.

## Other

- Ear plugs (recommended for room sharing and unexpected snoring companions)
- Personal medication
- Reef-friendly sunscreen (a mineral formula without Oxybenzone, Butylparaben, or Octinoxate. These chemicals are prohibited in Galápagos.)
- Lip balm with SPF protection
- Insect repellent
- After sun lotion
- Hand Sanitizer

## Optional Items

- Personal first aid kit
- Seasickness/anti-nausea medication, Sea-Bands and/or ginger candy
- Snacks (available onboard, but if you have preferences, bring them)
- Journal/pen
- Camera (with extra memory cards, polarized lenses and waterproof bag)
- Underwater camera for snorkeling. Please note that the use of selfie-sticks is prohibited both in and out of the water.

- Though provided, you may want to bring your snorkeling equipment to ensure a perfect fit (mask and snorkel)
- Sarong for beach days
- Power bank to recharge your phone/camera when off the boat
- lightweight, foldable hiking poles (with rubber tips to avoid slipping), for uneven terrain

## Items Provided Onboard

- Biodegradable soap, shampoo and lotion (if bringing your own they must be biodegradable!)
- Beach towels + shower towels
- Wet suits (3mm), mask, snorkel, flippers\*
- Hairdryers
- Local bird, wildlife and fish guides in the reference library
- Wooden walking sticks (these are not technical poles)
- Aluminum water bottle

\*A Note about Wetsuits: For your convenience, we provide “shorty,” 3 mm-thick wetsuits for snorkeling. Wetsuits will be available on board in a range of adult sizes — XS, S, M, ML, L, XL, XXL, and XXXL.

## Essential Documents

- Passport (in Ziploc or waterproof bag), proof of medical insurance coverage
- A copy of passport, air tickets, insurance information (pack separately from originals)
- Cash for gratuities (for crew and Wild Women guides—\$300 USD is suggested per passenger, and is split amongst the staff).
- Wild Women Expeditions Trip Details and Bulletins (saved to your phone for easy access, or printed, your preference)
- Any entry visas or vaccination certificates as required

## Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere
- Borrow: Why buy when you can borrow from a friend?!
- Thrift stores and online swap sites are awesome places to scour for second-hand items.