

# Packing Checklist

## Sail the Galápagos Islands

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Below is a gear list of required, recommended and optional items to bring on your trip. We encourage you to bring only what you can independently carry! Yes, Cher reliably changed her outfits seven times in one concert, but...

We suggest soft-sided luggage, a 40L backpack or a small roller bag.

### Required Items

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- 1 lightweight waterproof jacket with hood or light fleece
  - 2 lightweight long-sleeve shirts. The wind can be cool on the upper deck as the ship is navigating! If you are prone to burning, the equatorial sun can be sizzling!
  - A long-sleeve shirt with UPF protection is recommended if you plan on snorkeling
  - 3-5 lightweight, short-sleeved shirts
  - 2 pairs of lightweight pants. Convertible quick-dry pants with zip-off legs are ideal.
  - 3 pairs of shorts
  - 4 pairs of lightweight merino socks
  - underwear and bras as desired
  - 1-2 swimsuits
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- Brimmed hat or baseball cap

- sunglasses (did we mention that equatorial sun? These are non-negotiable!) with leash
- Bandana/Buff
- Running shoes, trail runners or hiking shoes will suffice for the short walks on the islands
- One pair of shoes, sandals or flip flops that will only be worn on the boat (ship's rules!)
- Sport sandals or water shoes for wet exits



Note: When visiting the islands, a 'wet' or 'dry' exit from the panga (Zodiac) 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. The ship provides a quick-dry towel that is perfect for drying your feet before putting on your running shoes or hiking shoes. 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 also involve slippery rocks! Our Wild Woman guide and ship staff can offer support in the landings, but be sure to wear proper footwear, always!



Note: There is no laundry service on the ship. You can hand-wash items and hang them from the upper deck (clothes rack and pegs provided).

## Equipment

- Daypack: a 20L bag is sufficient. The island walks are 30 to 90 minutes maximum, so aside from water, you shouldn't have much to carry!
- A small dry bag (5L) for your camera and/or phone for the panga rides
- Watch or small travel clock with alarm clock. There are several early breakfasts and walks on this trip!

- Binoculars—highly recommended for spotting whales and dolphins while at sea!
- A refillable water bottle (750ml) will be provided by Wild Women Expeditions upon arrival. In addition, the Tip Top ship provides guests with a 500ml bottle to use (and keep). Filtered water and ice is available on the ship 24/7.



Note: Adaptor plugs are not necessary! 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).

## Other Required Items

- Ear plugs (recommended for room sharing and unexpected snoring companions)
- Personal medication
- Alcohol-based sanitizer and extra face masks
- Reef-friendly SPF (30+), lip balm with SPF protection

## Optional Items

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- 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
- Camera (with extra memory cards, polarized lenses and waterproof bag)

- Underwater camera for snorkeling
- Though provided, you may want to bring your snorkeling equipment to ensure a perfect fit (mask and snorkel)
- Sarong for beach days

## Items Provided Onboard

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- Biodegradable soap and shampoo (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
- small book exchange
- Refillable water bottle
- Compact quick-dry towel
- Wooden walking sticks (these are not technical poles)
- A take-home booklet with a comprehensive flora and fauna checklist and island info that you can record notes in

[https://s3-us-west-2.amazonaws.com/secure.notion-static.com/a70fd424-cb74-49d4-b843-ad4c0530832d/wet\\_suit\\_rental\\_size\\_chart\\_.pdf](https://s3-us-west-2.amazonaws.com/secure.notion-static.com/a70fd424-cb74-49d4-b843-ad4c0530832d/wet_suit_rental_size_chart_.pdf)

## 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

## 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—\$350US is suggested per passenger). Note: there will be access to ATM machines on Santa Cruz (Day 7)

- Negative Covid-19 PCR test results (if applicable)
- Approved Covid-19 vaccination certificate/QR code (if applicable)

## Packing Notes

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### Luggage Logistics

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Checked luggage can often get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. running shoes, light fleece) and pack your swimsuit, raincoat, camera/phone, paperwork and medications in your carry-on. If space permits, pack a change of socks, underwear and an extra t-shirt.

Be sure to check the baggage allowances of your carrier!

### Resources for Buying Outdoor Gear & Clothing

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- **Mountain Equipment Co-op, SAIL, REI, Atmosphere, Sportchek**
- **Borrow:** Why buy when you can borrow from a friend?
- **Variety/Value Village, Goodwill, and Salvation Army** and online swap sites are awesome places to scour for second-hand gear!
- **Reduce, Reuse, Recycle, REWEAR!**