

Packing List: VISIONS Galapagos

PLEASE NOTE:

- Temperatures on the farm will likely range from the low-60s at night to low-70s during the day, while temperatures on lower parts of the island will usually be in the high 70s and 80s (Fahrenheit) during the day.
- Our dress code is based on the requests of our hosts, as we will be part of their community in a professional capacity. Articles of clothing *not* permitted may be found in the *PACKING GUIDELINES* section of the [Galapagos FAQ](#) page.
- Remember that comfort & versatility are more important than fashion, and clothes will get dirty.
- We do laundry weekly and wash by hand as needed, so please don't pack more than what's listed since space is limited.
- Please label all clothing and gear with indelible ink.

*Before shopping for items and packing your bags, it is important to read our *PACKING GUIDELINES* on the [Galapagos FAQ](#) page.

DOCUMENTS (bring the following documents with you to give to your VISIONS leaders onsite)

- Copy of vaccination record
- Copy of health insurance card, front and back
- Completed Consent to Travel form ([link here](#))

PERSONAL ITEMS

- Passport valid for at least 6 months after your departure from Ecuador (see *PASSPORT / ID* on the [Galapagos FAQ](#) for details)
- Toiletries and any personal medications
- Personal hand sanitizer (program also provides, but you'll want to have 1 - 2 small containers for travel days and to have in your daypack for daily activities)
- Packet of personal disinfectant wipes for travel
- Biodegradable soap and shampoo (Dr. Bronner's is one recommended brand)
- Reef-safe sunscreen
- Bug repellent (~4 oz)
- Bath towel and beach towel
- Summer-weight sleeping bag (for nighttime temperatures in the 60s). You will use the sleeping bag on a nightly basis.
 - Optional: Sleeping bag liner or a bottom sheet to put on top of the foam mattress provided by the program.
- Pillow (can be travel-sized and brought as a carry-on)
- Daypack/bookbag. You will use this on a daily basis for the worksites and outings, where you'll carry your water bottle, work gloves, hand sanitizer, etc. Most students take this as a carry-on during the flight.
- Sunglasses with UV protection
- Water bottle

- Headlamp or flashlight
- Leather work gloves
- Laundry bag

CLOTHING

- Work sneakers or hiking boots
- Sandals with straps (Tevas, Chacos, etc.) or flip-flops (for showers, beaches, etc.)
- Lightweight rain jacket or poncho
- Lightweight long-sleeve work shirt for sun protection
- 5 - 6 t-shirts (spaghetti straps, crop tops, and tops that reveal undergarments are not permitted; See **PACKING GUIDELINES*)
- 1 - 2 pair of pants
- 4 - 5 pairs of shorts (minimum 5" inseam; See **PACKING GUIDELINES*)
 - Shorts and t-shirts will be worn at our worksites, but also include one pair that may be nicer for town outings.
- 1 sweater or sweatshirt
- 5 pairs of socks
- Undergarments
- Baseball/sun hat
- Sleepwear
- 1 - 2 swimsuits (one-piece or tankini for girls)

OPTIONAL

- Cell phone with [WhatsApp](#) downloaded.
 - While you will not use this during the program, it is helpful for airport logistics and calls home. See *BEING IN TOUCH* on the [Galapagos FAQ](#) page for details.
- Spending money (see **PACKING GUIDELINES*)
- Camera (not a phone)
- Goggles (with or without snorkel)
- Book (no e-books)
- Musical instrument
- Bandana
- Ear plugs if you're a light sleeper
- School and art supplies for activities with local kids
- Money belt
- Camp chair or portable backrest / stadium seat that sits directly on the ground (used for group meetings)
- Psyllium fiber capsules and / or acidophilus pills—supplements that can help with travel / diet changes and only will be taken if needed.
- Consider treating clothing with permethrin, which helps repel mosquitos. You can buy pre-treated clothing or treat things yourself. VISIONS provides mosquito nets for the beds.