



Intercultural Outreach Initiative

Galapagos – Cuba – Costa Rica

786-709-9885 (Miami office)

+593 (5) 25 29 244 (Galapagos office)

www.ioi.ngo

volunteer@ioi.ngo

Packing List for Students & Volunteers

Recommended Packing List (*items are required)

Documents:

- Photocopies of all documentation/tickets/passport *
- Emergency passport kit: colored copy of passport, a passport photo
- Health and Travel Insurance policies including emergency air evacuation*
- Emergency contact information*

Money:

- There is NO Bank nor ATM in Isabela, bring sufficient cash for your whole stay. Your last stop to use the ATM is in Santa Cruz.

Clothes:

- Light rain jacket or poncho
- Light fleece jacket, sweater or sweatshirt and long pants (May-November)
- Short- and long-sleeved shirts – recommended quick-dry
- Long shorts/Capri's/leggings, make sure this includes active wear for hiking, biking, and other outdoor activities for class field trips – NO short shorts please for cultural respect
- Sun hat/ visor
- Sneakers*
- Hiking boots (recommended for field trip hikes to the volcano)
- Flip flops/sandals
- Sunglasses

Note for winter months (May-December): [Average temperature in these months is 60-62 Fahrenheit \(15-17 °C\)](#)

- Jacket or sweatshirt
- Windbreaker
- Scarf
- Pants
- Full-length wetsuit



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Water Activities:

- Mask, snorkel, defog (if desired), fins, booties, gear bag, dry bag (if desired)
- Wet Suit (Lycra, Shorty or full length. 1-3mm for warm season, 3-5mm for cold season)
- Bathing suits
- Beach cover-ups
- Beach towel (microfiber recommended)
- Rash Guards
- Water proof watch

Toiletries – recommended to bring enough for your full stay: *PLEASE BRING PRODUCTS (LIKE SUNSCREEN AND HAIR PRODUCTS) THAT ARE REEF SAFE, ENVIRONMENTALLY FRIENDLY, AND BIODEGRADABLE HAIR PRODUCTS***

- Nail clippers
- Toothpaste
- Floss
- Hair brush/comb
- Sun block / Sunscreen (*high SPF!!! and waterproof! It's very expensive on Isabela, so bring enough for your entire stay*)
- Aloe
- Bug repellent
- Lotion (after sun, moisturizer)
- Face-wash
- Razor
- Deodorant
- Soap
- Shampoo/Conditioner
- Special hair products
- Hair ties, bobby pins, headbands
- Tampons, panty liners, etc.*

Miscellaneous:

- Reusable water bottle*
- Tupperware
- reusable bag for purchases
- Money belt or fanny pack
- Small locks for luggage



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- Hand sanitizer
- Small backpack
- Bandana
- Ziploc bags to keep what you need dry (books, maps, documents, film)
- Swiss army knife or equivalent (make sure this is packed in your checked luggage)
- Flashlight/headlamp and batteries
- Camera (regular and underwater)
- Memory cards
- Charger
- Waterproof bag (for boats and travel)
- Extra batteries (or rechargeable batteries and a battery charger)
- Speakers
- Extension cord/surge protector
- memory stick
- Chapstick with SPF
- Travel alarm clock
- Snacks (nuts, power/protein bars)
- Binoculars
- Spanish phrase book or dictionary

Personal first aid kit* with the following items may be useful:

- pain reliever/aspirin
- cold medicines
- diarrhea medicine
- laxative
- insect protection
- sunburn relief
- antibacterial cream
- prescription medication
- Benadryl
- Band-Aids
- an extra pair of prescription glasses or contact lenses/solution
- moist towelettes,
- a basic/small sewing kit.
- A full prescription of any prescription medication you are currently taking* (make sure you have enough for your whole stay!)



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- Multi-vitamins
- Motion/sea sickness pills (The two hour boat ride from Santa Cruz to Isabela can be very rough during winter months)

Gifts:

Small gifts for families/guides/friends

- Try to bring meaningful things if possible. Even homemade gifts are a good idea.
- Examples include: pocket knives, key chains, Tupperware, spices, candies, cookies, perfume, toys, souvenirs from your home town, mugs, jewelry, pens and school supplies (for host siblings), Uno, puzzles, games and crafts (knitting, jewelry making, etc.)
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Don't Bring:

- Expensive or sentimental value items
The financial and emotional impact of losing or being a victim to a theft of your valuables likely outweighs the comfort you will receive from having them.

Other:

You do not need to buy a new cell phone or international plan. If you want a data plan and local phone number, you can buy a SIM card in Galapagos. We also recommend you call your cell phone provider to see what they offer.

Mainland travels

NOTE: You might want to spend a period of time in Quito, Ecuador at the start and/or end of the program. The altitude of Quito is 2850 m (9350 ft) above sea level. Because of its high elevation, Quito has a moderate climate even though it is just south of the Equator. In Quito (as in most parts of the Andes), you can experience all four seasons in one day, and therefore you should pack a few items of clothing with colder weather in mind.