



## PACKING LIST FOR ECUADOR

*Updated 6/2016*

**Clothing:** You do not need to purchase clothes specifically for this. You will want to be dressed comfortably when working in the orphanages—similar to what you would wear at home or school. Be aware that many volunteers leave their clothes behind because they get worn out/stained. Nice casual (not grungy) clothes are best, rather than dress clothes. See the [Dress & Grooming](#) section on our website for more details.

*Almost everyone underestimates how chilly, even cold, it gets down there at any time of the year. Fifty degrees when there's no indoor heating is really pretty cold—warm clothing that you can layer over clothing for the colder times is a must!*

### Suggested Clothing List

*(This list is more than adequate—you can get by on much less)*

- You will need at least one set of clothing, including shoes, which can get dirty and/or wet.
- 3-4 pairs of jeans or other pants or capris (nice looking, not grungy or with holes; darker colors seem to be best)
- 8-10 shirts/tops (mostly short-sleeved and some long-sleeved)
- 1-2 pairs comfortable shoes (including tennis shoes or hiking sandals)
- 2-3 Sunday outfits (optional if you choose to attend Church services)
- 1 pair comfortable dress shoes
- 1 pair flip-flops/sandals
- Light-weight jacket (waterproof and hooded works best)
- Swimsuit (1 piece or tankini)
- OSSO sweatshirt
- 7-10 day supply of underclothes and socks
- Pajamas (it gets cool in the evenings)
- Occasionally, the volunteers attend an event with the children where everyone dresses up, and it's good to have a nicer outfit. For example, volunteers have attended Christmas parties, dances, funerals, and or baptisms (Catholic and LDS) with the children from the orphanage.

### Toiletries

*Bedding, pillow, and a bath towel are provided.* Due to the increased restrictions for the checked luggage and carry-on restrictions of liquids, we highly recommend that you bring only travel-size toiletries to get you by for a week, and then you can go to the supermarket there and buy the toiletries you'll need during your time. Generally, if buying U.S. brands, the cost will be comparable to U.S. prices, but if you buy local brands, the price will be lower. However, the costs of hair care products; body soap, bug spray, and lotion have risen in recent months and can be expensive. You may consider bringing your own of these items, but you can also find them in Ecuador. Ask the Volunteer Directors for a laundry basket if needed when you arrive.

- Makeup (you'll likely use very little)
- Hair accessories
- Hand sanitizer (one regular size bottle and a small pocket-size one)
- Contact Solution (this is actually not very common there so you should bring the amount you need)
- Feminine products

## Medicine

### Suggestions:

- Pepto-Bismol
- Tylenol/Advil
- Cold medicine (Robitussin/Dayquil, etc.)
- Allergy medicine
- Medicine for motion sickness
- Anti-itching cream

***Bring the needed amount of any prescription medicines you take to last the entire time you're in Ecuador, as well as any medicines you take on a regular basis.***

## Other Suggestions

*(Previous volunteers have liked having these items; it is up to you what you bring)*

- **Bug Spray** (long pants & socks also help)
- Ziploc bags for travel, as well as for storing things
- Camera and applicable accessories
  - You may want to bring a waterproof disposable camera or waterproof camera case for some of the field trips
- Sunglasses, baseball cap for the field trips
- Pictures of family, home, friends
- Journal
- Suitcase Lock
  - You can use your suitcase to lock away valuables, if you feel this is necessary.
- Money pouch, if you'd feel more comfortable using this to carry your money, ATM card and passport in while traveling
- Spanish reference material, e.g. Spanish-English dictionary, 501 Spanish verbs, old Spanish textbook, etc.
- Things to occupy your free time—bring hobby stuff, books, games, movies, etc.
- Recipes—you will be cooking your own breakfast and dinners!
- Favorite foods, e.g. ranch dressing mix, Mac & Cheese, peanut butter, granola bars, snacks, etc.
- Backpack/duffle bag for use on field trips and activities

**Note about Electricity:** *Ecuador's voltage is the same as in the States.* However, there are two differences for their outlets. Some do not have space for a third prong and some are only for even-sized prongs. You can easily get an adaptor there to take care of the combined problem.

*If you have extra space and would be willing to take donations with you, view our [Needed Donations](#) page and contact our office to verify what would be best to bring.*

*If you live close to the OSSO office in Rexburg, Idaho please call the office at*

(208)359-1767 to see which donations stored at the office need to be taken down.

THANK YOU!