



Ecuador Service trip 2024

What to Bring List

Each person is limited to taking one free checked suitcase no heavier than 50 pounds (please weigh your suitcase before leaving home!) Also remember if you want to bring some souvenirs back you need room in your suitcase. A small carry-on and a backpack is allowed for hand luggage. You will be taking a small bag with some donations so make sure you save space for that.

IN YOUR SUITCASE, YOU SHOULD HAVE:

- A SMALL ALARM CLOCK YOU WILL NOT HAVE YOUR PHONE WHILE IN THE JUNGLE
- A tote bag/small backpack for taking supplies to villages for VBS
- A warm jacket or sweatshirt, and a lightweight rain jacket, umbrella
- Comfortable jeans/pants. Lightweight pants are preferable as jeans do not dry easily once they get wet, however they protect you from the mosquitoes.
- Work clothes that can get REALLY DIRTY or get paint on them
- Slightly nicer outfit for evening services. Light weight slacks (skirts optional for girls); collared shirt for boys
- No flip flops or open toed shoes (flip flops ok for shower)
- Long sleeve T-shirts (no sleeveless, long sleeve better for protection from sun and insects), sweats or warm pajamas: Quito is quite cold at night.
- Sport shoes, work boots that are waterproof (Ninawachi does have tall rubber boots we can use)
- Hat for the sun
- A watch; you will not have your phone to check the time while in the jungle
- Ibuprofen or Advil, throat lozenges, (Halls) Antibacterial cream, motion sickness pills, and ear plugs; Imodium for upset stomach are recommended
- Medicine for altitude sickness is optional, some experience headaches and nausea in Quito
- A roll of toilet paper
- Towel and (optional) pillow
- Plastic bags / Trash bags for wet or dirty clothes
- Strong sunscreen
- Insect repellent
- Small bag of detergent to hand wash clothes at Ninawachi
- work gloves for construction
- A reusable water bottle (very important for staying hydrated)
- Bible, notebook
- Toiletries (It is a good idea to put these in zip lock bags) wet-wipes, anti-bacterial hand wash
- Clean clothes for the flight back
- Small flashlight

- Band-aids (lots) and Neosporin or comparable antibiotic ointment. These items are a necessity and leaders will not provide them.
- Antibacterial wipes or alcohol wipes (after we finish our VBS and get on the bus it is a good idea to clean your hands)

OPTIONAL ITEMS

- Snacks for when in Ecuador. Some ideas are beef jerky or granola bars. The jungle will be hot so any chocolate will melt. Remember no liquids on the airplane.

ON THE TRIP BACK, IN PANAMA, YOU AND YOUR LUGGAGE WILL BE GOING THROUGH A METAL DETECTOR AT YOUR GATE. YOU WILL BE ASKED TO THROW OUT ANY LIQUIDS. SO IF YOU BUY A DRINK AT THE AIRPORT YOU NEED TO CONSUME IT BEFORE YOU GO TO YOUR GATE TO BOARD TO SAN FRANCISCO.

IN CARRY-ON/BACKPACK:

- Your passport
- Items that will make the long flight more comfortable. Again remember no liquids. Anything of great value should be left at home and whatever you bring will be your responsibility.
- \$100 to \$200 (new bills of small denominations work better) personal money. You may want to purchase food at the airport both going and returning. Save some money to use for buying souvenirs to bring back. (Ecuador uses dollars so we will not have to worry about exchange rates) 1\$ bills are also great to have because at Casa Blanca where we will stay at both ends of our trip there will be an opportunity to wash clothes for a small fee.

OTHER IMPORTANT INFO

- While in Ecuador remember to drink lots of water and only bottled water. Nothing out of the tap. Because Quito is at such a high altitude this is very important especially for the first couple of days.
- While in Ecuador remember to put your toilet paper in the trash and not in the toilet!
- Remember this saying. Where He leads me I will follow, what He feeds me I will swallow! I do not think you will have trouble with the Ecuadorian food; it is great! However it may be a good idea to bring some medicine like Imodium.

The most important thing to bring is a servant's attitude.