



# Eco-Arts

**Ecuador: Hummingbirds and the  
Amazon  
June 27 – July 9, 2010**

## **Travel Preparation**

### **Passports**

Reminder: A visa is not required for our trip but you need a passport valid for at least six months after arrival. Check your expiration date if you have a passport or apply soon if you don't.

Here's the State Dept. link where you can find application details:

- [http://travel.state.gov/passport\\_services.html](http://travel.state.gov/passport_services.html)

### **Documents**

- Passport – no visa needed
- medical insurance card
- photocopy: passport, credit cards you're taking, insurance card, etc. - leave a copy with someone at home and take one with you in your luggage

### **Travel Insurance**

**Trip Cancellation:** We strongly recommend trip cancellation insurance to protect your investment.

**Health Insurance:** Please check with your health care provider to see what your coverage is overseas. If they cover you, get the details about reimbursement. If they don't cover you or if you are only partially covered, consider buying traveler's insurance that includes coverage for illness, injury, medical services and medical evacuation. The cost of the insurance isn't that much compared with the out of pocket cost if you need any of these services.

## Clothing

The Prime Directive: Pack light. We will have weight restrictions on the flight to Coca (50 pounds on your checked bag), so keep this in mind when packing. You may also bring a small carry on for your binoculars, camera, etc. We'll be able to store luggage for the days we're at Sacha Lodge and retrieve it before going to our next destination.

### **Quito and higher elevation lodges:**

Although Quito is near the equator, it is also situated in a high mountain valley which makes the weather pleasant all year round. Quito is known for its "eternal spring" with temperature variations varying more in a single day than season to season. Day temperatures average around 68-70 degrees and nights average about 48 degrees.

Although we'll be there in a "dry" month, we should be prepared for light rain or mist.

Dress will be casual and informal. The best approach to comfort is layering. For the day, khaki/field pants and a couple of long-sleeve shirts of lightweight material. You might want to wear a t-shirt underneath the shirt as another layer. Long sleeves will protect you from insects and, more importantly, protect you from UV exposure. Natural colors are better for not scaring the wildlife. Bring clothing that's quick-drying and that you can wash yourself in case we don't encounter laundry facilities. Bring a sweater or pile jacket for warmth and a light rain/wind jacket to layer over it for early mornings and evenings. If you are cold-blooded, you might consider thermals. Just remember you'll want to shed layers as the day progresses.

Footwear: We will be hiking, sometimes on gravel paths that require a good walking shoe or hiking boot. You don't need a heavy trekking boot – our hiking will be more stop and go (hopefully lots of "stop" for wildlife and bird sightings!). There will be times when a walking shoe or cross-trainer will be adequate. Break in new shoes well before the trip. Bring sandals for lounging around the hotel. Wear socks that wick away moisture; you don't want hot wet feet.

### **Ecuadorian Amazon:**

The lodge is located at an elevation of 900 feet in tropical forest. Days can be warm and humid but the nights can be cool, especially after a tropical shower. The lodge has ponchos and rubber boots in case we need them. Otherwise, light tropical clothing is appropriate. Long pants and long-sleeved shirts are recommended for forest walks, however, if you prefer wearing shorts for walking, you'll just need to use repellent.

Remember that you know yourself and your comfort best – think of these only as suggestions.

### **Keeping dry**

Although we will be traveling in the dry season, you might want to bring a light rain jacket for the possibility of rain- the more breathable the better. Sacha Lodge will have ponchos available.

## Electricity

Panama operates at 110-volts AC and uses the same plugs as the U.S. You will not need an adapter or a transformer.

## Gear

### Wildlife Viewing Gear

- Binoculars
- Field guide
- Small notebook
- Day pack
- Wide-brimmed hat
- Water bottle
- scarf

### Other Stuff

- Journal or writing paper and pens
- Sun glasses
- Reading material
- Flashlight
- Extra batteries
- Camera and film/storage
- Spanish dictionary/phrase book
- Personal first aid kit
- Personal medications
- Sun screen & lip balm w/SPF
- Sunscreen shirt
- Repellent
- Foot powder/talc
- Wash cloth (if you use one)
- Flip-flops/thongs
- Lens cleaner
- Alarm clock

## Laundry

There are laundry facilities at Sacha Lodge and at Las Palmeras Inn.

## Health

Our main goal is to stay healthy and focus on preventative measures. But, like good scouts, we should be prepared.

- Remember to bring any prescription drugs that you require and to have them in your carry-on luggage. Also bring any over-the-counter medications you think you might use.
- Water: as a general traveling precaution, drink bottled water and don't use ice. This include brushing your teeth with bottled water.
- **Vaccinations and medications for vaccine-preventable diseases:** Your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history, but here are the CDC recommendations:
  - Routine vaccines, such as for influenza, chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life
  - Yellow Fever is required
  - Hepatitis A & B recommended
  - Precautions for malaria

Although the management at Sacha Lodge says "Sacha is well-isolated from local populations and tropical diseases are extremely rare here," we still highly recommend following the advice of your doctor and the Center for Disease Control to determine exactly what you will need.

<http://www.cdc.gov/travel/tropsam.htm>

- Here's another site that has travel medicine information that you might find interesting.

<http://www.travmed.com/>

## Carbon Offsets

We encourage you to consider purchasing carbon offset for this trip. For information on what this is and how to do it, follow this link: [OFFSETS](#)