CONSERVATION VOLUNTEERS INTERNATIONAL PROGRAM



Gear List for the Galapagos Islands Volunteer Trip

INTRODUCTION AND WEATHER

The key to staying comfortable while on an active trip is layering. To get maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. This gear list has been created to help you in choosing your equipment for the trip. Try to bring only what is necessary, **as inter-island baggage allowance on light aircraft is limited to one checked bag weighing no more than 25 pounds**. Average daytime temperatures in and around the Galapagos Islands generally range from 73 – 87 degrees F. Days are generally clear and pleasant, with occasional showers. All day rain is unusual. Travelers volunteer on the conservation projects unless there are unusually severe weather conditions. Please come prepared for all possibilities and equipped with good lightweight raingear.

RECOMMENDED GEAR

OFFICIAL PAPERS

- ☐ Airline itinerary and confirmation number
- ☐ Valid Passport
- ☐ Proof of emergency medical and evacuation insurance

LUGGAGE

- ☐ Soft-sided suitcase. **Our inter-island baggage limit is one checked bag at 25 lbs.** Excess weight fees will be charged.
- ☐ Small Daypack (approx. 2,000-2,500 cu. in.) to carry your lunch, camera, water bottles, extra clothing
- ☐ Passport pouch and money belt

OUTERWEAR

- ☐ Hooded rain/wind jacket, waterproof and breathable
- ☐ Rain pants, waterproof and breathable
- ☐ Rain cover or large plastic bag for your daypack

FOOTWEAR

- ☐ Sturdy hiking boots or walking shoes, waterproof, broken in, aggressive tread.
- ☐ Comfortable shoes for travel
- ☐ Watersport sandals

CLOTHING

- ☐ A few lightweight, casual, easily washable items for travel and wearing after project activity
- ☐ Hiking shorts, lightweight and synthetic
- ☐ Hiking pants you can volunteer in, lightweight and synthetic
- ☐ Lightweight and synthetic long-sleeve shirt(s) for cool evening and sun protection
- ☐ T-shirts, quick dry
- ☐ Swimsuit and sun protective swimwear (such as Rashguard)
- ☐ Hiking Socks (synthetic or wool) and liner socks
- ☐ Socks and Underwear
- ☐ Sleepwear

CLOTHING ACCESSORIES

- ☐ Leather gloves for project activities
- ☐ Safety glasses
- ☐ Sun hat
- ☐ Bandana
- ☐ Beach towel
- ☐ Clothesline and washing detergent packets

TRAVEL ACCESSORIES

- ☐ Two (2) one-quart water bottles or hydration system
- ☐ Flashlight or headlamp
- ☐ Sunglasses and retainer strap
- ☐ Sunblock and lip balm
- ☐ **Face masks, hand sanitizer gel, personal wipes**
- ☐ Toiletry kit
- ☐ “Quick-dry” towel
- ☐ Personal prescription medication
- ☐ Personal first aid kit including motion sickness remedies
- ☐ Insect repellent
- ☐ Electrical plug adapter

OPTIONAL FIELD GEAR

- ☐ Camera, and accessories
- ☐ Small binoculars
- ☐ Dry Bag
- ☐ Watch or clock with alarm
- ☐ Spare contact lenses or glasses
- ☐ Earplugs (for sleeping)
- ☐ Reading and writing materials
- ☐ Lightweight, collapsible hiking sticks
- ☐ USB Flash Drive

Gear List for Galapagos Islands Volunteer Trip (Cont'd.)

Things to Consider

- Always pack essential items such as your passport, money, eyewear, medications and one set of spare clothes in your carry-on baggage, in case your luggage is delayed.
- The sun is particularly strong on the equator, so a good sun hat and a long-sleeved, light-colored shirt are important. Bring plenty of water-resistant sunscreen.
- Please bring a layer to protect yourself from the sun while in the water, such as a Rashguard.
- The volunteer trip involves travel on small airplanes and boats. Those who tend to get motion sickness should bring their favored remedy: medication, patch or wristbands.
- The baggage weight limit for inter-island flights is 25 pounds. The planes are very small (seven passengers) with little space for carry-on luggage. Pack lightly!
- To keep baggage to a minimum and under the 25-pound limit, you may wish to leave items not necessary for your Galapagos travel at your hotel in Guayaquil or Quito, if you will be returning there after the Galapagos trip. Plan to bring a spare duffel bag for this purpose. You will need to arrange this directly with the hotel.
- Hiking sticks are listed as optional, since some people may want them on level or gentle slopes. If they are not important for you, we recommend that you do not bring them because they take up precious space on our inter-island flights. Our hike to the Sierra Negra volcano is up a gentle slope and then the hike along the crater rim is on relatively level ground.
- SMOKING IS STRICTLY PROHIBITED by law anywhere within the Galapagos National Park lands. Also, smoking is not compatible with our camping and lodging accommodations, due to drifting second-hand smoke.
- Open-toe sandals are not suitable for some of our walks along the beaches where we hike on trails cut through sharp lava. Closed-toe sandals such as Keens or similar are essential to prevent cut toes and feet.
- Cotton can initially feel wonderful in warm weather. However, once it becomes wet, it will drain your body heat. Consider bringing wool or synthetics such as Capilene®, MTS® and Thermax®.
- Always test your layers before a trip. Your outer layer should fit easily over the inside ones without binding and bunching up.
- Always make sure boots are broken in. Bring moleskin for foot treatment. Thin liner socks worn under regular hiking socks may minimize the risk of blisters. The liner sock should be synthetic, not cotton.
- Remember to notify your credit card companies about your travel to the Galapagos Islands

We are looking forward to enjoying this trip with you. If you have any questions about the gear list, please contact us at info@conservationvip.org.