

Recommended to Bring:

The cash as mentioned in the tour.

For the overnight jungle portion of the tour: a flashlight, lightweight long pants and shirt, a water bottle, rain jacket or poncho, camera, swimwear (there may be an opportunity to swim in the river), mosquito repellent, sunscreen and whatever snacks or special foods you would like to eat between the 3 meals provided by the lodge (lunch the day we arrive, dinner, and breakfast). Rubber boots for walking/hiking in the jungle are provided by the lodge, but you will need to bring long socks to wear with them. Inserts would be a bonus.

For the rafting trip portion: you will want strap-on sandals or water shoes and something you can get wet in. Our recommendation: swim shorts and ideally a thin synthetic top with long sleeves to keep you warm on a rainy day and keep you from getting sunburned on a sunny day. You may bring your camera and store it in one of our dry bags until you want to use it. You will also need sunscreen and mosquito repellent.

For caving: add a headlamp. FYI: You'll want the strap on sandals mentioned above for rafting, the **waterfall hike, and for caving. For the rest of the time;** comfortable shoes, a rain jacket, sunglasses, sunscreen and insect repellent as needed and your camera, of course.

You will need to bring a towel and swimwear **for the Papallacta Hot Springs.**

Probably a hat.

It is cold in the mountains, where Quito airport and the Papallacta Hot Springs are located. Think Phoenix in the winter, without indoor heat. So, you'll want warmer clothes for the short period you'll be there. You probably won't even need a hat, definitely not gloves, but a fleecy jacket and maybe long johns for sleeping in would be good. It can get a little cold in Baños when it is cloud covered, but is generally warmer than Quito.

Medications: Any special medications you need to take or think you might need while on the tour. Bring whatever OTC medications you like to take, but forgo the malarial medication, it's not indicated for our province (Napó) in Ecuador. Zika and Yellow Fever are also not an issue in almost all of Ecuador, and not anywhere near where we will be going. You can bring medication for traveler's diarrhea, but know that we will be with you every step of the way, with great advice on what and what not to eat. If you do get sick, antibiotics are sold OTC and are inexpensive. We can also take you to our favorite doctor if need be. Pepto Bismol is sold in chewables (in the US, not in Ecuador). It's not a bad idea to take those as a preventative if that is a concern for you. Read more about that [here](#).