Luggage
Please pack lightly and include only necessary items. You should be able to carry all your luggage significant distances on your own. Try to minimize both the number of bags and weight of your bag(s) since you will likely be acquiring more belongings while abroad.

Many students find that a large internal frame backpack and a smaller daypack/duffel are the most convenient choices for luggage, however it is up to you. You will need a medium sized backpack to use for day excursions. You can leave some of your belongings at the program office or with your host family if necessary.

If carrying prescription medications, you should carry a letter from your doctor to prevent any concerns at customs or in transit. (Please see the “General Health Tips” section in the Safety, Security, and Health pre-departure document). Please check the current requirements of the Transportation Security Administration (http://www.tsa.gov) as well as those of the airline on which you are flying for domestic and international baggage restrictions.

Clothing Guidelines
Students in the past have recommended bringing the same sort of clothes that you wear in college, including nice outfits for social events. Ecuadorians typically dress conservatively during the day. People will judge you based on how you look and what you are wearing. Ripped jeans, T-shirts with holes, spaghetti-strap tops, mini-skirts, shorts, and flip-flops (men or women) are NEVER proper attire for Quito.

Women, if you wear clothing that reveals a lot of skin you will draw unwanted attention from men, which will probably cause you to feel uncomfortable and harassed. Since your Ecuadorian host families feel that how you dress reflects on them, bring one more formal outfit in case you are invited to attend a wedding or other family gathering. Women in Quito wear pants most of the time because of the weather (which is very changeable). They also usually wear boots to go out at night, or when it is raining. Medium length skirts or dresses are more common and accepted than ankle-length. Since the program includes travel to both warm and cool areas, you need to bring a variety of clothing. Dressing in layers is the best solution. You can also expect some mud and rain on our excursions.

Computers and Other Electronics
It is recommended that you bring a laptop computer. If you bring a laptop, the computer will be your personal property and responsibility and it is recommended that you insure it. SIT is not
responsible for any duty tax you may have to pay when you enter the country, theft, or loss.

Internet access is very good throughout Quito and smaller cities. Small towns and rural areas, however, do not have good access. The cost of renting time on a computer with high-speed Internet access is about US$2 per hour in Internet cafés. In smaller cities, Internet access can cost up to US$2.50 per hour.

It is recommended that you bring a laptop for word processing, or for Internet activities such as frequent emailing or Skype. You will be able to leave your laptops at your homestays in Los Chillos or Quito during the excursions. Past students have found it quite helpful to have a laptop for assignments and during the ISP period, but you must be prepared for the risk of damage or theft that carrying such expensive equipment involves.

Please see the following website for information about electricity, voltage, and electrical adapters: http://www.worldstandards.eu/electricity/. In Ecuador the voltage is 110V (same as in the US). Outlet adapters (3-prong to 2-prong) can easily be purchased in Ecuador if necessary.

Gifts
As you might imagine, it is best to be prepared with a gift to offer your homestay family in gratitude for their hospitality and as a means to share a part of your culture with them. It is appropriate to bring a small gift for your host families (2). We suggest one or two gifts that the whole family can enjoy; you do not need a gift for each member. The families generally like anything sweet or decorative. You may also wish to consider gifts for people outside your homestay family. Try to choose gifts that represent you or the part of the country and/or community you live in. Think about what your city, state, or local artisans produce. Draw upon your personal interests or hobbies for ideas. Pack a couple of small gifts for children, such as small games, bubbles, or a Frisbee. Even if your homestay family does not have small children, chances are that you will engage with children in your homestay community. Once you are on the program and learn more about the local culture, you will discover other ways to thank your family. Remember to bring pictures of your friends and family to share.

What You Can and Cannot Obtain in Country
Many American brands of hygiene products and toiletries can be bought in Ecuador, though usually only in major cities, in large supermarkets or shopping malls. Imported items can be quite expensive but quality local brands are usually fine. Please note that typically only OB tampons are available. You can purchase some small items once you are here, such as toothpaste, deodorant, etc. Bring some to get you started, but you don’t have to bring enough for the entire semester. School supplies are easy to find and inexpensive. You can find almost any item of clothing you need in Quito, or in the artisan markets, varying considerably in quality and cost.

If you have further questions, please contact your admissions counselor and/or ask an alumni mentor: http://studyabroad.sit.edu/pn/admitted-students/contact-a-former-student/.

Don’t Miss the Packing List on the Next Page!
These packing guidelines are based on suggestions from past students and your academic director. The clothing you bring may be adapted to your own style, within cultural norms of acceptable dress.

Remember to place all valuable items and prescriptions in your carry-on luggage while traveling and all sharp items in your checked luggage.
Suggested Packing List

General
- 1 nice outfit suitable for a social event
- Lightweight clothes for Rain Forest and Guayaquil/Galapagos excursions (cotton, rayon or cotton/rayon blend) including pants, long-sleeved shirts, light T-shirts, opt. medium length skirt
- Underwear and socks (10-day supply)
- Warm pajamas or nightgown
- Slippers or flip flops (for use inside house and on excursions)
- 1 pair comfortable sneakers
- 1 pair sandals
- 1 pair nice shoes
- Rain gear (waterproof jacket, poncho, or umbrella)

Women
- 2–3 light-weight pants or jeans
- 1 medium-length skirt and/or dress
- 5–6 mixed long and short-sleeved t-shirts
- 2–3 blouses or shirts
- Sweater
- Jacket or fleece
- Boots to go out at night (can be bought in Quito)
- Bathing suit (not bikini)
- Optional – yoga pants/leggings for exercising (shorts and spandex are not appropriate)

Men
- 1–2 pairs light-weight pants and 2 pairs jeans
- 1 pair of long shorts
- 1 bathing suit
- 5–6 mixed long and short-sleeved t-shirts
- 1–2 nice shirts (button-down)
- Jacket or fleece

Travel Documents
- Passport
- Yellow WHO Card (see the Safety, Security, and Health document for more information)
- 2 photocopies of your passport stored separately from your actual passport
- Photocopy of visa (if applicable)
- Visa certificates from Ecuadorian Consulate
- 2 passport photos

Health/Toiletries
- Adequate supply of any medications you use regularly
- Small first aid kit (most supplies can be bought here)
- Extra eye glasses and/or contact lenses
- Sunscreen (at least SPF 30)
- Sunglasses
- Wide-brimmed hat or baseball cap (for sun protection)
- Insect repellent
- Malaria prophylactic medication for excursions (opt. a month more if you expect to do your ISP in the Rain Forest or on the Coast). Please see below.

Malaria Medications
You will need to bring Malaria prophylactics (preventative medication) for our mid-semester Guayaquil and our Rain Forest Excursions. This is a total of 10 days in a malarial area. For most medications, you need to begin a couple of days before and continue anywhere from a few days to 1–4 weeks afterwards. If you choose to do your ISP on the Coast or in the jungle, you will need 4 more weeks of medication. Please check with your doctor and bring the corresponding amount of medication. You do NOT need malaria prophylactics for the Cloud Forest Excursion, Galapagos Excursion or while you are in Los Chillos or in Quito. Do not expect to purchase malaria preventive medication in country, as it is not available (particularly Malarone and/or Doxycycline).

Other Important Items
- Medium-sized day pack (to pack clothes for 3–4 days for excursions)
- Small, quick-drying towel
- Travel alarm clock
- Flashlight
- **Latin American** Spanish/English dictionary
- Reusable water bottle
- Small luggage lock
- You do NOT NEED a sleeping bag or mosquito net

**Optional**
- Travel guide (particularly if you plan to do post-program travel)

- Small camera and film/batteries *(please insure valuable cameras)*
- Pocket knife *(pack in checked luggage!)*
- Laptop computer *(please insure it)*