

Ecuador Pre-Departure and General Information

*On behalf of **Gulliver Expeditions** we want to welcome you and open the doors to an amazing life changing experience. We commit to offer you a fantastic time during your travel through Ecuador.*

Kit List – What to pack?

Please note that this kit list is intended to help you plan what you may need to take with you and therefore you may not need all of the listed items below for your trip.

Personal Documents

- ☐ Passport, insurance certificates and personal documentation
- ☐ Flight tickets printed
- ☐ Photocopies of all the above to be left at home with your next of kin
- ☐ Spending money
- ☐ Guidebook on Ecuador (e.g. Lonely Planet or Footprints)
- ☐ Gulliver agency emergency contacts

General

- ☐ Camera, Charger, Adapter
- ☐ Sunglasses
- ☐ Pocket-knife (for general use)
- ☐ Water bottle
- ☐ Day pack / rucksack for everyday use
- ☐ Personal enjoyment – books, cards, music, etc.
- ☐ Personal hygiene items (deodorant, soap, shampoo, toothbrush, etc.)
- ☐ Spanish dictionary

Clothing

- ☐ Hat
- ☐ Comfortable walking shoes
- ☐ A pair of thick socks for walking
- ☐ Sandals
- ☐ Waterproof Jacket
- ☐ Long trousers
- ☐ Swimwear
- ☐ Towel (optional)

Medical Kit

- ☐ Personal Hygiene Kit (e.g. Altitude/sea sickness, Anti-diarrhoea tablets, Antihistamines, pain killer)
- ☐ Personal Toiletries
- ☐ Sunscreen
- ☐ Mosquito and insect repellent



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Weather: There are mainly two seasons in Ecuador, rainy and dry. The temperature ranges between regions and their altitudes. Generally, you can travel to Ecuador year round and have good traveling weather.

Jungle: It is recommended to take light clothing, long sleeve shirts, comfortable pants, and a hat. It is very important to take mosquito repellent. Usually the lodges would provide a rain coat and rubber boots. If you have a shoe size greater than 43, check with your sales agent if the lodge can provide your size.

Andes: It is recommended to use layers as it can get hot with the sun in the mornings and in the afternoons colder with winds and sometimes rain. It is highly recommended to use sun cream, even if the weather is overcast.

Galapagos and the coast: January through June is the warm and wet season. The water is warm and calm. July through December is colder, the sea is choppy and it is recommended wet suits for snorkelling. We recommend to take sun cream and mosquito repellent.

Health: For sure you have listen to visit a South American country you have to be aware of sicknesses as such as: Malaria and Fiebre Amarilla, both sicknesses are less common now a days and both are transmitted by the mosquitos, this insects habits in tropical areas as the cost and amazon region of Ecuador, to prevent the mosquito bites you should use antimosquito lotion which has DEET, use long sleeves shirts and use the mosquito net.

Our specific recommendations to prevent Malaria is to take the medicine 1 dose one week before, during and after visiting tropical areas, this medicine is known as Mefloquine and its commercial name is Larium.

Many South American countries ask for a certificate of the vaccine to prevent fiebre amarilla as a requirement to travel to the country but Ecuador doesn't ask for it, but is recommended to put this vaccine one week before visiting the jungle to prevent this sickness. Take in mind this vaccine can not be taken by pregnant woman and kid under 4 month of age.

Customs and Culture

Greeting People: Greetings are very important to Ecuadorians. The greetings and farewells are the same. Men shake hands, women kiss on one cheek and men kiss woman on the cheek as well.

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Religion: Ecuador is mostly Catholic. In the last few years other religions have increased the numbers of believers. Most towns have magnificent churches from colonial times.

Meals: Vegetables, rice, potatoes and meat compose most of the traditional Ecuadorian meals. Fresh fruits are consumed daily as well as fresh prepared soups. Ask our Gulliver Expeditions representatives for suggestions on recommended restaurants.

Money: The official currency in Ecuador is the United States dollar. Bills are the same as in the US. There are US coins, as well as Ecuadorian coins. Before you leave Ecuador, make sure you use the Ecuadorian coins, as these will not be accepted anywhere else. Most shops and restaurants will not accept bills over \$20, so it is worth having small currency denominations on you. You can also use ATMs; daily limit is usually \$300 per card. It is advised to inform your bank that you will be traveling, and check for any extra fees for use abroad.

Tipping Etiquette: If you are in a shared tour, tipping averages \$5 per person for an excellent job. For private tour guides, it will average \$10 per day. Drivers usually half the amount, if you feel they did an excellent job. In tours that involve several days and services, like cruises, jungle programs, it is recommended to tip \$50-\$60 per client, per week and leave it in an envelope provided. The crew will divide the amount among personnel.

Restaurants in Ecuador add to your bill a 10% service charge, so no need to leave an additional amount, unless the service was beyond expectations. In this case, \$5 is good (depending on the level of the establishment).

In hotels, you should tip about \$0.5 per bag.

Public Transportation: The bus or trolley in Quito is only 25 cents, and a taxi ride is about \$2-\$5, depending on where you want to go. Never take a taxi that doesn't have a meter. These taxi drivers are unregistered and they may try to rip you off. Be warned that the prices always go up at night, and many taxi drivers won't use the meters after dark for this reason. Actually the taxis by law are well equipped with a security system: small security camera, panic button (for emergency call purposes) and GPS, which is connected with the national police that will attend your emergency in 5 minutes.

Safety: Like in most big cities, heavily loaded wallets and pockets are attractive to theft. Remember to leave your documents and valuables at a safety deposit box in

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your hotel. You just need to carry the copy of your passport. After 6 p.m. it is best to call a taxi from the hotel or restaurant for evening visits to the city or going out for dinner.

General Services

Visas: Usually, you do not need to obtain a visa for stays up to 90 days. If you are unsure, please check with our agents and your local Ecuadorian Embassy. If you need to obtain a visa, keep in mind this is your responsibility. For stays longer than 90 days, you must obtain a 6-month Tourist visa (12-IX) at your local Ecuadorian Embassy. Gulliver Expeditions will provide you with more information about visas and immigration if needed.

Arrival: We offer a pick-up service from the airport that can be added to your package. After you pass immigration and claim your bags a driver holding a sign with your name will meet you. From the airport you will be brought to your accommodation. In case of any delays, please contact our agents (you will find our contact details at the end of this document, and in your voucher).

Luggage: Notice on national flights: Airline baggage allowance is 23 kilograms per person.

Internet: You will have plenty of access to the Internet in Quito, so keep an eye out for the nearest Internet café. Also, most hotels, restaurants and Coffees include free Wi-Fi. There are a lot of these internet cafés around the Mariscal area of the city. Due to the large amount of competition expect to find prices as low as \$0.50 an hour. In fact, Internet is now available in most places, right down to remote villages. It is unlikely to be charged more than \$3 an hour wherever you are!

Telephone: Try the local Internet cafes for phones and cheap calls home. Your mobile phone might not work in Ecuador unless it is unlocked. Please check with your local telephone provider service prior to starting your trip. In Ecuador you can purchase an Ecuadorian SIM card for about \$8. The international dialling code for Ecuador is +593.

Laundry: There are several laundry shops around town. Ask any of our Gulliver staff for the exact location and hours of operation.

Electricity: The output is 110 volts, 60 cycles (low wattage in most light bulbs). Therefore, some electric devices (e.g. hair dryers) might not work. Outlets in Ecuador generally accept two types of plugs – the American style plugs with two perpendicular

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flat blades above a circular grounding pin, or a Japanese style plug with two perpendicular flat blades:



Contact Details

You can contact our Gulliver Expeditions staff for delayed flights or any emergencies:

Main Office	+593 (2) 252 9297	Online Office	+593 (2) 252 8030
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We are looking forward to meeting you in Ecuador!

Gulliver Expeditions Staff

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