



WHAT TO PACK LIST **CENTERS FOR INTERAMERICAN STUDIES (CEDEI)**

ESSENTIALS:

Money belt - should be worn under your clothes and contain your money, traveler's checks, passport, credit cards, ATM card, telephone calling card, etc.

Passport and 4 copies of passport - 1) for embassy registration (CEDEI will need this copy once you're in Ecuador), 2) to carry on you while in Cuenca, 3) to save as an extra in case, 4) one to leave with your parents or contact person in your home country.

Anti-malaria pills- (Necessary for travel in areas outside of the highlands only) Cuenca is located in the highlands therefore it is not necessary to take anti-malaria medicine while there. Consult your doctor and/or local Health Department about your options for anti-malaria medications.

International Student Identification Card (ISIC Card) - for insurance and discounts.

Cash - Ecuador uses US currency therefore it is handy to bring US dollars in smaller bills (\$1s, \$5s, \$10s), especially for the first few days of your trip. It is risky to carry lots of cash. We recommend \$100 in small bills for the first few days.

ATM/Debit card - ATM machines are not always reliable but are the fastest, cheapest way to receive money in Ecuador. The limit per day is approximately \$300 from an ATM and \$500 for cash advances obtained at a bank.

Padlocks and ID tags for each piece of luggage—you should NEVER check unlocked luggage; Carry your money, IDs (passport) and other valuables in a money belt rather than checking them in a suitcase

Hiking boots and/or good sneakers

Sunscreen, lip sun-block- you can purchase this in Ecuador too.

Extra pair of prescription glasses or contacts, including a copy of your prescription.

Travel alarm clock

Spanish / English Dictionary

Insect repellent - especially if you are going to the coast or the rainforest

Prescription medicine and a copy of the scientific name of your prescriptions

Camera

Extra film and camera batteries (both cost about the same or slightly more than in the US)

Laptop (CEDEI offers a free wireless connection to internet)

Day pack - small backpack that can double as your carry-on

Swimsuit

Light raincoat or poncho - (small umbrella if you want)

Host Family gift – local foods, candies, or picture books about your city, typical souvenirs

NON - ESSENTIALS, BUT RECOMMENDED:

Anti-diarrhea medication and over the counter cold & flu medication

Hand disinfectant

Small flashlight

Ziplock and plastic bags - for keeping your camera, IDs and money dry

Small towel – provided by families, but for traveling its nice to have

Address book

Journal

Sewing kit

Pictures - of your life and your family at home to share with your host family and friends

WHAT NOT TO BRING:

Expensive camera- if it is not insured

Expensive jewelry- if you can't stand to lose it, don't bring it

School supplies- easily attainable in Cuenca

All other toiletries – if you won't melt without your favorite brand, you can get all you need in Cuenca

