

# Tracking Caterpillars in Tropical Forests (Ecuador)

## Expedition Packing List

### REQUIRED COVID-19 SAFETY ITEMS

In addition to the items included below, please also bring:

- Proof of COVID-19 vaccination, including booster doses if available
- Sufficient funds to cover any required COVID testing (*Project-specific cost estimate for both antigen and PCR test.....*)
- Enough face masks for the entire length of the project. Even when mask use is no longer required on site, all participants must still bring a supply of masks with them in the event they are needed. (N95, FFP2 or equivalent are recommended.)
- Multiple travel antigen (rapid) tests for COVID-19
- Personal thermometer for daily health checks
- Hand sanitizer for personal use (at least 60% ethyl alcohol)
- Enough personal medications, or other necessities, to cover possible time in quarantine beyond your planned travel days

### GENERAL

- Expedition Logistics Document
- Your travel plans, rendezvous details, and Earthwatch's emergency contact information
- Photocopies of your passport, flight itinerary, and credit cards in case the originals are lost or stolen; the copies should be packed separately from the original documents
- Passport and/or visa (*if necessary*)
- Certification of vaccination (*if necessary*)
- Documentation for travel by minors (*if necessary*)

### CLOTHING/FOOTWEAR FOR FIELDWORK

**Note:** *Clothing will get wet and dirty, and a washer and dryer will not be available. Clothes can be hand-washed at the station, but must drip dry, which sometimes can leave clothes damp depending on the weather. Bring enough clothing to ensure that you will always have something warm and dry. Also, note that light and neutral colors attract fewer insects.*

See "What to Bring" comments at the Yanayacu website: [yanayacu.org](http://yanayacu.org). Their advice for packing will keep you warm and happy.

**Important:** *We advise all volunteers to hike in knee high rubber boots NOT hiking boots due to muddy conditions of trails. The research station has rubber boots in a variety of sizes that visitors are welcome to borrow; however, there is no guarantee that your size will be available, so we recommend bringing your own pair of rubber boots. Researchers will arrange to stop in town so that researchers can buy boots before reaching Yanayacu. The cost is typically \$12. Be advised that sizes exceeding 11 may not be available.*

- Well worn-in (NOT brand new), comfortable walking shoes or hiking boots (leather hiking boots are not advised)
- Rubber boots
- Lightweight, quick-drying, long-sleeved shirts
- Lightweight, quick-drying pants
- Good rain gear (jacket and pants)

- Warm sweater
- Winter Coat appropriate for freezing temperatures
- Wool socks
- Gloves
- Wool beanie or hat
- Quick dry thermal underwear

#### CLOTHING/FOOTWEAR FOR LEISURE

- One nicer set of clothing for recreational time, travel, etc.
- Very warm clothing for layering (lined flannel shirts work great!)
- Warm pajamas (i.e., sweatshirt and sweatpants)
- Pair of light shoes or sandals
- Bathing suit

#### FIELD SUPPLIES

- Small daypack to keep your personal items together and dry
- Two one-liter water bottles
- Insect repellent
- Headlamp (preferred) or flashlight with extra batteries and bulbs (this is essential for fieldwork at night, to find your way to your room, prevent stepping on animals, and to avoid other hazards)
- Umbrella
- Sunscreen lotion SPF 30+ (waterproof and sweat proof advised) (We encourage biodegradable reef/fish-friendly products like those from [Stream2Sea](#). Get 10% off with promo code 'Earthwatch')

#### BEDDING AND BATHING

**Note:** *Blankets and pillows will be provided by the project*

- Quick-drying, highly packable bath towel
- Face cloth and/or hand towel

#### PERSONAL SUPPLIES

- Personal toiletries (we recommend biodegradable or reef/fish-friendly products like those from [Stream2Sea](#). Get 10% off with promo code 'Earthwatch')
- Antibacterial wipes or lotion (good for cleaning hands while in the field)
- Personal first aid kit (e.g., anti-diarrhea pills, Dramamine, Benadryl, antibiotics, antiseptic, itch-relief, allergy meds, pain reliever, bandages, blister covers, etc.) and medications
- Spending money
- Insect sting kits and/or Epi-Pens if you are allergic to wasp, bee, or ant stings
- Waterproof alarm clock or watch with alarm (you must be able to get yourself up in the morning, and can't count on your roommates having alarms)
- Camping/ outdoor blanket
- Toilet paper—toilet paper is not always available in public restrooms



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#### OPTIONAL ITEMS

- Travel guide or guidebooks, especially bird books
- Favorite snack foods
- Sunglasses
- Compass
- Binoculars
- Duct tape (always handy!)
- Jewelers loupe/magnifying glass
- Camera, film or memory card(s), extra camera battery
- Hardware for sharing digital photographs at the end of the expedition
- Dry bag or plastic sealable bags (e.g., Ziploc) to protect equipment like cameras from dust, humidity, and water
- Books, games, art supplies, small instruments, etc. for free time
- Earplugs for light sleepers

**Note:** *Do not bring more luggage than you can carry and handle on your own. If traveling by air and checking your luggage, we advise you to pack an extra set of field clothing and personal essentials in your carry-on bag in case your luggage is lost or delayed.*