

**WHAT TO BRING LIST:**

**SEMESTER LEADERSHIP PROGRAM (70 DAYS)**

The following lists are for you to decide correctly on what to bring. This is what we consider necessary equipment for our courses. Do not bring more than the required as you will have to carry with it along the course. Prior starting of the courses our staff will lead the students on how to pack their backpacks. At this process instructors will go through your belongings helping you and not letting you to carry any unnecessary things or prohibited articles

PERSONAL CLOTHING			
Equipment	Quantity	Description	Check list
Traveling clothes	2	semi casual clothes for traveling and closing dinner	
Underwear	7	Recommended for Women sport bra. Men, how you feel comfortable	
T-shirts	6	Short sleeve, 3 capilene or power dry fit recommended, 3 cotton	
Base Layer tops	2	long sleeve t-shirts Capilene or power dry fit recommended	
Thermal upper Layer	1	long sleeve, (Polartec power stretch or similar	
Short Pants	2	Fast Drying, for water activities	
Hiking Shorts	2	Lightweight, preferable not cotton	
Pants	3	2 Lightweight, 1 cotton could be jean.	
Socks	7	At least 5 good ones for hiking (not cotton)	
Fleece Jacket	1	Mid layer full zip, Polar 200 or 300 recommended	
Liner gloves	1	windproof fleece recommended	
Rain Jacket	1	Mountaineering jacket, with hood (Gore-tex or similar recommended	
Climbing pants	2	Light weight waterproof or similar, not jeans	
Fleece or wool hat	1	better if covers head and ears	
Bandana	1	Useful for many purposes	
baseball cap or sun hat	1	To protect from the sun	
Sandals	1	With ankle straps. Recommended Chaco, Keens or Teva	
Running Shoes	1	Any sport shoes	
Hiking Boots	1	Medium weight hiking boots, that covers up to the ankle for protection	

**Note:** hiking boots must be comfortable; we will be walking on hard and rocky terrain. Highly recommended that shoes are sufficiently used previous the trip. Waterproof recommended, Gore-tex or similar works good)

PERSONAL ADVENTURE EQUIPMENT			
Equipment	Quantity	Description	Check list
Backpack	1	Backpack with internal frame (5500 - 6500 cubic inches aprox)	
Sleeping Bag	1	Recommend Synthetic - insulated mummy bags, rated 0 to 10 °F	
Sleeping pad	1	sleeping pad	
Headlamp	1	better if led with three or more light bulbs, bring extra batteries	
Water Bottle	1	1 liter Nalgene bottle or similar	
Adjustable Hiking poles	1	Very useful to protect knees at long hikes and to support heavy weight backpacks	
Carabiners	2	1 Screw gate HMS, 1 non screw gate.	
Gaiters	1	Covers from the ankle to the knee, waterproof recommended	
Sunglasses	1	UV protection, better if polarized	
Dry Bag	1	mid size dry bag or heavy duty plastic bags to protect from water and humidity	

MISCELLANEOUS ITEMS			
Equipment	Quantity	Description	Check list
Insect Repellent	1	Little bottle	
Sunscreen	1	Waterproof, small bottle, 40 SPF or more	
Lip Balm	1	With sunscreen	
Toiletry Kit	1	Toothbrush, toothpaste, small biodegradable soap, small biodegradable shampoo, deodorant , 1 small towel.	
Journal + pencil	1	Little notebook, and pencil or pen.	

MEDICAL
If you are taking prescription medicines or use contact lenses make sure to have backup supplies.
Moleskin or Mole foam, highly recommended for blister protection
Note: instructors will carry complete first aid kits

DOCUMENTS FOR TRAVELING / MONEY
Passport valid at least 6 months
Valid travel insurance.
Plane tickets and 1 copy of the flight itinerary and number
1 color copy of the photo page of your passport
300 usd cash + credit card in case of medical emergency

OPTIONAL
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1-2 books for reading (recommended light ones as you will have to carry them)
Hydration System, Platypus, Camelback or similar 1.5 – 2 liters
1 travel pillow
1 pair flip flops
1 small English – Spanish dictionary
Cameras; for digital bring extra batteries and memory cards. Not big cameras
1 dry bag

WHAT IS NOT ALLOWED?
It's time to relax; leave your dependant belongings at home, you will not need them during the expedition. If you bring them, they will stay at base until our return from the expedition.
Cell phones
I-pods or similar music- image devices
Watches / clocks
Pocket knives or multi element tools
Lighters
Any kind of drug, cigarettes or alcoholic beverages

WHAT PROVIDES OUTWARD BOUND SCHOOL ECUADOR?
Camping tents
All adventure gear necessary not specified above
All transportation during the course
Meal kit (stoves, cooking pans, dishes, spoon, fork)
Lighters and cutting tools