

Earth Heart Farm LLC Earth Heart Expeditions

Information About Things to Bring For Flight of the Eagle (Andes/Amazon trip)

Ecuador is a country of stunning contrasts. Snow capped mountains on the Equator, home to the world's highest active volcano. Biodiversity beyond imagination: in a country the size of Colorado, Ecuador hosts 18% of the planet's known bird species – twice as many as the United States and Canada combined – at least 24,000 plant species, 100 types of hummingbird (compared to one type in most of the eastern US). It is truly a unique ecosystem. High in the Andes, daytime temperatures average 20-22 degrees C (68-72 degrees F); while at night the lows are 7-8 degrees C (45-48 degrees F). In the jungle it is close to sea level and the days are hot and humid with nights cool. We suggest layering of clothing, allowing removal of outer garments as days heat up. Pack lightly since you may have to carry your own luggage. You may want to consider using a backpack or duffel bag as your main luggage. A separate or detachable daypack makes hiking easy. Laundry facilities, hair dryers, and other such luxuries are NOT available.

Required:

Current passport (valid at least six months after return)

Photocopy of passport page

Two passport-size photos.

Photocopy of your return flight ticket.

Small daypack for hikes

Lightweight traveling sleeping bag (inquire if your trip requires a sleeping bag, some trips spend one night camping in the jungle, others stay at the camp in huts).

Suggested:

4 pair of comfortable pants, including what you wear on the plane. 2 should be nylon or quick drying & 1 for cooler nights.

1-2 long-sleeved shirts, including what you wear on the plane (Long sleeve shirt can serve as jacket on cool jungle nights.)

Quick dry nylon shirt is recommended, button up expedition style are best.

1 warm sweater or jacket, also can be worn on the plane

Hat (Sun can be intense.)

1 pair of tennis shoes/light hiking boots

1 pair of Teva type sandals for jungle.

Rubber boots for jungle will be purchased in Ecuador for about \$8 You may wish to bring insoles for the boots for extra support and cushion, however many people just use the boot as is.

Daily pairs of socks and underwear.

5 T shirts or tank tops for layering

Light rain jacket (pants optional)

Bathing suit

Camera and case (Disposable waterproof cameras are handy for rainy days or jungle hiking.) Film and Batteries

Small water bottle (Safe water will be provided at all times.)

Assortment of zip lock plastic bags for moisture protection

Biodegradable toiletries, feminine & first aid supplies, emergency toilet paper, sun and insect protection

Flashlight and batteries

Small lightweight sleeping pad (helpful for use if camping in the jungle one night)

Optional:

Sarong (can be used as towel, blanket, shawl)

Family photos to share with others and to keep you company

Light weight collapsible duffel to carry purchases

Warm hat and gloves

Warm sleeping ware for Andean nights (if you get chilled easily it can be cool)

Some participants suggested hiking poles/moleskin for assistance with long hikes. Note standard hiking poles without a basket will not work well in the mud of the jungle, we usually can find walking sticks for the jungle if needed.

Many people ask about items to give as gifts to the shaman and community, suggested items: sacred items such as crystals, tobacco, incense, feathers, stones etc are appropriate for the shaman. The children love t-shirts, baseball caps, liquid bubbles, colored pens, pencils, markers, and notebooks. In the jungle small flashlights are also a welcome gift.

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**Information About Things to Bring For
ANDES/AMAZON JOURNEYS pg. 2**

Highlights from prior trips:

In the jungle bedding is not needed. Pillows, sheets and blankets are provided at camp as well as towel.

Mosquito nets are not provided but are not usually needed. The area we go to does not have many mosquitoes. The biggest problems are ants and chiggers. The best way to protect yourself from them is with long pants, sleeves and socks.

Socks- if you think you may wear shorts, some people do, then you want to have knee high socks for under the boots or the rubber may irritate your skin while hiking. (I still recommend long pants)

Tops - I like to layer as in the packing suggestions. it is great if you have a first layer of wicking material not cotton for the longer hikes. This way if we stop and its a cold rainy day or we are always under the canopy as on the way to the falls the sweat is wicked away and you wont chill as much. I usually wear a wicking tank top and then long sleeve nylon shirt.

Backpack cover - the last item I thought of is a backpack cover used to protect the pack from rain. This is important if we have heavy rains on the way to camp. Since all your dry clothes and sleeping bag will be in the pack you want to keep it dry. The other way to do this is to line the pack with a large garbage bag and keep your clothes in the plastic bag.

Snacks - you may want to bring those workout type bars for hikes and in-between meals. Also very useful are nuts. Often the snacks that are available are all carbs. So the protein and fat from nuts balance that off and keep your energy better.

The powdered emergen -C packets are great. These replace the electrolytes in your system, help you stay hydrated and assist if you start to get run down. Great after Ayahuasca ceremonies to reground you and maintain energy.

Also for Ayahuasca ceremonies - chocolate is great the next morning. The sugar helps the overall system recover and besides its chocolate! and lastly crystallized ginger is great for upset stomachs, motion sickness (good for long bus rides) and after the Ayahuasca.