

## Earth Heart Farm LLC Earth Heart Expeditions

### Information About Things to Bring For Andean Shaman Intensive/Path of Light

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). You will find that during the day the sun is very strong, it is said that the Incan sun worshippers who erected temples to be closer to the sun in Peru did not need to do so in Ecuador because of the natural topography. We will be at altitudes of 8,000 ft. for most of the week, 10,000 ft. the day prior to departure. We suggest layering of clothing, allowing removal of outer garments as days heat up and re-layering as the day cools down. Pack lightly, though transport of personal luggage will be minimal (from flight to bus, to lodgings, etc.). You may want to consider using a duffle bag or backpack as your main luggage. A separate or SMALL detachable daypack makes hiking easy and you will be responsible for carrying your own drinking water and food on day hikes. Laundry facilities, hair dryers, and other such luxuries are NOT normally available.

#### **Required: bring with you**

Current passport (valid at least six months after return)

Photocopy of passport page

Two passport-size photos.

Photocopy of your return flight ticket (copy of e-ticket or confirmation)

Small daypack for hikes

Bandanas for ceremony: white, pink, red, and yellow, one of each color

#### **Suggested:**

2 pairs warm, comfortable pants (jeans are fine) – wear a pair on the plane

1 pair lightweight quick dry hiking pants are helpful if the hiking days are raining (nylon expedition style)

2-4 T-shirts or tank tops for layering

2-4 long sleeve shirts (one quick dry nylon expedition button up shirt is helpful)

1 warm sweater or jacket – can be worn onto plane

Warm hat/gloves (optional some nights can be very cold and we sometimes have outdoor night ceremonies)

Rain/Sun Hat and Lightweight Rain Jacket/Pants

Light hiking shoes for dry/wet weather – can be worn onto plane.

Texas light sneakers or sandals for hacienda-wear.

Appropriate number of socks and underwear.

Bathing suit.

Camera and case, extra batteries and film

Small water bottle for refilling

Toiletries, feminine and first aid supplies, emergency toilet paper, sunscreen, bug repellent

Flashlight and batteries

Notebook/Journal and Pen

Family photos to share with others and to keep you company

Light weight collapsible duffel to carry purchases (there are many duffels to buy in the market as well)

#### **\*Optional**

Some participants suggested hiking poles/moleskin for assistance with long hikes.

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

Sleeping bag or bedroll **optional** (only if you run cold at night, or bring thermals to sleep in)

\*At many of the sacred sites we will make offerings. If you wish to bring an item to leave at these sites you may do so. Often the shaman will use coins representing an exchange of energy. You may wish to place some coins on your altar at home and bring them for the offerings. 6-10 small items will do. Other ideas are stones, crystals, tobacco, feathers etc.

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.