

**Earth Heart Farm LLC
Earth Heart Expeditions**

**What to Bring For
Vision of the Heart - Amazon Vision Quest**

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 where you spend the majority of your time, it is close to sea level and the days are hot and humid with the 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. Line these with large plastic bags for moisture protection. Laundry facilities, hair dryers, and other such luxuries are NOT available. If you can pack everything to carry onto the plane, you avoid the possibility of lost luggage or delay. (Since we are headed to remote places, it may not be able to be delivered.)

Required:

Current passport (valid at least six months after return)

Photocopy of passport page

Photocopy of your return flight ticket. (copy of e-ticket)

Small daypack for hikes and water bottle

Backpack suitable to hold a few changes of clothes and basic items this will be brought into the jungle, extra clothing and items can be left on the bus. Some trips we fly into the jungle where weight is very limited.

Lightweight travel sleeping bag (Check to see if your trip requires, some quests will spend a night camping in the jungle others do not.)

Suggested:

3- pair of comfortable pants, including what you wear on the plane. 2 should be nylon expedition style or quick drying & 1 for cooler nights. Women may want 1 pair of leggings type pants, these stay in the boots well when wet. Suggest the nylon pants have snaps or elastic on the bottom to keep in the boots.

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 expedition style shirt is recommended

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 Tevas type sandals for jungle. Be sure you can fit a thin pair of socks on with these to protect from sand ants, chiggers and fleas.

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. If you plan on wearing shorts it is advised you bring knee high socks to avoid chafing by the rubber boots.

5 T-shirts or tank top for layering wicking material is best for hiking. This way when we stop you will not get chilled. We are often under the canopy and/ or it is raining. The wicking quick dry material will prevent chilling.

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, garbage bags for moisture protection and for removal of your garbage from the jungle.

Toiletries; biodegradable soap and shampoo, many baths are in the river, feminine & first aid supplies, emergency toilet paper, sun and insect protection

Flashlight and batteries

Small lightweight sleeping pad (helpful for use at the sacred falls or caves although its optional if you don't mind roughing it)

A water bottle carrier for the shorter hikes when you will not take a daypack.

Optional:

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

Family photos to share with others and to keep you company

Lightweight collapsible duffel to carry purchases (there will be shopping opportunities at various points and within the community)

Hiking Poles/gloves to wear with poles and or moleskin to prevent blisters, note standard hiking poles without baskets will not work in the mud of the jungle. Walking sticks are easily available from the jungle if needed.

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Other information:

- During the hike to the sacred falls or caves you will be required to carry your own water and belongings. This will include a sleeping bag, pad (if you bring one), and change of clothes, water and personal toiletries. The hike to the caves for the lowland Quichua vision quest is shorter but requires the same items. May or may not apply to your trip
- Bedding is not needed. Pillows, sheets and blankets are provided at camp as well as towel.
- If you want a pillow for the night in the jungle you may want to bring an empty pillowcase that you can stuff with clothes to serve this.
- 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.

Highlights from prior trips:

Hiking boots - really you do not need your traditional hikers; we will be in the rubber boots which we purchase there. They of course do not offer much support or cushion so if like myself have a recent ankle break and my ankle is still healing, i need some extra support you might consider the following, a wrap (ace) of some type, insoles from your boots or sneakers for cushion and support.

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)

Pants - the nylon pants will be useful for the hikes especially to the sacred falls since if it rains they dry quickly. However I have found that the hike to the thermals when we are in and out of the river so much that the nylon pants never stay in the boots, unless they have snaps or elastic on the bottom. So those are good, or if you choose leggings can work for that hike, they obviously don't dry well and can get soaked but the hike is not that long and that does not seem to create a problem. Easier for women but I like men in tights!

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 the falls or caves. 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 plant medicine ceremonies to regroup you and maintain energy.

Also for plant medicine 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 plant medicine ceremony.

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 flashlights are a very welcome gift.