



**CARA A CARA**  
VIAJES

## TRIP TO ECUADOR

### Amazon Adventure: Ancestral Indigenous Territory

**DURATION OF THE TRIP:**

12 days and 11 nights

**DATES:**

December 12 – 23, 2023

March 8 – 19, 2024

July 4 – 15, 2024

September 2 – 13, 2024

**MINIMUM NUMBER OF TRAVELERS:**

5 people

**MAXIMUM NUMBER OF TRAVELERS:**

12 people

### TRIP DESCRIPTION

Experience a unique adventure with our cultural group trip to the Ecuadorian Amazon rainforest, where you will have the opportunity to immerse yourself in the fascinating culture of the Kichwa indigenous communities.

During this trip, you will delve into the lush landscapes of the Amazon rainforest, exploring its unique biodiversity and discovering the secrets of the local flora and fauna. You will witness the majesty of the jungle as you enter its dense forests, where the sounds of nature will envelop you.

But the highlight of this experience will be the living together with the indigenous Kichwa communities: CEPLOA and Shiwakucha. You will have the opportunity to share their lifestyle, learn about their ancestral traditions and participate in authentic cultural activities. From handicraft workshops where you will learn how to weave with natural fibers to the preparation of delicious traditional dishes.

In addition, you will immerse yourself in the spirituality of the Kichwa, participating in traditional ceremonies and sacred rituals. You will learn about their beliefs, their connection with nature and the importance of preserving the ecological balance of the rainforest.

This group trip to the Ecuadorian Amazon rainforest will provide you with a unique and unforgettable experience, where cultural exchange and respect for nature will intertwine to create lasting memories and a deep understanding of living in harmony with the natural environment and indigenous communities.

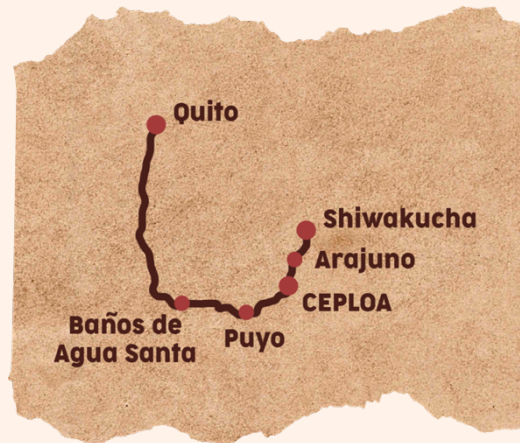
Get ready for an unforgettable experience in the heart of the Ecuadorian Amazon!

## **ORGANIZER**

This trip is organized by Cara a Cara Viajes S.L., with registered office at Calle Acueducto 6, CP: 41008. Sevilla, Spain.

## **TRAVEL ITINERARY**





### **DAY 1: ARRIVAL IN QUITO, ECUADOR**

We will begin this trip through the Ecuadorian Amazon in the impressive city of Quito. As the group arrives, we will meet at the hotel and you will have the rest of the day to explore the city on your own or with the group. We will all meet for dinner and begin our group trip. Our great adventure in the Amazon begins!

**Meals included: Dinner.**

**Accommodation: Kitu Hotel or similar.**

### **DAY 2: TRIP TO THE JUNGLE: QUITO - PUYO - CEPLOA**

On the second day of the trip we will have breakfast at the hotel and leave early in the morning by private bus to Puyo, the gateway to the Amazon. On the way, we will pass through the city of Baños and contemplate its incredible landscapes. The valley formed by the immense Pastaza River, surrounded by lush vegetation, leaves you speechless. Later, we will arrive in Puyo, where we will have lunch and stop to buy rubber boots for the jungle hikes (if you already have rubber boots you can bring them on the trip). We will continue by bus to our destination.

The bus will leave us at the forest control of CEPLOA ("Comunidad Etnoecológica Pablo López del Oglán Alto"), where the members of the community will be waiting for us to give us a warm welcome. From here, we will continue on foot for about an hour and a half, going deep into the jungle until we reach the community's guesthouse. On the way we will cross the river three times and go up and down the mountains of the jungle, so you should bring your rubber boots and appropriate clothing for the jungle. Once in the community, we will take a refreshing bath in the river, settle into our rooms and have dinner, beginning our stay with the CEPLOA community.

**Meals included: Breakfast and dinner.**

**Accommodation: CEPLOA Community Guesthouse.**

### **DAY 3: LIVING WITH THE CEPLOA COMMUNITY**

Our stay with the CEPLOA community will begin by celebrating the Wayusa Upina ritual. This is a traditional ritual that begins at four o'clock in the morning and in which the family or community gathers to drink the infusion of wayusa, a plant with energizing and antioxidant properties. Nowadays it is also celebrated in a ritual way for special events, in our case to welcome the group of travelers to the community. The Wayusa Upina ritual ends with a bath in the river to start the day full of vitality.

After breakfast, we will start the morning with a walk through the jungle, where we will collect medicinal plants to later elaborate traditional medicines. In the Amazon rainforest we find a multitude of plants with an infinite number of uses, in this activity we will learn how to prepare some of the most common medicines and what they are used for. After this activity, we will have lunch together.

In the afternoon, we will use different natural materials from the jungle to elaborate in a traditional way some utensils used in the daily life of the Kichwa communities. We will learn how to use plants to create vegetable fibers to weave hammocks, baskets or fish traps.

Finally, after sunset at 6 p.m., we will have the rest of the afternoon free to interact with the members of the CEPLOA community freely, play games, take a night walk through the jungle or light a campfire and have a relaxed chat. We will have dinner and go to rest in the community's guesthouse.

**Meals included: Breakfast, lunch and dinner.**

**Accommodation: CEPLOA Community Guesthouse.**

### **DAY 4: LIVING WITH THE CEPLOA COMMUNITY**

On the fourth day of the trip we will go into the Amazon jungle with the hunters of the community, who will teach us the keys to orient ourselves in the jungle and how to track animals for hunting. During this activity we will not hunt any animals, but we will learn how the indigenous people do it. This community uses their territory for conservation, so they only hunt for special occasions such as weddings, community events, etc., but not for daily food or for the sale of meat.

After this activity, we will have lunch together and free time to rest, swim in the river and socialize with the community. We will be able to visit the community's

large ceibo tree, a gigantic tree whose trunk is covered by lianas and is several meters wide.

In the afternoon, after sunset, we will gather around the campfire with community members to learn about shamanism, spiritual practices and ancestral beliefs. Amazonian indigenous communities have a very strong connection with nature spirits and dreams, we will learn about these beliefs and the related rituals performed.

**Meals included: Breakfast, lunch and dinner.**

**Accommodation: CEPLOA Community Guesthouse.**

### **DAY 5: ARAJUNO**

After breakfast, we will say goodbye to the CEPLOA community territories and walk about an hour and a half through the jungle to the forest control. Here we will be picked up by private cabs that will drive us to Arajuno, the nearest town (approximately 30 minutes away) where most of the indigenous communities of the area currently live. The indigenous nationalities living in this village are: Kichwa, Waorani and Shuar.

Once in Arajuno, we will settle into the village hotel and have lunch together in a traditional indigenous cooking hut. Here we will be able to taste fish and meat maitos (maito is a way of cooking meat or fish, which are wrapped in bijao leaves that are cooked in the embers of the fire), traditional soups, yucca and green plantains... After lunch, we will have the whole afternoon free to get to know the village and interact with the communities that live there. Learning their current way of life, new trades, relationships, hobbies and much more. In the evening, we will be able to visit the village bar and have dinner at the stalls set up by the locals. Afterwards, we will go to the hotel to rest for the next day's adventure.

**Meals included: Breakfast and lunch.**

**Accommodation: Hotel in Arajuno.**

### **DAY 6: ARAJUNO - SHIWAKUCHA**

This morning we will have breakfast in one of the restaurants in the village and get ready to leave for the Kichwa community of Shiwakucha. After a ride of about 30 minutes in private cabs, we will arrive at the community's guesthouse, where we will settle in and get to know the community. After lunch, the community will welcome us and accompany us with a traditional dance group. We will get to know the surroundings: the guest huts, the community houses, the Arajuno River that runs right next to us, the area where community events are held... It

will be a day in which we will have a first contact with the community and we will be able to relax and get to know the surroundings.

**Meals included: Breakfast, lunch and dinner.**

**Accommodation: Shiwakucha Community Guesthouse.**

### **DAY 7: LIVING WITH THE SHIWAKUCHA COMMUNITY**

Our second day in Shiwakucha will begin with a welcome Wayusa Upina. This is the same ritual with which the CEPLOA community received us, it will be held around 4 am and we will drink together the wayusa infusion. After the ritual, we will have breakfast and take a walk through the jungle territory of the Shiwakucha community, we will learn about their history, the area where they lived until a few years ago in the jungle, the salt pans where the animals go to drink and feed... In addition, along the way we will pass by a tree with lianas from which we can jump and have a good time.

We will return to the community's guesthouse for lunch and, in the afternoon, we will be accompanied by a female artisan from the community, who will teach us how to make handmade jewelry with seeds, feathers and other materials she collects from the jungle. Everyone will be able to keep the handicrafts they make. Afterwards, we will have dinner together and have time to rest and chat around the campfire.

**Meals included: Breakfast, lunch and dinner.**

**Accommodation: Shiwakucha Community Guesthouse.**

### **DAY 8: LIVING WITH THE SHIWAKUCHA COMMUNITY**

This day we will start the morning learning about the traditional agricultural system of the Amazon, the chakras. We will visit the chakras of the families of the community, learn about the rituals of planting and the transfer of wisdom from mother to daughter. Throughout the process we will be accompanied by the chakramamas, the expert women in charge of the care of the chakras. Afterwards, we will return to the community rooms, specifically to the kitchens, to immerse ourselves in the Amazonian gastronomy. We will learn how to prepare some of the most typical dishes of the Amazon, such as fish maito, yucca and green plantain.

In the afternoon, we will be accompanied by members of the community's traditional Kichwa dance group, who will give us a demonstration of the Kichwa dance and we will have the opportunity to dance together. In addition, in the Kichwa dance, the facial paintings are very important, made with wituk, a



pigment of an Amazonian fruit, and with great meanings in each of its strokes. After this incredible day, we will have dinner, gather around the campfire and finally go to rest.

**Meals included: Breakfast, lunch and dinner.**

**Accommodation: Shiwakucha Community Guesthouse.**

#### **DAY 9: LIVING WITH THE SHIWAKUCHA COMMUNITY**

This day will be entirely dedicated to water. The Shiwakucha community lives right next to the Arajuno River, so it is very important in their culture. We will start the morning learning the traditional techniques of canoe making in the Amazon and continue with fishing practices and other activities related to the river.

After lunch, we will be picked up by car to visit the beautiful Wapuno waterfall. This is the place where the locals of the Arajuno people go to relax and hang out with friends and family. Here we will spend the afternoon and the more daring will have the opportunity to jump from the top of the waterfall.

We will return to the Shiwakucha guesthouse for dinner and rest.

**Meals included: Breakfast, lunch and dinner.**

**Accommodation: Shiwakucha Community Guesthouse.**

#### **DAY 10: LIVING WITH THE SHIWAKUCHA COMMUNITY**

The last day of our stay in Shiwakucha we will spend the morning free with the community, everyone will be able to do what they prefer: take a walk in the jungle, relax in the river, play volleyball with the members of the community... In the afternoon we will organize a big farewell to say goodbye to the Amazon and to our dear hosts.

**Meals included: Breakfast, lunch and dinner.**

**Accommodation: Shiwakucha Community Guesthouse.**

#### **DAY 11: SHIWAKUCHA - PUYO - QUITO**

In the morning we will prepare our luggage and start the trip back to Quito by private bus. We will stop at the malecon in Puyo for lunch and a walk along the river and continue on our way. We will arrive in Quito in the afternoon, settle into the hotel and have dinner.

**Meals included: Breakfast and dinner.**

**Accommodation: Kitu Hotel or similar.**

## **DAY 12: END OF THE TRIP**

On the last day of our trip we will have breakfast at the hotel, say goodbye to the rest of the travelers with whom we will have shared this great experience and put an end to our wonderful adventure in the Ecuadorian Amazon.

**Meals included: Breakfast.**

## **PRICE OF THE TRIP**

**Price per person (in shared double room\*): 1,420€.**

**Single room supplement (nights 1 and 11\*): 32€\*\*.**

\* The single room supplement is subject to availability; in case of non-availability, the proportional part will be reimbursed to the traveler. You will be able to choose between double or single room the nights we sleep in Quito (first and last night). On the days that we stay in the CEPLOA and Shiwakucha communities, the shared rooms will be distributed according to the number of people in the group. The night in Arajuno there will be single and shared rooms, which will be distributed according to availability. Those who chose the single supplement for the nights in Quito will have priority to occupy the available single rooms.

\*\* The price of the single supplement may vary according to hotel availability.

## **THE PRICE INCLUDES**

- Accommodations: 2 nights in Quito, 3 nights in the CEPLOA community, 1 night in Arajuno and 5 nights in the Shiwakucha community.
- All transfers in private minibus with professional driver and cabs.
- All meals specified in the itinerary.
- Local Kichwa guides.
- All activities indicated in the itinerary.
- Entrance fees to the Amazon rainforest territories of CEPLOA and Shiwakucha communities.
- Cancellation and assistance insurance during the trip.
- Personalized advice before and during the trip.
- Accompaniment by Cara a Cara Viajes coordinator(s).
- Personalized t-shirt of the trip.



## THE PRICE DOES NOT INCLUDE

- Flights.
- Meals and drinks not specified in the itinerary.
- Carrying of backpacks. \*
- Any expense not specified in the section "the price of the trip includes".

\* The entrance to the CEPLOA community requires a walk through the jungle of about an hour and a half. There is the possibility of hiring the luggage carrying service to avoid having to carry backpacks along the trail.

## RESERVATIONS AND PAYMENT

To reserve your place on the trip you must follow the following steps:

1. Fill out the reservation form available on the trip's website.
2. Fill out and sign the travel contract that will be provided to you once you have completed the first step.
3. Pay a **deposit of 300€ to reserve your place.**
4. Send the signed contract together with the bank transfer receipt to the e-mail address [info@caraacaraviajes.com](mailto:info@caraacaraviajes.com).

With the last step, the reservation will be formalized.

The **second payment** (1,070€) must be paid more than 30 calendar days before the start date of the trip by bank transfer.

**Final payment:** 50€ in cash on the day the trip starts.

In the event that a traveler wishes to attend the trip by communicating within 30 days prior to the start date, the first and second payments of the trip (1,370€) must be paid in a single bank transfer.

**Payment will be made by bank transfer to the following account:**

IBAN: ES24 0182 0438 1202 0158 5264

Beneficiary: Cara a Cara Viajes, S.L.

Bank: BBVA

Concept: Full name + Ecuador + Dates

## **CANCELLATION AND WITHDRAWAL POLICY**

### **Cancellation by the client:**

The trip cancellation fees, unless due to force majeure, will be 5% of the total price of the trip, and a penalty consisting of:

- 5% of the total amount of the trip, if the cancellation occurs more than 10 and less than 15 days before the start date of the trip.
- 15% between days 3 and 10.
- 25% within 48 hours prior to departure.

### **Cancellation by the agency:**

In the event of cancellation by the agency, the client shall be entitled to reimbursement of the amounts paid, as well as compensation which shall be:

- 5% of the total amount of the trip if it occurs between two months and 15 days before the start date.
- 10% of the total amount of the trip if it occurs between 15 and 3 days before the start date.
- 25% of the total amount of the trip if it occurs within 48 hours prior to departure.

The agency will not be liable to compensate the client if it is unable to execute the contract due to unavoidable and extraordinary circumstances or if the number of people registered for the trip is less than the minimum number specified, provided that the following notice is given in advance:

- Twenty calendar days before the start of the package tour in the case of trips lasting more than six days.
- Seven calendar days before the start of the package in case of trips lasting between two and six days,
- Forty-eight hours before the start of the package for trips of less than two days duration.

## **INSURANCE**

**Cancellation and assistance insurance:** Covers contingencies in terms of health, repatriation, luggage and other problems that may arise during the trip, in addition to the expenses incurred in the event that the traveler is unable to

attend. It is included in the price of the trip. The traveler has the right to waive it and have its price discounted.

If the traveler wants to contract a travel insurance with more coverage, he/she can request it to the travel agency, which will propose different options based on the traveler's needs.

## TRAVEL TIPS

### NECESSARY DOCUMENTATION AND TOURIST VISA

To enter Ecuador, the Ecuadorian authorities require that the passport be valid for at least 6 months, counting from the date of entry into the country.

Visas: In the following link you can check which countries need a visa to enter Ecuador.

<https://www.ministeriodegobierno.gob.ec/requisitos-para-ingresar-a-ecuador/>

### COVID 19

It is not necessary to present a COVID-19 vaccination card or a negative PCR test to enter the country.

The information provided may vary, so we recommend keeping updated on the official website of the government of Ecuador.

### HEALTH RECOMMENDATIONS AND VACCINATIONS

In rural regions we recommend drinking bottled or boiled water to avoid stomach upset and/or possible diseases.

In the coastal and Amazonian provinces there is a risk of contracting various diseases: chikungunya, dengue, leishmaniasis, Zika or malaria. Therefore, it is advisable to take precautions against insect bites: wear long sleeves, regularly apply mosquito repellents with DEET 50% or higher, avoid exposure during peak mosquito activity hours (dawn and dusk), sleep with mosquito nets and consume fresh food and water.

**Mandatory vaccinations:** Yellow fever (when entering the country from areas considered endemic, such as Brazil, Democratic Republic of Congo or Uganda).

**Recommended vaccinations:** Yellow fever, tetanus, hepatitis A and B, typhoid fever and cholera.

We recommend that, no less than 60 days in advance, you go to the Foreign Health Service or to your nearest International Vaccination Center for more

detailed information on the health recommendations and specific vaccines recommended for the area to which you are going to travel and for guidance on the guidelines to be followed for disease prevention.

## **LANGUAGE**

Ecuador is a multilingual country in which, although Spanish is the main language spoken (93%), there are also 14 indigenous languages: Awapit, Siapede, Cha palaa, Tsafíqui, Paikoka, Baikoka, Shuar Chicham, Shiwiar Chicham, Achuar Chicham, Wao Tededo, Záparo, A'ingae and Kichwa. Of all these, the most spoken indigenous language in Ecuador is Kichwa, as its people are the most numerous indigenous people in the country.

## **CURRENCY**

The official currency of Ecuador is the U.S. dollar (\$), whose ISO code is USD. One dollar is divided into 100 cents. The bills you can find are: 1, 2, 5, 10, 20, 50 and 100 dollars, and coins of 1, 5, 10, 25 and 50 cents and 1 dollar.

Due to the possibility of counterfeiting, many places do not accept high denomination bills (50 or 100 dollars), so it is advisable to bring plenty of change and bills with a maximum value of 20 dollars.

The approximate conversion from euro to US dollar is 1 euro = 1,10\$. Due to the fluctuation of these values, we recommend that you look for the updated exchange rate for each day.

## **CURRENCY EXCHANGE AND CREDIT CARDS**

Except for some establishments in large cities, many stores do not accept payment by credit card, so it is advisable to carry cash.

To change your euros to U.S. dollars, we recommend that you do so by withdrawing money directly from ATMs in the city. Some of the most common banks you will find are: Banco Internacional, Banco de Guayaquil, Banco Pichincha... Our advice is to get a Bnext, Revolut, N26 or similar cards for your trip. They do not charge commission when withdrawing money abroad and apply a much more favorable exchange rate than conventional banks. Our best experience has been with the Bnext card withdrawing money at Banco Internacional ATMs, we have never paid any commission and the currency exchange rate applied is the official one.

## **PHONE AND INTERNET**

The country code is: +593. Cell phone network and internet coverage is available throughout Ecuador; however, it may be limited in more remote and rural areas.

WiFi access is generally available in most hotels, although we recommend purchasing a local SIM card upon arrival in Ecuador if you prefer to have internet access during the hours of the day when you are not in your accommodation. The main telecommunications service providers in Ecuador are: Claro, Movistar and Tuenti; Claro being the one that offers the best coverage throughout the country and therefore the one we advise.

Important: During our stay with the indigenous communities you will not have access to internet or phone calls, as coverage is very limited in these regions. You will only have coverage on the days we are in Quito, Puyo and Arajuno.

## **ELECTRICITY AND PLUGS**

The plugs used in Ecuador are type A and B, check if they match those in your country to see if you will need an adapter to plug in your electronic devices. There are both specific adapters and universal adapters that will be useful for any of your trips around the world.

In Ecuador, the common voltage is 120V and the frequency is 60Hz.

## **WEATHER**

Ecuador has a tropical climate that varies greatly depending on the region of the country: Galapagos, coast, Andes or Amazon. During our trip we will visit the last two regions.

We will start in the Andes, the mountain range where the city of Quito is located. This city, at almost 3,000 meters above sea level, presents great thermal variations throughout the day, with an average of between 10 to 20°C; in addition to intermittent rains.

On the other hand, the eastern Amazon region has a very humid tropical climate throughout the year, due to the retention of moisture by the large Amazonian forests. Rainfall in this region is constant, with a slight increase between March and July and a decrease between August and January. The average temperature is 25 to 30°C, which fluctuates very little throughout the year.

## KICHWA GASTRONOMY

The Kichwa food consists of various traditional dishes, among them:

- **Yucca:** Yucca is the main food of Kichwa gastronomy. It is a tuber that is cooked in a great variety of ways and is present in practically every daily meal of the Kichwa population.
- **Chicha:** Chicha is a fermented alcoholic beverage made from yucca. It is prepared by the women of the communities, who chew it and let it ferment for a period of three to twenty days. Chicha is the main drink of the Kichwa communities.
- **Verde (green plantain):** The green plantain, along with chicha, is one of the main vegetables in Kichwa cuisine. It is a salty-flavored plantain that can be prepared boiled, fried or in maito.
- **Maito:** It is one of the main and most delicious dishes of the Amazonian gastronomy. It consists of a preparation of different ingredients, which can be fish, chicken, palm heart, green plantain or yucca, wrapped in a bijao leaf and cooked over a fire.
- **Broths or soups:** These are usually chicken and serve as a starter in the community's daily lunches. On special occasions such as weddings or other celebrations, they are prepared with bush meat (guanta, guatusa, venison...).
- **Secos:** Combined dishes, usually chicken, beef or fish accompanied by rice, menestra or green plantain.
- **Ají:** Ají is a spicy sauce made from a hot bell pepper of the same name, similar to the typical chili peppers. During meals it is served in separate containers, so that each person can use as much as he/she wants.
- **Chontacuros skewers:** Chontacuros are beetle larvae that grow on fallen chonta trees and are considered a delicacy in the Amazonian Kichwa culture. They can be eaten raw, although they are usually skewered and roasted. They are rich in fats and proteins.
- **Ukuys:** Ukuys are flying ants, called by the Kichwa hormigas culonas (big-bottomed ants). They are typical of September and are considered an Amazonian delicacy.



## LUGGAGE

We recommend you to bring on your trip to Ecuador:

### BACKPACKS:

- **40 - 60 liter backpack:** To get in and out of the CEPLOA community we will have to walk for about an hour and a half through the jungle. So it is important that you bring your luggage in a backpack, not with wheels. If you do not want to carry your luggage on this trek, you can hire porters from the community for about \$10 per trip.
- **10 - 30 liter backpack:** Smaller backpack for daily outings.

### CLOTHING:

- **Daily clothing:** For your stay in the Amazon you will need light clothing. If you are prone to insect bites, we advise you to bring long-sleeved shirts or t-shirts and long, loose-fitting pants for jungle treks. In addition, we recommend bringing something warm for the nights in the jungle and the days in Quito.
- **Underwear:** We recommend long socks to wear with rubber boots during jungle trips to avoid chafing.
- **Bathing clothes:** Although the communities we visit have private showers (whose water comes from the river), you can also bathe in the river directly, for which you will need bathing clothes. We also recommend that you bring it for the day of your visit to the waterfall.
- **Raincoat:** Poncho type and with sleeves to protect your arms and legs well and also be able to carry your backpack underneath.

### FOOTWEAR:

- **Rubber boots:** This footwear will be used in all the outings in the jungle. If you do not have them you can buy them in Ecuador on the second day of the trip in Puyo.
- **Flip-flops or sandals:** Recommended daily footwear.
- **Water shoes:** If you prefer not to swim in the river barefoot or with sandals, you can bring water shoes.

## TOILET:

- **Toiletries:** They should be natural and ecological, since their final destination is going to be the river. Some recommendations:
  - Natural soap: It can be used as shampoo, gel and soap for washing clothes.
  - Mentholated white clay or ecological and natural toothpastes. Both options are very inexpensive and can be easily found.
- **Microfiber towel:** They take up less space and their quick drying is very important in the tropical Amazonian climate.
- **Menstrual products:** We recommend menstrual cups or panties, in order to avoid in the jungle the waste generated by conventional tampons and pads.

## HEALTH:

- **Mosquito net:** For the stay in the communities it is advisable to bring a mosquito net for the bed. We recommend rectangular mosquito nets with four or six hooks to make you more comfortable, although single-hook nets will also work.
- **Insect repellent:** If possible of natural and ecological composition based on citronella, since when we bathe it will end up contaminating the river. Although if you are prone to insect bites, we recommend strong repellents with DEET equal or higher than 50%.
- **Sting cream:** With corticoids.
- **Sun cream.**
- **Basic travel first aid kit.**
- **Medications:** The following medications are only recommendations. It is important that each person decides what he/she thinks is convenient to carry in his/her luggage and consults with his/her nearest Foreign Health or International Vaccination center. You might need:
  - Paracetamol.
  - Anti-inflammatory drugs.
  - Anti-diarrheal medication that reduces bowel movements and secretions.
  - Medication to reestablish the intestinal microbiota after diarrhea.

## ELECTRONICS

- **American plug adapter.**
- **Power strip:** Plugs are limited, so it is advisable to bring one to connect electronic devices.

## OTHER

- **Headlamp:** The sun sets in Ecuador around six o'clock in the evening, so a headlamp is essential for night outings and for mobility within the facilities of the communities.
- **Silica gel bags:** They absorb environmental humidity and protect electronic devices.
- **Sleeping bag:** The facilities where you will sleep in the jungle are not insulated, so at night it is necessary to use a sleeping bag to protect yourself from the cold.
- **Clothespins to hang clothes.**
- **Backpack raincoat:** In case you need to protect your electronic devices during rainy treks.
- **Water bottle.**