

INFORMATION TO ECUADOR

What to bring - clothes, thin long pants and sleeves, work clothes - something that can be ruined - just pants and a shirt it is hot there, 2x warm clothes for days of rain or for the night of the ceremony, ziplock - plastic bags with Velcro (for your passport, money, electronics - as protection against moisture penetration) raincoat-umbrella, savo for mould can be bought in Tena a small bag called chloro, natural soap for washing in the river, natural cosmetics for washing, creams are not needed there is a lot of wet skin, headscarf or other head covering, natural thin socks for rubber 3 pairs - laundry dries badly especially cotton so let it spin. Dryfit and quickdry clothing is suitable - modern, sporty materials that dry quickly.

Vaccinations - Misha has never been vaccinated, she has homeopathics and at most on pinch. Mariana recommends a staple for any traveller - Hepatitis A. Shoe size, send us your number so we can arrange to rent rubber boots for you.

Basic first aid kit - lavender, teatree oil, menthol, effitan repellent - all biodegradable (especially soaps and pastes)

What kind of **gifts for the family** if bringing - Headlamp with red light, pots pans, fishing stuff like hooks, headlamp batteries, wire, papers, notebooks and pencils with eraser for kids for school etc.

Buying gifts in Ecuador - you can buy ponchos, hammocks, blankets, beads, herbs, sangre de drago, wayusa, copal, etc. In Tena there is an ATM bank Pichincha and will let you withdraw 3 times a day 600usd ie 1800usd with a 4.45 usd withdrawal fee.

Prices and shopping - comida tipica - local good food from Indian women - price last year \$5.50, otherwise around \$7 for a main meal in a restaurant. Late January there is still a lot of fruit, mangoes are getting scarce, about 6-7 for \$1, otherwise lots of dollar items at the market. In Tena, the rainforest part of the market, unsprayed, is on the side behind the food and chickens - you can tell by the fact that there are fewer fruits - lots of plane trees and bananas and various bark from the rainforest trees. Best to buy from the grandmothers spread out on the pavement, that's also from the jungle and mostly unsprayed.

Machete is about 3-4\$.

Behind the market you can buy decent rubber boots, they are good for everything, Indians use them all the time!