

Day Tour Essentials: Be Ready for the Andes, Amazon & Galápagos

Core Day-Pack Essentials

Regardless of destination (Andes, Galapagos, Amazon), these are must-haves for any day tour

- 20L lightweight backpack
- Small waterproof pouch (for electronics/docs)
- Reusable water bottle (filled daily)
- Photo ID + passport
- Cash (local currency for snacks, tips)
- Pocket tissues
- Basic first-aid: Band-Aids, blister pads
- Reef-friendly sunscreen (SPF 50)
- Wide-brim hat
- Phone + camera (with protection for outdoor use)
- Mosquito repellent
- Binoculars
- Sunglasses
- Pocket knife or multi-tool
- Light raincoat or poncho
- Trashbag

Region-Specific Essentials

Andes / High-Altitude Highlands

- Convertible/lightweight pants + base layers (quick-drying)
- Layered outerwear: lets you adapt to sun, clouds, rain
- Windbreaker jackets + rain poncho
- Sturdy hiking footwear
- Gloves & warm wool hat (especially for high altitudes)
- Optional trekking poles

Amazon / Jungle

- Long pants (tuck into boots)
- Rubber boots (often provided by lodges)
- Rain poncho
- Extra mosquito repellent (Essential at dawn/dusk. Use for mosquito nets as well.)
- Textile repellent spray (for mosquito nets overnight)

Galápagos (Coastal & Highland Activities)

- Bathing suit + small towel (dry-fast fabric)
- Light, quick-dry clothes
- Water shoes (for boats & rocky shorelines)
- Waterproof phone/camera case
- Rain layer for highlands or unexpected showers
- Wide-range zoom lens (ideal for wildlife photography)

Optional Extras (based on personal preference)

- Lip balm / chapstick
- Hand sanitizer
- Compact, travel-size toiletries
- Snacks or energy bars
- Extra socks (especially in wet environments)
- Compact towel / face cloth
- Reusable grocery tote (handy for souvenirs)
- Small notebook + pen
- Portable power bank + charging cable
- Extra phone battery or backup phone
- Earbuds
- Travel-size laundry detergent (helpful for rinsing clothes between days)

Quick-Check Pre-Departure List

- Backpack: 20L day-pack, waterproof pouch, reusable water bottle
- Documents & Money: ID/passport, cash
- Sun & Insect Protection: Sunscreen SPF 50, wide-brim hat, sunglasses, mosquito repellent
- First-Aid: Tissues, band-aids, blister pads, optional toiletries
- Weather Layers: Raincoat, windbreaker; gloves + wool hat (Andes)
- Footwear: Hiking shoes (Andes), water shoes (Galápagos), rubber boots (Amazon)
- Clothing Basics: Quick-dry pants/shirts, swimwear + towel (coastal), long pants (jungle)
- Tech & Tools: Phone, camera, waterproof case, binoculars, multi-tool, power bank
- Optional Goodies: Snacks, lip balm, charger, earbuds, tote bag, notebook & pen

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