Ecuadoreans dress casual. Fit in by dressing alike. Here is a tip: NO flip flops!

Bring SPF 30+ sunblock you will be at 9000 feet and in direct contact with the sun.

Expect to dress in layers and bring a rain coat. Somedays it pours.

For TIPUTINI you need your Yellow Fever Certificate it lasts for 10 years

Ecuadoreans use a lot of coins make sure you have change at all times.

Our Health Insurance works by re-imbursement. Hospitals ask for a co-lateral so please bring a credit card.

Buses are VERY CHEAP 0.25c per route in the city.

DON'T Bring your latest iphone/android, buy a low cost smart phone.