



SAMANTHA'S PERSONAL PACKING LIST

2019 7 DAYS OF TRANSFORMATION IN ECUADOR

This is Samantha's personal packing list, based upon her experience traveling, prior trips to Ecuador, and specific needs/desires. This is for informational purposes only, no need to pack this exact list.

ECUADOR

VOLTAGE 120 V, 60 Hz (same as in the USA)

CURRENCY US Dollar

CLIMATE My SachaJi 40 - 70f Day: Comfortable some people might want pants & a light sweater
Night: Chilly, but not unbearable. There are ponchos provided in your room

Quito 50 - 85f Day: Dress in layers. Light pants/shorts and a t-shirt during the day if you will be in the direct sun. Layers for when you are in the shade or indoors. Bring water proof everything. It can rain for 5 minutes to a few hours each day.
Night: Colder, but not bad. Light seater or long sleeves.

CARRY-ON THE PLANE

_____ Reusable Organic Cotton Face Mask

_____ Organic Non-gmo Eucalyptus Oil

_____ Organic Non-gmo Tea Tree Oil

Place a few drops of water, one drop of tea tree oil, and one drop of eucalyptus oil in the cotton mask. This helps your lungs, mouth, & nose will stay hydrated... and you are decently protected from air born hazards. It's strong at first, but becomes mild quickly.

Please note, these are what Samantha personally takes to keep her immune system high, and digestion gentle as she travels. Some of these strengths may be too strong for the average person, especially if you have never taken these before.

_____ MegaFood Women Over 40 Multi-Vitamin

_____ MegaFood Complex C (immune booster)

_____ Biotics Research A.D.P. Oil of Oregano (natural antibiotic, always take with food)

_____ Pure Encapsulations Zinc 30 (immune booster, always take with food)

_____ Dr. Ohhira's Probiotics, Professional Formula (assist digestion to manage foreign foods)

_____ Integrative Therapeutics Activated Charcoal *(detox for food poisoning, taken as needed)*
_____ Snacks

_____ Leave-on Moisturizing Face Mask
_____ Travel Saline Nose Rinse
_____ WaterWipes Sensitive Baby Wipes Travel Pack
_____ Hair Tie
_____ Hair Brush

In small personal size (100ml /3.4oz) containers:

_____ Nubian Heritage Coconut & Papaya Hand Cream
_____ A La Maison Honeysuckle Hand/Body Soap

_____ SleepPhones Classic
_____ Day Sleeper Eye Mask
_____ Travel Pillow filled with Organic Cotton
_____ Compression Stockings
_____ A Light Travel Blanket *(they spray the airline blankets with flame retardant)*

_____ iPhone
_____ iPad
_____ Chargers
_____ Wired earbuds for iPhone
_____ a Paper Book

_____ RFID Protected Passport /ID /Credit Card zipped Wallet
_____ Passport *(make sure it doesn't expire within 6 months of the return of your trip)*
_____ Driver's License
_____ Credit Card, ATM Card
_____ Photocopies front/back of passports, ID, cc *(stored in a separate bag from originals)*

Samantha wears

_____ Vibram's Furoshiki Shoes
_____ Light sweater
_____ Light Scarf
_____ Sunglasses
_____ Socks

CHECK-IN LUGGAGE

- Water Bottle
- Comfortable Clothes for Yoga
- Warm Clothes/layers for meditation times
- PJs
- Socks
- Long Cotton dresses
- Pant/Leggings
- Tunic Cotton Shirts
- Light sweaters
- Rain Poncho
- Travel Umbrella
- Vibram Toe Shoes *(if you have never worn these before you need to bring an additional pair of shoes to change in to as your feet and life-long atrophied leg/foot muscles adjust to these)*

- Toe Socks
- Sun Hat
- Swimsuit

- Glasses
- Sunglasses
- Contacts
- Saline Contact Solution
- Floss
- Tongue Scraper
- Toothbrush

This resort is bio-friendly, meaning any chemicals you bring and wash down the drain goes right in to the land, not a city sewer system. Please help keep the land natural and plants & animals happy. They do provide the basics at this resort. (If you need suggestions on brands you can call Samantha to ask. Safe brands change often, as company buyouts/ product redesigns happen.)

- Toothpaste
- Face Cleanser
- Face Moisturizer
- Face Toner
- Face Serum
- Shampoo/Conditioner
- Coconut Oil
- Natural Bug Repellent (eucalyptus and lemon grass base)
- Natural Sun Screen (zinc, coconut oil, or carrot base)
- Moon/Diva Cup