



•REAL EXPERIENCES•

YOUR LOCAL TRAVEL GUIDE

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# LET'S TRAVEL TO ECUADOR

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## TO TRAVEL TO ECUADOR IS TO IMMERSE ONESELF IN A WORLD OF CONTRASTS AND NATURAL WONDERS.

Located on the northwest coast of South America, this compact country offers a diversity of landscapes ranging from the majestic peaks of the Andes to the lush Amazon jungles and paradisiacal beaches of the Pacific.

As a result, planning a journey to Peru may seem intricate, yet with the guidance and recommendations from **Machu Travel Peru**, the process becomes manageable. We offer you a comprehensive guide on preparing for your visit to one of the most intricate countries globally, ensuring you create enduring memories.

# ENTRY REQUIREMENTS

## A. TO ECUADOR MAINLAND

**As of 2024, the entry requirements for mainland Ecuador have been reduced.**

Thus, entry requirements for travelers 3 years of age and older are reduced:

- **Travelers no longer need a COVID screening test** or a Coronavirus vaccination card.
- **A medical certificate of good health is also no longer required.** Only full-scope travel insurance is required.
- **There are still protocols for wearing a facemask in confined, poorly ventilated spaces, in health care facilities,** and in areas where considerable distance cannot be maintained from people with respiratory problems.

**Remember that these regulations may change according to governmental visitor entry policies.** Therefore, you can get updated information through the embassy of your country of origin in Ecuador.

In addition, U.S. visitors can register with the Smart Traveler Enrollment Program to receive updated information or visit our blog.

## B. TO GALAPAGOS ISLANDS

Likewise, starting at age 3, entry requirements for the Galapagos Islands are as follows:

- **Presenting a vaccination card for Coronavirus or medical proof indicating "Negative" against COVID is not necessary.** These documents were no longer required from October 20, 2022.
- **A "Transit Control Card" issued by the Galapagos government is required.** If you book your Galapagos expeditions through a travel agency, they will provide you with this card. Otherwise, inquire with your embassy in Ecuador regarding this document if you plan on traveling independently.



# VISA AND PASSPORTS

- **Ecuador does not require a visa for most countries.** Therefore, you do not have to apply for any permit to enter the tropical country. A valid passport is the only requirement until at least 6 months after your departure from Ecuador. Once you are in Ecuadorian territory, the government will issue a free tourist visa that is valid for up to 90 days.
- **If you hold a passport from any of the countries listed below, you must apply for a tourist visa at the Ecuadorian embassy that is closest to your country of origin:** Kenya, Somalia, Bangladesh, Ethiopia, Afghanistan, Eritrea, Pakistan, Nepal, Nigeria, and China. If you were born in China but possess an American Green Card, you need to apply for a visa exemption at the nearest Ecuadorian embassy in your home country.
- **The Galapagos National Park demands a fee of \$100.00 per visitor for entrance.** The park charges visitors directly upon entry, without involvement from travel agencies or tour guides. Therefore, please bring cash when entering the park.

## IMPORTANT DATA

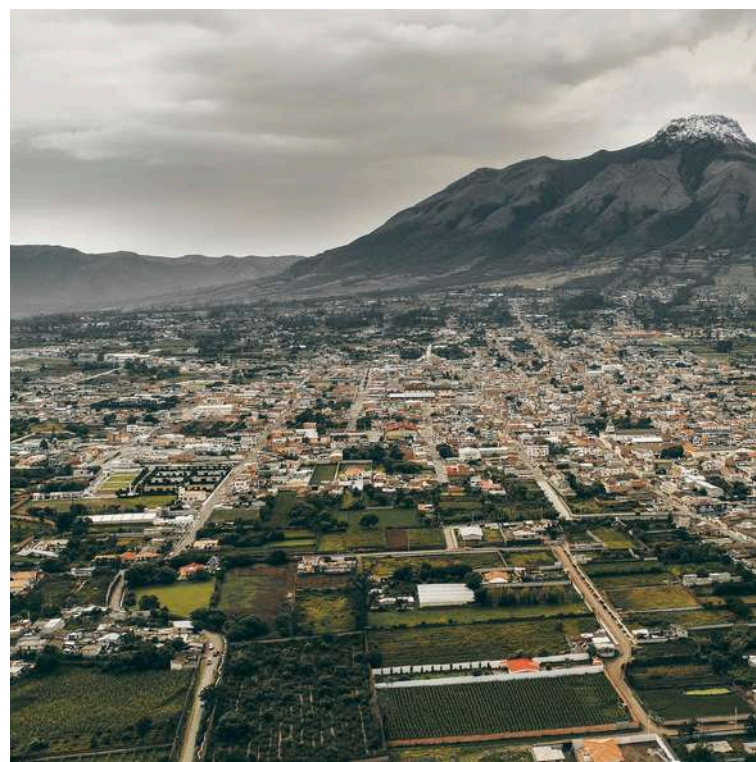
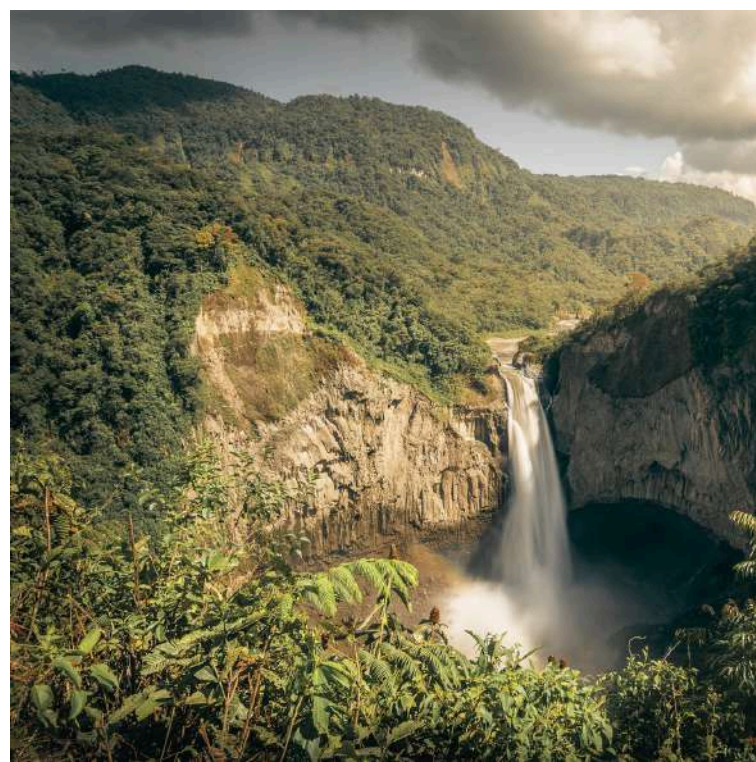
**The cost of entering both Galapagos National Park and INGALA cards is currently included in your travel expenses.** After the pandemic, some entrance procedures to the National Park were modified for contactless entry. However, the Galapagos National Park may go back to charging the entrance fee directly to the tourists. Your travel agent and tour guide will keep you updated on any changes to the Galapagos entry process.

# WHAT TO BRING

## A. ACCORDING TO THE ACTIVITIES AND WEATHER

**When packing for your trip to Ecuador, consider two important factors: the planned activities and the current season in which you will be traveling.** Regarding the latter, keep in mind that Ecuador's climate varies greatly by region, as the equatorial country is comprised of four distinct regions: the jungle, the mountains, the coast, and the overseas islands (such as the Galapagos).

- **Ecuador experiences two marked seasons in the year: the dry season (June-November)** with clear and deep blue skies, sunlight, and cool breezes. **And the rainy season (December-May)** with heavy rainfall, overcast skies, and a humid, cold climate. Pack appropriate clothing for each season.
- **The Amazonian region of Ecuador has a warm and humid climate** throughout the year, with spontaneous river rainfall. Last but not least, a hat, trekking shoes, and a raincoat are always useful. Additionally, such clothing should be of light colors to reflect the strong sun rays. Also, it is recommended to wear light trekking pants and long-sleeved shirts to allow for breathability and to avoid mosquito bites. Furthermore, a hat, trekking shoes, and a raincoat are always useful.





- **The Ecuadorian Andes mountain range has strong (burning) sunlight, chilly and dry breezes, and sudden torrential rainfalls throughout the year on average.** The dress code is normal here, but it is recommended to wear trekking shoes, a rain jacket, and sunscreen for strong sun rays. Remember, the nights can be very cold, so a jacket is never a bad idea.
- **Quito, the capital of Ecuador, sits at an altitude of 2,850 meters above sea level in the Sierra region.** It deserves a special mention since 90% of international flights arrive at its airport. Therefore, it's advisable to wear casual clothes, a windbreaker, and hiking shoes. The climate is generally cool with cold and dry gusts. At night, temperatures can drop to 55°F and reach 66°F during the day.
- **The Galapagos Islands (overseas) and the coast are strongly subject to rainy and dry seasons.** From December to June, especially in the Galapagos, there is a warmer and more humid climate with a high likelihood of afternoon rains. On the other hand, from June to December, a cooler climate with daytime fog is found, perfect for animal reproduction on the Galapagos Islands. It is recommended to wear lightweight clothing, a sunhat, a windbreaker for rain, and sunscreen.

**If you plan to engage in outdoor activities such as hiking, trekking, rappelling, and more,** it's advisable to dress appropriately with loose-fitting sweatshirts, shoes with thick soles, and a windbreaker.

## **B. A NORMAL DAY IN ECUADOR**

**Ecuador is a country with a diverse range of dress codes, making it an open and accepting society.**

It is important to note that the climate is predominantly warm with high humidity and plenty of sunshine. **For formal events such as a dinner at a 5-star restaurant in Quito or Guayaquil**, it is recommended to wear a formal dress or suit. Additionally, on the last day of your Galapagos tour, you may want to consider changing into formal sportswear.

### C. SIZE AND WEIGHT OF ALLOWED LUGGAGE

Nowadays, airlines have standardized their policy regarding the amount and weight of baggage permitted per traveler on international flights. These regulations vary from the most rigid in economy class to the most lenient in business or first class. **This policy is also applicable to international flights to Ecuador, where, for the most part, checked baggage weighing no more than 50 pounds and a carry-on allowance of no more than 22 pounds per traveler are permitted, primarily for economy and premium economy class.** This may vary depending on the class of your ticket. To avoid any issues, we recommend researching the baggage policy of the airline you've chosen for your trip to Ecuador.

**Additionally, keep in mind that domestic flights within Ecuador typically have stricter baggage restrictions.** Generally, only one piece of carry-on baggage is allowed per passenger, with a maximum weight of 8 kilos. If you need to bring more luggage, you may need to pay an additional fee.

- **LATAM:** Checked bags are limited to one item and weigh 50 pounds (23 kilograms), while carry-on bags are 17.6 pounds (8 kilograms).







- TAME: Checked luggage weighs 50 pounds (23 kilograms) each, while carry-on bags weigh 17.6 pounds (8 kilograms).
- AVIANCA: Checked luggage is limited to one piece and weighs 50 pounds (23 kilograms); carry-on bags are 22 pounds (10 kilograms).

Regarding baggage policies for ships to the Galapagos and rafts and lodges in the Amazon, all have flexible luggage allowances and no set limit on the amount of luggage you can bring aboard.

## D. WHAT PACKING TO ECUADOR?

**Being a megadiverse country with four distinct natural regions, including the hot and humid Amazon, the cold and dry Sierra, the arid and hot Coast, and the cool and sunny Galapagos, packing for a trip to Ecuador can be complex.** To ensure you have everything you need for the specific regions you plan to visit, we have prepared a detailed packing list categorized by different regions of Ecuador.

### BASIC LIST

- Small bag to carry a water bottle, camera, insect repellent, and a windbreaker for rainy weather.
- Belt or pouch for safekeeping money.
- Sunglasses.
- Lightweight poncho or windbreaker for rainy weather.
- Cell phone, camera, extra battery, charger, and memory cards.

- Basic mini first aid kit.
- Hand sanitizer gel.
- **Tourist visa.** After passing through immigration at any Ecuadorian international airport and receiving your tourist visa from a state official, remember to keep this document until your departure. This means presenting it again when you board your international flight. In addition, we suggest creating photocopies of your passport and Tourist VISA and taking these copies with you on your travels in Ecuador, leaving the originals at your hotel.

## REGARDING GALAPAGOS VISIT

- Small backpack
- Jeans or long sleeve pants
- Long-sleeve shirts
- Hoodies or sweaters
- Lightweight trousers or shorts Jacket

- Walking shoes
- Rain jacket High socks

## IF YOU WILL TREKKING

- Binoculars
- Long pants, a long-sleeved shirt, and water-resistant walking shoes made from breathable, light-colored material are recommended for your outdoor activities
- Windbreaker for island breezes
- Bring a flashlight or headlamp with spare batteries
- Extra batteries, and Ziploc plastic bags to protect spare batteries or equipment from humidity





# VOLTAGE IN ECUADOR

## PLUGS & SOCKETS

**Ecuador copies the voltage level of the United States, as well as the shapes and inputs of their outlets.** Therefore, travelers from the United States should not encounter difficulties when connecting their devices. Ecuador employs voltage ranging from 110 to 120 volts, alongside two flat sockets on their electrical outlets. Additionally, some sockets have a third circular input for grounded appliances.



# BUDGET AND MONEY

## 1. ATMS & MONEY EXCHANGE

- **The official currency of Ecuador has been the US dollar (USD) since 2000.** The same banknotes are used in the UK, although there are also coins featuring Ecuadorian presidents. Both US and Ecuadorian coins are widely accepted. We advise exchanging currency at authorized establishments. In addition, most establishments accept credit cards, however, it is good to have some cash in your pocket in case the internet connection fails.
- **ATMs are widely available throughout Ecuador, including the Galapagos Islands!** Also, you can get American Dollars from them.

- **Before your trip, it is recommended that you inform your bank of your travel plans to avoid any potential issues** with fraud alerts and to ensure uninterrupted use of your card.
- **We suggest that travelers refrain from carrying large sums of cash while in Ecuador** or any foreign country.
- **Traveler's cheques can be a useful alternative**, although they may be more challenging for vendors to process.

## 2. TYPING

**In Ecuador, tipping is not mandatory**, but it is considered a gesture of goodwill.

- **If you have a tour driver who will accompany you throughout Ecuador on your travels, \$20 is the recommended amount to tip per day.**
- **For all other instances**, such as guides in the Galapagos, crew personnel in the Galapagos, tourist transport drivers, and transfer drivers, **it is recommended to provide a gratuity of \$10 per day.**
- **If you are satisfied with the service provided by the waiter, you may wish to leave a gratuity of \$10.** It is recommended that you tip the waiter directly into his hand rather than leaving the gratuity on the table.
- **Before leaving a gratuity for the waiter, please double-check that the tip has not already been included** in your bill (refer to your sales receipt).
- **When dining in an Ecuador restaurant, tipping is not generally mandatory**, but if you want to give a gratuity, you can do it. Similarly, when using the services of a bellboy at a hotel, it is customary to tip him \$1 per bag.



### 3. BUDGET

While it is true, all your expenses will be included in the final price of your Ecuadorian tour package. However, additional expenses may arise during your trip, which are not covered by the package.

- **Taxis:** While traveling in Ecuador, you might be left with some free time to discover the beauty of the country independently. Should you choose to use extra transportation, like cabs, make sure to allocate additional funds towards it.
- **Food is not included in the itinerary.**
- **Handicraft and markets.**



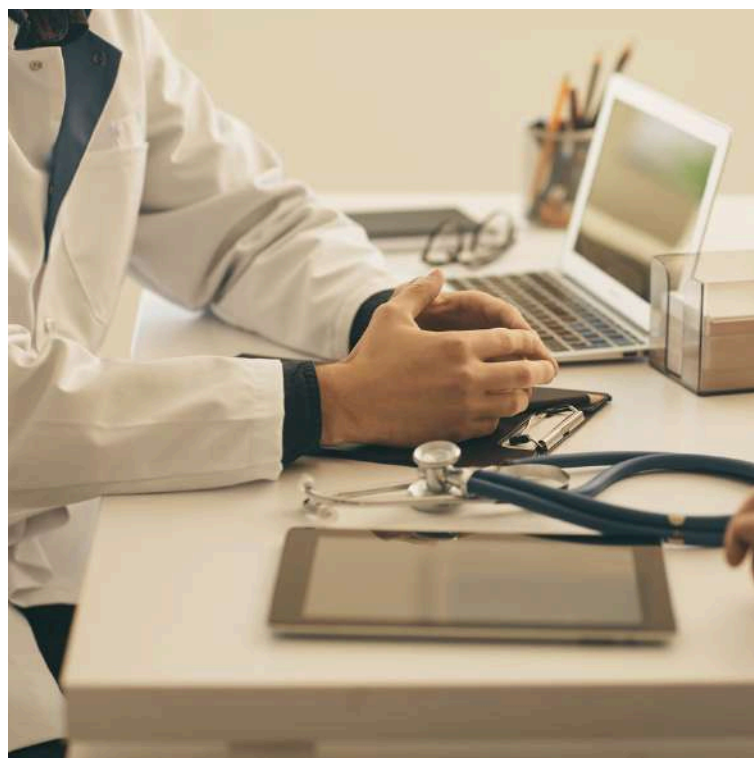
# INSURANCE, HEALTH, AND SAFETY

## A. BEFORE TRAVEL: PREPARING FOR ALTITUDE, VACCINATIONS AND, QUESTIONS FOR YOUR DOCTOR

- **No vaccination or certification for COVID-19 is necessary.** However, it is recommended to get vaccinated against yellow fever, hepatitis A, and typhoid fever for travel to the jungle. travel to the jungle) along with taking malaria pills.
- **It's also suggested** that you consult with your family physician for guidance on how to adapt to Ecuador's diverse environment.
- **If an emergency occurs during your travels in Ecuador,** dial 02 2543-983 to contact the tourism police stationed in Quito.

## B. SOME TIPS

- **Carry bags and backpacks close to your body** and keep them firmly closed.
- **Refrain from wearing jewelry that attracts attention** and keep electronic devices, including iPhones, concealed.
- **Exercise extra caution when traveling to big cities** like Guayaquil or Quito.





- **In either case, you will be accompanied by a local guide if you choose to travel with us to Ecuador or book a tour package with another operator.**

## C. HIGH ALTITUDE SICKNESS

**Quito is a city nestled in the middle of the Ecuadorian Andes, located at an altitude of 2850 meters above sea level.** Visiting such cities can lead to altitude sickness, which can cause loss of appetite, trouble sleeping, headache, lack of energy, and mild nausea.

**To avoid altitude sickness, there are three simple steps one can follow. Firstly, on the first day, avoid physical exertion** such as pulling suitcases or running. Take everything calmly.

**Secondly, do not eat anything too spicy, meaty, or fishy. Lastly, drink muña mate after meals and a cup of coca mate in the morning.** By following these steps, your body will acclimatize more quickly to the altitude.

**If you experience symptoms of altitude sickness, you can take Sorojchipill pills.** These over-the-counter drugs are effective in treating the effects of high altitude. However, if the symptoms persist, it is advisable to seek assistance from the Machu Travel Peru staff to consult with a specialist doctor.

## D. MEDICAL ASSISTANCE

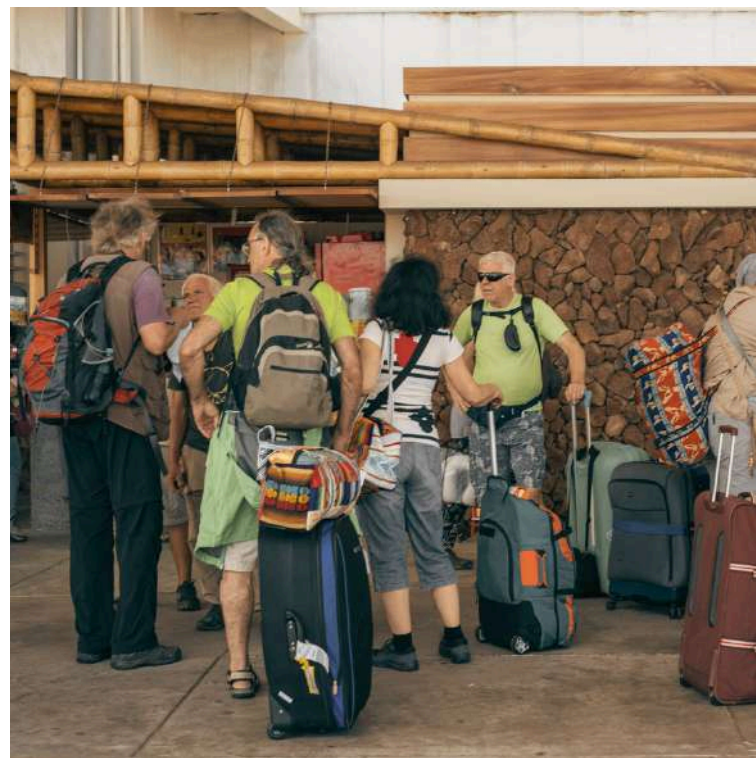
**The healthcare infrastructure in Quito is advanced and efficient, especially in the private sector.** If medical attention is needed, we recommend contacting Machu Travel Peru staff for guidance to the top medical facilities in the city or area around Ecuador.

## E. PRECAUTIONS FOR FOOD AND WATER

**If you plan on consuming fruits, ensure that they have a peel that can be removed.** When it comes to vegetables, only eat those that are fresh and sourced from reputable restaurants or hotels. **If you cannot confirm their freshness or source, it's recommended not to consume them.** Meat should be cooked thoroughly, and all dishes should be served hot to ensure health and safety.

## F. TRAVEL INSURANCE

**When you embark on a trip, it's impossible to predict what unexpected situations might occur. To ensure you're protected, we highly recommend that you purchase travel insurance.** Although Machu Travel Peru does not include insurance in its tour packages, we strongly advise you to purchase it on your own. This is crucial as it will provide you with access to medical assistance in case of unforeseen events, especially if you plan to travel to Ecuador for adventurous activities like visiting the Galapagos Islands, the Amazon, or the Ecuadorian Mountains.







# KEEP IN TOUCH

## 1. TIME ZONE

The mainland of Ecuador and the Galapagos Islands are located in two separate time zones. **The mainland of Ecuador is in GMT-05:00, while the Galapagos Islands are in GMT-06:00.**

## 2. INTERNET

**The majority of Ecuador hotels have a good connection to the internet in all their environments.** On the other hand, during the navigation to the Galapagos, the wireless can be deficient. But we assure you that the surprising seascapes of the Galapagos will make you forget about connecting to social networks or the internet. However, upon disembarking on one of the three large Galapagos islands, the internet connection will improve. In any case, you can consult our expert local guides to assist you.

## 3. MOBILE PHONE USE

**When using your mobile phone in Ecuador, the first step is to check the broadband on which your cell phone works. Next, you can enable roaming from your home country.** If roaming doesn't work, you can purchase a SIM card from any mobile operator in Ecuador. However, please note that the customer service of these operators may not be very good due to their lack of proficiency in English. Therefore, if possible, use the internet to make calls through WhatsApp or send messages.

## 4. CALLING TO AND FROM ECUADOR

**If you want to make calls to someone located in Ecuador, you should dial first the Ecuador country code 00593.** Following, you should dial the regional code (see in the list below) and finally enter the complete mobile number.

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### REGIONAL CODE

- Galapagos Islands 5
- Quito 2
- Guayaquil 4
- Cuenca 7

**If you want to make a call from Ecuador to someone located in your country home, you should dial the code of your country home (In the case of the United States 01). Following, dial the code zone of the state (Washington 202) and after the normal mobile number.**

However, if you already have bought a SIM card and have mobile internet, you can realize calls from WhatsApp, Viber, Facetime, or Skype applications, these calls are easy and direct, without codes and large numbers.



# HOW TO ARRIVE AND DEPART FROM ECUADOR

## A. ON ARRIVAL

**We know that after a long international flight, all you want is to rest and enjoy your first day in Ecuador, and Machu Travel will make things easy for you.** Once you have arrived in Ecuador, go through immigration control and pick up your suitcase. After, look for our Machu Travel sign in the zone of International Arrivals, our host will assist you, he will warmly welcome you, help you move your suitcases, and take you to your previously selected hotel in Ecuador.

Please, if you cannot locate our staff, do not leave the airport terminal until we contact you.

## B. ON ARRIVAL TO THE GALAPAGOS ISLANDS

- **It is highly recommended that you arrive at Quito or Guayaquil airport 2 hours in advance.** Once at the airport terminal, you will need to register your baggage at the SICGAL (Inspection and Quarantine System for the Galapagos) counter. Then go to the Avianca counter to pick up your boarding pass and board your flight to Baltra - Galapagos. Don't worry, our staff will help you at all times.
- **When you arrive at Baltra airport in Galapagos, you will need to pay the entrance fee to the Galapagos National Park, which is \$100 per person.**

Don't worry, all you have to do is mention that this fee is already included in your package. Our staff will then meet you at the airport, welcome you, and take you to your Galapagos yacht.

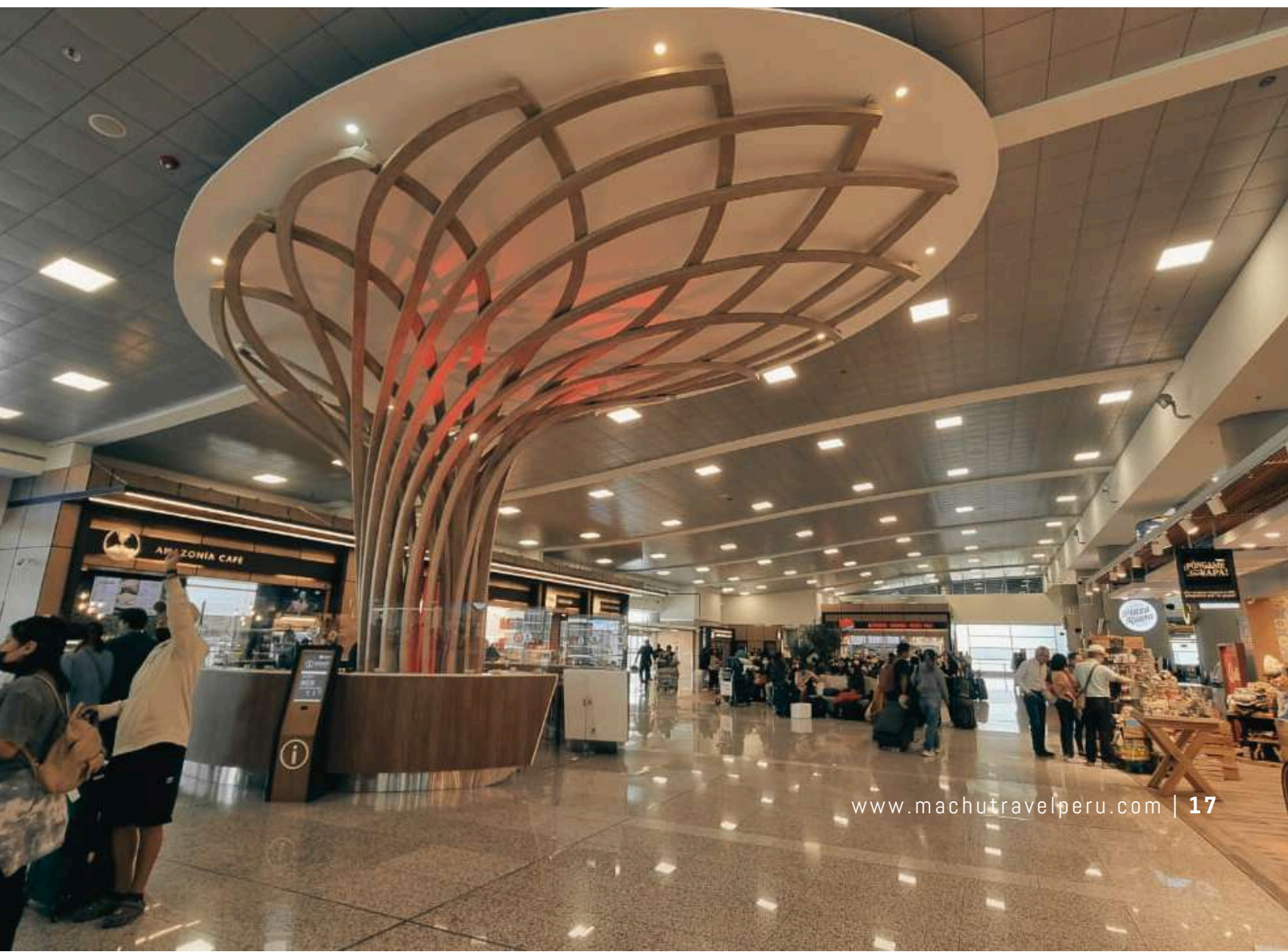
- **We recommend that you carry your original passport** (airport controllers do not accept copies).
- **Due to the large number of passengers at Baltra - Galapagos airport and the small number of staff,** we suggest that you always carry your passport and keep a close eye on your luggage.
- **We recommend that you take travel sickness tablets.**
- **We remind you that the baggage allowance on air flights within Ecuador is 23 kilos or 50 pounds.**

## C. SAYING “GOODBYE” DOESN’T HAVE TO BE PAINFUL

**We know that saying goodbye to a beautiful country like Ecuador is filled with sadness. That is why Machu Travel Peru wants to make it easier for you.** At a prearranged time, our staff will pick you up from your hotel or at the port (in the case of the Galapagos Islands) to take you directly to the airport and help you board your flight home. Of course, not without a warm goodbye from our staff before.

## D. AIRPORT TAXES

**All airport taxes are already included in the cost of airline tickets for flights in and out of Ecuador**, so you won't have to pay extra taxes at any Ecuadorian airport!





# CULTURAL TIPS

## A. RESPONSIBLE TRAVEL

**Once you arrive in Ecuador, you will notice that the Ecuadorians are very kind people.** Always with a smile, they are willing to help the visitor in any way possible. In addition, the warm and tropical climate means that Ecuadorians are always willing to share their culture with tourists in the best way. **However, responsible travel is not only using tourist companies with carbon-neutral certificates but also committing to impacting the communities living in or around tourist areas as little as possible.** (Not leaving garbage, and plastic bottles, among others) On the contrary, traveling responsibly also means respecting and supporting the customs and traditions of local communities.

## B. LANGUAGES

**Ecuador, being a country with a Spanish colonial past, speaks Spanish. However, in its most indigenous communities, located in the Amazon and the Sierra, Quechua, the ancient language of the Incas, is spoken.** In addition, you will be accompanied by your guide who will translate every aspect of this beautiful language of the Incas or Spanish itself.



A scenic view of a city, likely Quito, Ecuador, with a large snow-capped mountain in the background. The city is built on a hillside, and the mountain is partially covered in snow. The sky is clear and blue.

# “A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP”

This content has been written in collaboration with **Machu Travel Peru**. It may take some time to plan a vacation to Ecuador, but we can make the process easier for you. Consult our experts for additional information on our lovely tours. They will be delighted to assist you with any aspect of your dream vacation.