

## **Flight Details**

### **Outbound Flights**

Airline: KLM

Flight Number: KL1000/KL755

London Heathrow | 01/07/2012 | Departure Time: 06.30

Amsterdam | Arrival Time: 09.00

Amsterdam | Departure Time: 10.15

Quito | 01/07/2012 | Arrival Time: 14.55

### **Inbound Flights**

Airline: KLM

Flight Number: KL755/KL1019

Quito | 22/07/2012 | Departure Time: 16.15

Amsterdam | Arrival Time: 13.05

Amsterdam | Departure Time: 14.55

London Heathrow | 23/07/2012 | Arrival Time: 15.15

And for reference:

### **Internal Flights**

Airline: Aerolineas Galapagos

Flight Number: 2K32/2K39

Quito | Galapagos Island | 16/07/2012 | Departure Time: 07.40 | Arrival Time: 10.00

Galapagos Island | Quito | 21/07/2012 | Departure Time: 10.00 | Arrival Time: 14.35

## **OUNDLER SCHOOL KIT LIST**

### **Things to Wear**

- 1 Rubber boots: A MUST! You can bring them from home or can buy a pair in Quito up to size 9 for USD\$6 - USD\$8.
- 2 Rain Poncho or raincoat
- 3 Breathable waterproof trousers
- 4 Easy-dry trousers for working in the jungle
- 5 Shorts
- 6 Long sleeve T-shirts or shirts (good for protection mosquitoes)
- 7 T-shirts
- 8 Underwear / socks
- 9 Thick (long) socks to wear inside rubber boots to keep feet comfortable.
- 10 A warm jacket and jumper (it can get cold in Quito and at altitude)
- 11 Swim suit.
- 12 Flip flops or sandals
- 13 Trainers/ A pair of good walking boots
- 14 Sun / rain hat

It is important to bring the minimum requirements but be aware that many general items (especially clothing) are a lot cheaper in Ecuador and can be bought there if required. Remember that you will be required to carry your kit some short distances so be considerate of the weight and size of your bag. You can look forward to becoming an expert packer once you finish your expedition and it'll be good to keep some room for souvenirs to bring back home.

**Toiletries and Medicine:**

- 1 Biodegradable multipurpose soap – Dry Wash also very useful
- 2 General toiletries, such as toothbrush, toothpaste,
- 3 Enough insect repellent for your stay should be at least 30% DEET lots and lots 500ml min
- 4 Basic Tropical First-aid kit (this does not need to include needles), very important to have sufficient cleaning products (iodine) and plasters. Include antihistamines for insect bites and allergies and also rehydration salts at least 20 for dehydration
- 5 Strong Sunscreen and Aftersun - apply even when cloudy, the sun is strong on the Equator.  
Factor 50 MINIMUM
- 6 Personal Hygiene care products – be aware, some favoured feminine hygiene
- 7 products are not easily available in Ecuador.
- 8 Eye care material (if appropriate)

**Other necessary items:**

- 1 Towel(s) – Microfiber towels are great for packing and drying
- 2 A Head Torch ( petzl, energiser, silva are good brand names to buy)
- 3 Sunglasses
- 4 A good pocketknife
- 5 Daypack (at least 30ltrs)
- 6 Books or other reading material (invaluable for some people), playing cards, dominos, etc.
- 7 Paper and pens
- 8 Ziplock bags
- 9 Strong durable water bottle – (min 1ltr). Be aware that you need to drink a lot each day.
- 10 2 pairs comfortable gardening gloves for work in the jungle (1 heavy duty pair)

**Other things you might need:**

- 1 Dry Bags (Water proof bags) are a great addition to protect your valuables (Camera, Passport etc)
- 2 Digital camera – film cameras do not work well in the jungle humidity
- 3 (Silica gel would be good in jungle environment. it will keep camera from braking. It stops the humidity from affecting the camera)
- 4 Spare memory card and USB adapter (can be bought cheaply in Quito)
- 5 Universal Power Adaptor – Ecuador use the US style two (flat) pin plugs.
- 6 Ear plugs for long journeys

## Galapagos / Ecuador trip July 2012 - Medical Advice

This letter is designed to give you health information about your trip and enable you to be involved in the decisions about which vaccinations are needed.

A useful website to look at is

[www.fitfortravel.nhs.uk/destinations/south-america/ecuador.aspx](http://www.fitfortravel.nhs.uk/destinations/south-america/ecuador.aspx)

In essence the advice regarding injections is that I would strongly recommend all of the following:

- **Diphtheria, Polio and Tetanus and Meningococcal C** (you should be covered for these as they are needed for the UK)
- **Typhoid and Hepatitis A.**
- **Yellow fever** (see below)

Other Vaccinations that you could consider are: **Hepatitis B, Rabies, Tuberculosis.** The advice that I have received from the Gapforce Doctor is that knowing the itinerary of the trip the risks of these are very low, but it can never be said to be nil. Individuals need to make their own minds up regarding these. If someone is going to travel a lot in the future it may be an extra reason to consider these injections.

**Malaria prophylaxis.** If you look at the link above, maps can be viewed for the 'at risk' malaria and Yellow Fever area. According to Gapforce you are going to be just on the border and as such we would recommend that you need both Yellow Fever vaccination and antimalarial medication.

If you are a **boarder** the san will contact parents via email if any of the essential vaccinations are needed (Diphtheria, Polio, Tetanus, Men C, Yellow Fever, Typhoid or Hep A). Pupils will need to make an appointment with a doctor for Malaria prophylaxis.

If you would like to consider any other (non essential) vaccinations please make an appointment to see the Doctor.

If you are a **day pupil** please contact your own surgery regarding any vaccinations you may need and your antimalarials.

If as a parent you would like to discuss any of the above, especially if you would *not* like your child to receive any of the 'essential' vaccinations, please contact me.

Have a good and safe trip.

Dr David Clayton

*School Doctor*

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