



**AdventHealth** | Global Missions

# **Quito, Ecuador Mission Trip**

## **Primary Care**

**October 3 – 11, 2025**



# Quito, Ecuador

## Medical Mission Trip

### Trip Purpose

AdventHealth volunteers will provide primary care outpatient services and health education to several Ecuadorian villages in the Quito and Amazon area during clinic days.

### Location & Culture <sup>1</sup>

Ecuador is in western South America, with three mainland regions are referred to as the Coast, the Sierra, and Amazonia. The Galápagos Islands, also belonging to the country of Ecuador, lie 600 miles off the Pacific coast. In 1830, Ecuador took its name from the Spanish word for the equator, which crosses the entire northern sector. Spanish is the national language; thirteen indigenous languages are spoken, of which the principal ones are Quichua and Huaorani. Indigenous people may comprise as much as 25 to 35 percent of the republic. The population of Ecuador is estimated over 18 million people with its high poverty and income inequality most affecting indigenous, mixed race, and rural populations. The government has increased its social spending to ameliorate these problems, but it has not been enough. Ecuador's capital city of Quito, with its two million people, and Guayaquil, the major port city with three million people, constitute the powerful polarities of a political–economic coastal–sierran divide.



Clinica Adventista of Quito is one of AdventHealth's Mission Partners and has established a working partnership since 2020. We will join Clinica Adventista of Quito's staff of physicians, nurses, and pharmacists during clinic days, allowing us the opportunity to work alongside Ecuadorian medical professionals. Clinica Adventista of Quito is a hospital affiliated with the Seventh-day Adventist church that serves their community with in-patient hospitalization, operating rooms, outpatient visits and medical care from physicians specializing in various areas of medicine, and a new imaging center.

<sup>1</sup> <http://www.everyculture.com/Cr-Ga/Ecuador>  
<https://www.cia.gov/the-world-factbook/countries/ecuador/#geography>

# COVID Protocol as established by AdventHealth Global Missions

The safety and health of our volunteer team and security within our destination/host country is of utmost priority.

Any volunteer wanting to travel on an AdventHealth Global Missions' trip must:

- ☐ Adhere to the vaccine requirements of our host country and our host institution, including covid testing if required.
- ☐ Agree to wear a mask at all appropriate times as instructed by the team leader. This includes but is not limited to properly masked in airports, team meetings, morning, and afternoon commute on the bus and during clinic hours.
- ☐ Comply with airline and transit country masking requirements, if applicable, during to and from travel to destination.

## Entry Requirements for Ecuador

1. All passports must be valid for at least six months after the dates of intended travel. We recommend that you keep a copy of your passport with you at all times while traveling through Ecuador. For U.S. and Canadian citizens, no visa is necessary for our visit to Ecuador.

\*If you are not a U.S./Canadian citizen, please contact the Global Missions office for additional assistance regarding visa requirements for entry into Ecuador.

## Trip Cost and Due Dates

**The total trip cost is \$2,000**

### Due Dates

| Payment                | Amount per Person | Date Due              |
|------------------------|-------------------|-----------------------|
| Non-Refundable Deposit | \$200             | Upon Acceptance Email |
| 50% of Trip Cost       | \$900             | August 22, 2025       |
| 100% of Trip Cost      | \$900             | September 19, 2025    |
| TOTAL                  | <b>\$2,000</b>    |                       |

**Note: Airline tickets will be purchased once the 50% of the trip cost has been paid. You may be subject to higher ticket rates if payment deadline is not met. Trip cost may vary depending on departure city. Cost listed is based on departure out of Orlando or Tampa, Florida.**

### Payment Options:

1. Website: <https://give.adventhealth.com/campaign/global-missions-ecuador-mission-trip/c462361>
2. Call our office at 407-303-2632 to make payments over the phone
3. Mail a check made out to the “AdventHealth Foundation Central Florida” to our address:

AdventHealth Global Missions  
870 Sunshine Lane  
Altamonte Springs, FL 32714

### The trip cost covers the following expenses:

- Flight(s) to locations
- Hotel/Accommodations
- Excursion – entrance fees, etc.
- Ground Transportation
- Meals and Drinking Water
- Short-Term Travel Insurance

### Additional Costs

These items are not included in the trip donation and are your own expense:

- Meals while in the airports traveling to and from Ecuador
- Medications, some which may be covered by your health plan
- Personal Tips, ex: for laundry or other personal items not covered by group tips
- Any personal emergency expense above what the insurance covers
- Souvenirs, gifts, and any personal extras such as beverages

## Travel Schedule

Tentative schedule shown below, *subject to change*.

Departure: FLORIDA (MCO or TPA) → Quito, Ecuador

| Day | Date                   | Activity                                                                                                  |
|-----|------------------------|-----------------------------------------------------------------------------------------------------------|
| 1   | Friday<br>October 3    | Depart Florida (Orlando or Tampa airport) → Ecuador<br>Acclimate to Quito                                 |
| 2   | Saturday<br>October 4  | Travel to Tena – Amazon Jungle                                                                            |
| 3   | Sunday<br>October 5    | CLINIC: Medical care                                                                                      |
| 4   | Monday<br>October 6    | CLINIC: Medical care                                                                                      |
| 5   | Tuesday<br>October 7   | CLINIC: Medical care                                                                                      |
| 6   | Wednesday<br>October 8 | Travel to Quito                                                                                           |
| 7   | Thursday<br>October 9  | CLINIC: Medical care                                                                                      |
| 8   | Friday<br>October 10   | CLINIC: Medical care<br>½ Day Clinic at Clinica Adventista Quito<br>65 <sup>th</sup> Anniversary Ceremony |
| 9   | Saturday<br>October 11 | Depart from Quito, EC<br>Arrive in Florida                                                                |

**\*\*Flight itinerary will be emailed to you once flight has been finalized.**

## Elevation

Quito's elevation is 9,350 feet, which can prove to be a challenge as most of us are not used to living in places of such high elevation. At these heights, the oxygen level in the atmosphere is decreased, and some experience altitude sickness.

### Tips in Avoiding Altitude Sickness<sup>2</sup>

1. **Hydrate** – the best way for your body to adjust to high altitude is to drink plenty of fluids, at least double what you normally drink.
2. **Replenish** – eat foods rich in potassium and complex carbohydrates and decrease salt intake.
3. **Easy does it** – dial back the effort if you're short of breath, sore, or consistently fatigued.
4. **Shade yourself** – properly apply sunscreen at all times, there is little protection from the sun otherwise.
5. **Doctor's orders** – if you're concerned about altitude sickness, visit your doctor before the trip. There are several medications used to prevent high altitude illness; the most common being acetazolamide (Diamox). Your doctor will advise you whether this medication is appropriate for you. You may also want to bring ibuprofen (Advil) and acetaminophen (Tylenol) in case you are afflicted with headaches.
6. **Prepare** – days may be warm, but as soon as the sun sets mountain nights are very cold.
7. **Seek help** – make sure you alert your trip leader if you are feeling ill.

## Weather and Atmosphere

The Quito, Ecuador average temperature (low to high) ranges from 49°-72° degrees F (or 9°-22° degrees Celsius) most of the year. The highs represent midday, the lows are average evening temperatures, highlighting the fact that Quito is not a city of extreme weather. The consistency of the average temperatures through each month of the year also serves to highlight that Quito does not experience very defined seasons.

## Food and Drink

The most common, ubiquitous prepared food is soup, with many variations according to region and ingredients. Staples of the Ecuadorian diet include potatoes, fish, yuca, rice, beans, shellfish, plantains, chicken, beef, and pork. Ecuadorians use aji, a spicy chile pepper hot sauce, to season just about everything. Ceviche is very traditional and shrimp ceviche is especially popular, as are soups and stews.

We recommend only consuming food that is provided to you by our hosts.

### Water

We recommend you do not drink tap water, only bottled water. This may include brushing your teeth and ordering drinks with ice. You will be provided bottled water throughout the trip. It is important to keep yourself hydrated due to the elevation changes.

## Lodging

We will be staying at different hotels in the different cities which we will be visiting. The hotel room assignment will be 2 people per room based upon gender or couples.

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<sup>2</sup> <http://www.snow.com/for-her/altitude-sickness-tips.aspx>

## Immunizations

Besides your COVID-19 vaccination, we recommend our participants are up to date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. More information on recommended vaccinations is available at <https://wwwnc.cdc.gov/travel/destinations/list/>

## Miscellaneous

### Foreign Currency

Ecuador uses the United States Dollar for its currency.

### How much money should you bring?

The only money you will need is for any extra food and souvenirs you may want to purchase. Most everything you see in shops or from vendors will be less expensive than in the USA. Bargaining of prices for goods may be appropriate for street vendors.

You may also bring cash to tip the hotel staff if applicable.

### Electricity

In Ecuador the electrical power is 110v at 60 cycle, same as the United States. You will not need an adapter or converter.

### Time

Ecuador is one hour behind Florida's EST during daylight savings time.

### Cell phone and Internet Access

If you need cell phone access, please make arrangements with your cell phone carrier prior to departure. Wi-Fi access may be available at the hotel.

### Important Travel Tips

- Please do not go out on the streets by yourself, always in a group.
- DO NOT let anyone take your passport "to expedite" your check-in. Wait in line yourself.
- Identify yourself as a tourist – "Tourism" on immigration documents.
- Respect others; **always be on time for scheduled events** (better early than late).
- Remember: You are a guest in Ecuador, the rules and cultural norms may be different and more conservative.

# Packing List

Note: This is not an all-inclusive, nor do all items listed need to be packed. It is provided as a guide for what to consider packing for a Global Missions trip.

|         |                              |  |                        |  |                           |  |
|---------|------------------------------|--|------------------------|--|---------------------------|--|
| BASICS  | TO TRAVEL:                   |  | Watch/Travel Alarm     |  | TRAVEL AIDS               |  |
|         | Passport                     |  | FUNDS                  |  | Pleasure reading          |  |
|         | Copy of travel docs          |  | Wallet                 |  | Chewing gum               |  |
|         | Copy of passport             |  | Cash                   |  | Snacks                    |  |
|         | Emergency contact info       |  | Credit Cards           |  | Earplugs                  |  |
|         | Medical insurance card       |  | Foreign Currency       |  | Sleeping mask             |  |
|         | Headphones                   |  | Money belt             |  | Travel pillow             |  |
|         | Cell Phone & Charger         |  |                        |  | Motion-sickness remedy    |  |
|         | Tablet & Charger             |  |                        |  |                           |  |
| CLOTHES | BASICS                       |  | Scrub Top              |  | ACCESSORIES               |  |
|         | Underwear                    |  | Scrub Bottom           |  | Belt                      |  |
|         | Socks                        |  | OUTERWEAR              |  | Wristwatch                |  |
|         | Undershirts                  |  | Jacket                 |  | Glasses                   |  |
|         | Bras                         |  | Rain jacket            |  | Sunglasses                |  |
|         | Sleepwear (warm)             |  | Scarves                |  | Glasses case              |  |
|         | CASUAL                       |  | FOOTWEAR               |  | Hat                       |  |
|         | T-shirts                     |  | Hiking Shoes           |  |                           |  |
|         | Sweatshirts                  |  | Athletic/Comfy shoes   |  |                           |  |
|         | Pants/J Jeans                |  | Sandals/flip-flops     |  |                           |  |
| HYGIENE | Toothbrush                   |  | Face cleanser          |  | Feminine hygiene          |  |
|         | Toothpaste                   |  | Moisturizer            |  | Nail clippers             |  |
|         | Dental floss/mouthwash       |  | Sunscreen              |  | Hand Sanitizer/wipes      |  |
|         | Soap                         |  | Lip balm               |  | Tissues                   |  |
|         | Deodorant                    |  | Contact lenses & case  |  | Insect repellent          |  |
|         | Shampoo                      |  | Saline solution        |  | Prescription Medications  |  |
|         | Conditioner                  |  | Shaving cream          |  | Pain reliever             |  |
|         | Brush or Comb                |  | Razor                  |  | First-aid kit             |  |
|         | Ponytail holders             |  | Perfume/cologne        |  | Vitamins                  |  |
|         | Hair dryer/curling/flat iron |  | Makeup                 |  | Toilet paper / baby wipes |  |
| EXTRAS  | Camera                       |  | Reusable water bottle  |  | DONATIONS                 |  |
|         | Umbrella                     |  | Travel sewing kit      |  | Clothing                  |  |
|         | Towel                        |  | Journal/Pen            |  | Toys                      |  |
|         | Guidebook                    |  | Plug adapter           |  | School Supplies           |  |
|         | Backpack/day bag             |  | Voltage converter      |  | Toiletries                |  |
|         | Stain remover                |  | Laundry bag            |  |                           |  |
|         | Important Phone numbers      |  | Ziploc bags            |  |                           |  |
|         | Powdered drink packets       |  | Stethoscope            |  |                           |  |
|         | Personal snacks              |  | Personal medical tools |  |                           |  |
|         | Flashlight & extra batteries |  | MED BAG supplied by GM |  |                           |  |

## Packing Tips:

- Be a minimalist, don't over pack.
- Nights and mornings are colder, pack warm sleepwear and sweaters.
- Dress in layers to accommodate changing weather throughout the day especially for rain.
- Personal Medications: Bring what you would normally travel with and include items such as headache and anti-diarrhea medicine, Zofran, Cipro, etc.
- Scrubs are optional, on clinic days you can wear pants and a polo shirt.
- PLEASE leave jewelry back in the U.S. and dress conservatively – no loud shirts, pants, shorts, etc.

## Luggage Allowance

1. Checked luggage    Weight limit = 50 lbs.                      Cost covered by Global Missions
2. Personal bag

## Global Missions' Supply Bag

You will receive a 15 lbs. shopping bag with supplies to take to Ecuador. Please spread these items throughout your luggage *along* with the shopping bag. We will collect these items once we are at our destination.

Before departure you may be asked to pack some supplies to bring back to the U.S. We will collect them once back in Florida. Pack them so that upon arrival you can quickly find them to be returned.