



 **AdventHealth** | Global Missions

Galapagos Mission Trip

Primary Care Project

March 6-14, 2026



Galapagos, Ecuador Medical Mission Trip

Trip Purpose

AdventHealth volunteers will provide primary care outpatient services and health education to the people of San Cristobal Island in the Galapagos during five clinic days.

Location & Culture

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.



The Galapagos Islands culture is a blend of ethnicities, traditions, and customs, with influences from Ecuador, Europe, and the United States. The islands are known for their unique culture of adaptation and resilience, and are a UNESCO World Heritage site. Islanders have a deep respect for the islands' delicate ecosystems, and often participate in environmental efforts like beach cleanups. Tourism is a major part of the islands' economy, and most inhabitants work in the industry.

Hospital Adventista of Quito is an AdventHealth Mission Partner and has established a working partnership since 2020. Our mission work in the Galapagos will be in partnership with Hospital Adventista of Quito and the local Seventh-day Adventist church in San Cristobal Island. Hospital Adventista of Quito 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.



Trip Cost and Due Dates

The total trip cost is \$2,500

Due Dates

Payment	Amount per Person	Date Due
Non-Refundable Deposit	\$200	Upon Acceptance Email
50% of Trip Cost	\$1,150	January 16, 2026
100% of Trip Cost	\$1,150	February 13, 2025
TOTAL	\$2,500	

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/Galapagos
- 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) → Guayaquil, Ecuador

Day	Date	Activity
1	Friday March 6	Flight to Guayaquil, Ecuador
2	Saturday March 7	Depart from Guayaquil to San Cristobal Island in the Galapagos
3	Sunday March 8	CLINIC: Medical care
4	Monday March 9	CLINIC: Medical care
5	Tuesday March 10	CLINIC: Medical care
6	Wednesday March 11	CLINIC: Medical care
7	Thursday March 12	CLINIC: Medical care
8	Friday March 13	Flight to Quito, Ecuador
9	Saturday March 14	Depart from Quito, EC Arrive in Florida

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

Health and Safety 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 AdventHealth, our host country and our host institution.
- ☐ Agree to wear a mask at all appropriate times as instructed by the team leader.
- ☐ Comply with airline and transit country masking requirements, if applicable, during to and from travel to destination.

Entry and Exit Requirements for Ecuador

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 and Galapagos islands. For U.S. and Canadian citizens, no visa is necessary for our visit to Ecuador.

Weather and Atmosphere¹

Set 600 miles off the coast of Ecuador, the Galapagos Islands have a tropical and semi-arid climate that is largely influenced by ocean currents. Temperatures do not vary greatly throughout the year, though there are seasonal variations. Average temperatures range from high 80's (F) to the high 70's (F) with little rainfall and seasonal breezes and fog.

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 during our mission trip.

Lodging

We will be staying at hotels in the island of San Cristobal. The hotel room assignment will be 2 people per room based upon gender or couples.

¹ [Galapagos Climate Information for Travelers - AdventureSmith](#)

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. 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

BASICS	TO TRAVEL:		FUNDS		TRAVEL AIDS	
	Passport		Wallet		Pleasure reading	
	Copy of travel docs		Cash		Chewing gum	
	Copy of passport		Credit Cards		Snacks	
	Emergency contact info		Foreign Currency		Earplugs	
	Medical insurance card		Money belt		Sleeping mask	
	Headphones				Travel pillow	
	Cell Phone & Charger				Motion-sickness remedy	
CLOTHES	Tablet & Charger					
	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			
HYGIENE	Pants/Jeans		Sandals/flip-flops			
	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	
EXTRAS	Hair dryer/curling/flat iron		Makeup		Toilet paper / baby wipes	
	Camera		Reusable water bottle		DONATIONS	
	Umbrella		Travel sewing kit		Clothing	
	Towel		Pen/Journal		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			
EXTRAS	Flashlight & extra batteries		MED BAG supplied by GMI			

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 **may** receive a 15 lbs. shopping bag with supplies to take to the Galapagos. 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.