

Papua New Guinea

PRE-DEPARTURE INFORMATION



Please carefully review this information and take it into serious consideration before arriving in PNG. Failure to read this ESSENTIAL information may result in unnecessary inconvenience during your travel.

In 1989, JOURNEYS director Will Weber took an exploratory trip to visit the Sepik, Tari, Mt. Hagen and Wabag regions of Papua New Guinea. We have been successfully offering trips that include these areas since 1990 when we started our South Pacific program.

Papua New Guinea is a land of contrasts and surprises. It is an equatorial wonderland of mountain and lowland rain forests featuring some of the most remarkable biological diversity in the world. Papua New Guinea is located just 80 miles north of Australia across the Torres Strait and a few degrees south of the Equator. Incorporating some 600 offshore islands, with the mainland dominated by lofty mountains up to 15,000 ft., the profusion of PNG's wildlife and the possibility of discovering something new are enough to keep any nature traveler occupied for a lifetime. Diversity of the fragile natural environment and cultures are the major attractions that PNG offers the visitor.

GETTING READY FOR YOUR TRIP

Passports

- ❖ Passports are required of U.S. Citizens to enter
- ❖ Must be valid for at least 6 months after your trip – if not, apply or renew immediately
- ❖ Keep a copy of the picture page of your passport in a separate place while traveling
- ❖ Carry an extra passport photo in case you need to apply for a quick replacement

Visas

- ❖ U.S. citizens need a travel permit/visa for visits
- ❖ You will also need an onward/return ticket and proof of sufficient funds for the intended visit
- ❖ Permits should be acquired before you depart, they are not currently available on arrival
- ❖ We will supply you with an Entry Permit Form to apply at the appropriate time before departure
- ❖ Nationalities of other countries please inquire regarding visas
- ❖ Procedures are subject to change at any time, and we recommend contacting the PNG Embassy for further information regarding entry requirements: the Embassy of Papua New Guinea, 1779 Massachusetts Avenue, NW, Suite 805, Washington, DC 20036; Phone: (202) 745-3680; Fax: (202) 745-3679; or visit the Embassy's website at <http://www.pngembassy.org>
- ❖ For transit through Australia you will also need to obtain an Electronic Travel Authority (ETA). If JOURNEYS has issued your international tickets, we will process the ETA for you electronically via the airline. For further information about Australian visas or the ETA, contact the Embassy of Australia in Washington, D.C., at 1-800-242-2878 or at the Embassy of Australia's website at www.austemb.org.

Health, Immunizations

- ❖ Some immunizations are highly recommended, but none are required for entry
- ❖ Recommended standard immunizations include: polio, tetanus, MMR, hepatitis A & B
- ❖ Visitors are advised to take malaria precautions, but only your doctor can recommend and prescribe the appropriate medication for you.
- ❖ A typhoid fever vaccine is highly recommended
- ❖ A yellow fever vaccination certificate is not required, unless you are coming from an infected country
- ❖ SEEK INDEPENDENT MEDICAL ADVICE from your physician or local travelers health service
- ❖ For the latest recommendations for immunizations or malaria prevention contact the Center for Disease Control in Atlanta, Georgia: 800-311-3435, or visit their website: <http://www.cdc.gov/travel>
- ❖ Many universities have immunization clinics that can assist you

Time Difference

- ❖ PNG is 12 hours ahead of Pacific Standard Time & 15 hours ahead of Eastern Time (+10 GMT)
- ❖ When it is 9 PM in Port Moresby, it is 6 AM in New York City (on the same day)

Electricity

- ❖ Electricity in PNG is 240 volts, AC, 50hz.
- ❖ Some hotels provide 110 volt outlets in guest rooms.
- ❖ PNG uses the same electrical plug outlets as Australia.
- ❖ Electrical appliances brought from the U.S. will require a voltage and plug converter.



ARRIVAL

Entry

- ❖ It's not possible to fly directly to Papua New Guinea from the United States.
- ❖ Many travelers fly first to Australia. From Sydney, Brisbane, or Cairns you can fly to Port Moresby via Air



Niugini (flights listed as Qantas are actually operated by Air Niugini).

- ❖ There are daily flights from Cairns to Port Moresby.
- ❖ Flights can also be made from Manila, Singapore or Narita, Japan, but only on certain days of the week.
- ❖ We strongly suggest that you book your own flights to Australia to take advantage of any special fares being offered, but to let us book the Air Niugini flights into PNG in order to also book and receive a discount on any additional domestic flights (not charter flights)
- ❖ Be certain your baggage claim checks are clearly marked "POM" for Port Moresby on your flight into PNG.
- ❖ Allow plenty of time to arrive at the airport to conduct immigration, security, and check-in procedures.
- ❖ Local contact information is sent with your Last Minute Reminders from JOURNEYS

Customs

- ❖ PNG will allow you one liter of liquor, and 200 cigarettes or the equivalent in tobacco or cigars per adult
- ❖ On arrival at Jackson's Airport in Port Moresby, the procedure is quite orderly but can take up to one hour. If you have a tight connection, be sure you go to the head of the line in immigration and request special assistance.
- ❖ Important: The Air Niugini transit counter at Jackson's airport in Port Moresby is located in the Customs Hall for those with connecting flights. Check-in at the transit counter before leaving the Customs Hall.
- ❖ You'll land at Jackson's Airport in Port Moresby, about 8 km from the city center, and a representative will meet you outside the customs hall. He/she will transfer to your hotel, or assist you with your connecting flight.

GETTING ALONG AS A VISITOR

Food & Restaurants

- ❖ Water sources vary at the Wilderness Lodges, from a stream or nearby natural spring to the Sepik Spirit riverboat where the water is filtered right from the Sepik River. At some lodges and on treks drinking water is boiled before serving. Some travelers choose to bring and use their own personal water purification system, however this is not really necessary. Bottled water is sold at the Wilderness Lodges.
- ❖ Drink only bottled drinks, and avoid tap water, fountain drinks and ice cubes
- ❖ Your trip cost includes most meals while on our tour or at lodges, as specified in your itinerary.
- ❖ There is no national cuisine in PNG, such as can be found in Thailand and Indonesia. Local food is made up of bland starchy foods with very little protein and to a western palate is unacceptable.
- ❖ Meats, fish, vegetables, and tropical fruits are served Australian style.
- ❖ At the Wilderness Lodges dinner may include one "local" vegetable for you to try.
- ❖ Special diet meal requests cannot be guaranteed, but meals are generally well-balanced. If vegetarian meals are required, this should be advised to the Manager at the time of check-in.
- ❖ Some of the world's best coffee and tea is grown in the Highlands of PNG.
- ❖ An excellent beer is locally produced and a good variety of imported wines are plentiful.
- ❖ As a guideline for meals not included in your land cost, full breakfasts are generally about US \$6, lunch US \$12; dinners \$12 to \$15 and up. Costs vary between coastal areas, islands and the highlands because of freight costs.
- ❖ When on your own: eat only foods that are thoroughly cooked, and raw fruits and vegetables that you have peeled yourself. Again, drink only bottled drinks, and avoid tap water, fountain drinks and ice cubes. Avoid fresh salads unless the vegetables are washed with purified water, and avoid dairy products that are unpasteurized or may not have been refrigerated properly.

Guides

- ❖ During your trip the driver/guides will make every effort to be of assistance.
- ❖ They are proud of their record and the contact and compliments from visitors.



- ❖ Remember, they are speaking in their third language, after their local language and Pidgin-English.
- ❖ Do ask them questions but try using an uncomplicated vocabulary and do not speak too quickly.
- ❖ They do not need be treated patronisingly.
- ❖ You will find them friendly and helpful - refreshing and innocent compared to most places in the world.
- ❖ A helpful tip when asking a question - to ensure a more accurate response, ask the question in such a way the response is not built into the question. Instead of "Is that a cockatoo?" ask "What kind of bird is that?"
- ❖ You are asked not to provide or buy alcoholic beverages for your drivers or guides as their job could be in jeopardy if they drink while on duty.
- ❖ Do not hesitate to ask the driver to slow down if you feel he is driving too fast, or to stop to take photos.
- ❖ Also should a guide offer you (with good intentions) artifacts or heirlooms to be mailed later, it is best to pass on the offer. (The same goes for asking guides to purchase and/or mail souvenirs home for you.)

Laundry

- ❖ Hotels in main centers usually have daily laundry services.
- ❖ Laundry service is also usually available at Ambua Lodge, Karawari Lodge, and Malolo Plantation Lodge.
- ❖ Keep in mind that all laundry at lodges is line dried and thus sufficient time is required for drying. Generally plan 24 hours for this service.
- ❖ There is no laundry service available on the MV Sepik Spirit.

Money and Currency Exchange

- ❖ The unit of currency is the Kina (PGK), pronounced "kee-nah", and sub-units of 100 are called Toea, pronounced "toy-ya". Note denominations are available in K2, K5, K10, K20 and K50.
- ❖ Travellers Cheques and international credit cards are accepted at most major hotels. American Express, Diners Club, Master Card, and Visa credit cards are accepted at the Wilderness Lodges.
- ❖ Kina cash can usually be acquired at the banks of most international ports of departure to PNG such as Sydney, Brisbane, Cairns, and Manila. It is strongly recommended you acquire your Kina cash at these banks prior to departing for PNG, if possible.
- ❖ Although there is a bank at the Port Moresby international airport, it keeps normal banking hours. Thus if you are arriving in PNG outside of normal banking hours or if your connection time in Port Moresby to your next domestic flight is short, it is highly recommended you obtain your Kina cash outside the country.
- ❖ There are also banks in most major centers in PNG, but tour schedules do not usually allow time for banking. Most hotels and the Wilderness Lodges have some cash but this is greatly limited and exchange rates are not as good as the banks.
- ❖ Banking hours in PNG are generally from 9:00 am - 4:00 pm Monday through to Friday.
- ❖ Basic additional local expenses on a tour with us will include snacks, liquor, soft drinks, bottled water, laundry, gratuities for your guides, airport departure taxes, and incidental expenses. The total of all of these expenses seldom exceeds \$250 USD.
- ❖ The Department of Civil Aviation has a Terminal Facilities charge of K60.00 per person payable on departure. Please ensure you have K60.00 per person cash to pay this fee when departing (subject to change).
- ❖ Credit card companies are now charging a 3%+ surcharge on all foreign currency purchases (purchases of goods made outside of the US). Check with your credit card company before you travel as the charges change frequently without notice and vary with card and destination.

Tipping

- ❖ It is not expected nor the custom to tip in Papua New Guinea.
- ❖ However, if you would like to show your appreciation for a job well done at the Lodges, there is a general staff fund, which acknowledges the 'behind the scenes' efforts of all staff who contribute to the overall success of your visit. It is best to consult the Lodge or Hotel Manager before giving gifts or tips.
- ❖ You may also choose to tip the local guides who have accompanied you throughout the trip. As a rough

guideline, you could pay about K15 – K20 (US\$5-7) per day, divided between the group, perhaps more if the guide has been especially good or the group large.

- ❖ Please do not give gifts to individuals in villages. If you wish to do so, ask your driver/guide to help you contact the Headman and leave your gifts with him or alternatively with the Lodge Managers who in turn will distribute items evenly amongst the people. Your understanding of this will help prevent turning the people and in particular the children of PNG into beggars which are often found in other countries.

Emergency Services

- ❖ On most PNG trips, you will be isolated from modern medical facilities, so preventative measures and attention to medical matters is vital. JOURNEYS assumes no responsibility for medical care.
- ❖ Hospitals and pharmacies are small and are limited to urban centers and missions.
- ❖ Government owned general hospitals, church affiliated hospitals, private doctors and pharmacies are available in all major centres of the country.
- ❖ Services at both public and private medical facilities in PNG are not to the same standard as those found in western European countries, USA, Canada, or Australia.
- ❖ Medical aid posts are found in remote areas such as the Karawari and Sepik Rivers, although services are limited to very basic first aid and medication.
- ❖ We recommend you bring a personal first aid kit including ample supply of medication, and pack this in your carry-on or day-pack.
- ❖ Prevention of injury is always the best policy.
- ❖ Your guide will advise you in the case of urgent medical need during your tour

SPECIAL REMARKS

People

- ❖ There are hassles that even the best of trips encounter.
- ❖ In PNG, anger, displeasure or irritability do NOT enhance one's chances of getting results in the face of such problems. Such expressions reduce the recipient to a stony silence. Anger and raised or displeased voices will not illicit cooperation or compassion.
- ❖ When you experience the unexpected, please be patient and avoid dwelling on mishaps, it only worsens the travel experience for yourself and your fellow travelers.
- ❖ It is natural to be agitated or frightened in such a remote, foreign country. Be assured all arrangements are being coordinated to make your trip as smooth as possible.
- ❖ Overall, past clients find PNG one of their best trips ever, but the unexpected can easily occur.
- ❖ It is best to ask permission before taking portrait photos. If in doubt, ask your guide.

Climate

- ❖ The climate in Papua New Guinea is tropical and pleasant.
- ❖ You will experience two distinct types of climate in PNG:
- ❖ The first is in the lowland and coastal areas being hot and having a temperature range of 24-35 °C (75-95°F) with high humidity.
- ❖ The second is the highlands regions being cooler, having a temperature range of 12-28 °C (54-82°F) and with less humidity. At slightly higher altitudes it can be much cooler, especially at night, and lodges may not be as well insulated as we would expect at home.
- ❖ In both areas, the days are generally fine, but often there are clouds in the afternoon resulting in rain late afternoon and evening.
- ❖ Evenings are usually comfortable.
- ❖ Although there are said to be dry and wet seasons in various areas of PNG, it is often difficult to distinguish between these seasons. On the one hand, it can rain for several consecutive days during the dry season and on the other, there may occur lengthy dry spells during the wet season. Although it may

be locally dry in the Sepik region, if it is raining heavily in the highlands, the river levels in the Sepik will rise.

- ❖ Weather in PNG is generally very localized and PNG does not experience frontal weather as in common in more temperate areas.

Time

- ❖ Relax and enjoy the easy-going rhythm of Latin America
- ❖ Do not expect everything to happen on time; remember that in some places time is not as important as it is back home, and there is often little concern for punctuality
- ❖ Despite best efforts, departures and arrivals could be a little before or after the time given. This applies particularly to aircraft movements. Operating requirements, weather and terrain sometimes present problems, and on these occasions, to ensure your safety, flight times may vary

Restroom Facilities

- ❖ Toilet facilities near villages are generally an outdoor hut, constructed of bush materials, concealing a deep hole in the ground surrounded by boards and logs.
- ❖ While on a trek and away from villages, look for a private spot in the bush.
- ❖ It is a very good idea to carry your own small supply of toilet paper.
- ❖ Hotels and most guest houses have western-style flush toilets.
- ❖ Most bathrooms might not look nor smell as sanitary as those you are used to.

Safety

- ❖ Unfortunately, on the rare occasion when Papua New Guinea does get featured in the international media, it is usually a sensationalist report which depicts PNG only in a negative light. As a result, PNG often and unjustifiably is described as a dangerous and high risk country to visit.
- ❖ You may get your first indication of this attitude from either your friends at home before you leave or from people you meet on the way to PNG. Even the local foreign residents have their own share of stories that are usually hearsay and exaggerated. Do not let this discourage you.
- ❖ If you take reasonable care and common sense, you are most unlikely to experience anything other than friendliness and hospitality.
- ❖ As a precaution do not carry valuables such as passport, airline tickets, money, credit cards or jewelry while walking around town or on sightseeing tours.
- ❖ Never leave valuables unattended in your room.
- ❖ There is seldom any place to go in the evenings, but in any case it is advisable not to leave the hotel at night.
- ❖ Crime is a factor everywhere these days, so take all precautions possible. Be aware at all times.
- ❖ No need to be paranoid, but awareness of your self and surroundings helps a lot.
- ❖ The best place to carry your passport and money is in a pouch worn around the neck inside of the shirt or in a money belt around the waist
- ❖ It is highly recommended that you buy travel insurance that covers you and your baggage before you leave
- ❖ Don't take anything you can't afford to lose or can't replace

Shopping

- ❖ Art and handicrafts in PNG are world-renowned and one of the most vital industries as such in the South Pacific. The art is extremely varied which reflects the great diversity of cultures in PNG.
- ❖ The Sepik River is well known for its unique art, which comes in many forms including pottery, wooden carved masks and cult hooks.
- ❖ In other areas of the country you will find carved bowls, bilum or string bags, baskets, ceremonial axes, clay and bamboo ornaments, charms and musical instruments, just to name a few items you will find.
- ❖ Please be advised that it is illegal to export the feathers of the Bird of Paradise. If you buy or even accept as a gift the feathers of these birds, you will encourage the hunting of these rare and beautiful creatures



and thus help create an industry that could possibly lead to their endangerment or even extinction. PNG and Australian laws are very strict about the export/import of all endangered species. Be advised that you will be prosecuted if you are caught trying to take them out of the country.

- ❖ If you miss the opportunity to buy art in the villages, art and craft are available for purchase at some of the lodges.
- ❖ Artifacts purchased at the villages or the Lodges can be left with the lodge managers for later packing and shipment. Your artifacts will be flown at no cost to you to Mt Hagen head office on a space available basis, ie they will travel only when an aircraft is operating with space available for the artifacts. In Mt Hagen they will be carefully packed, but sometimes damage does occur in shipment. Our local representatives cannot be held responsible for such damage. Surface mail can take up to 9 months to reach the USA. Air Mail may take 2 months to reach the same destination. The fastest method is by a courier company such as DHL. You will, however, be required to leave a blank signed imprint of your credit card to cover the cost of packaging, handling and postage.
- ❖ We would suggest that you attempt to carry your purchases with you, especially any fragile pieces.
- ❖ If you plan to purchase many or large, heavy pieces, flight restrictions may necessitate shipping them home, or professional shipping services may be found in Port Moresby.
- ❖ In general, PNG locals do not like to barter with you if you are buying artifacts or other souvenirs. Sometimes a second or lesser price may be requested, but only if you are serious about buying the piece. It is considered impolite to continue serious or even fun bartering.

Village Visits

- ❖ Daily tours may include nature walks, birding and village visits - most would include walking through the local people's land, gardens and living areas.
- ❖ If a development occurs - it may be a death, tribal dispute, etc., whereby we are asked by the local people not to visit them or intrude on their land or privacy, we respect their wishes and ask that you do likewise.
- ❖ We may not have had any prior notice of their need for privacy, and therefore arrive at the village expecting perhaps a cultural display or similar, only to find we are turned away.
- ❖ Don't become upset or angry with either your driver/guide or the local people. The participants in these displays and cultural events are village people, not professional performers of dance groups, and that's what makes the whole experience so exceptional. The operational person in charge (not your driver/guide) will try to make alternative arrangements wherever time and circumstances permit.

Bringing Gifts

- ❖ Under the heading of "Tipping" you are asked not to hand out gifts to individuals in villages. This is a most important request that we ask you comply with. Good dental care is not always available in PNG, so we also ask that you not give out candy or sweets.
- ❖ Schools as well often run out of the simplest items – pens, pencils and books.
- ❖ The most desperately required items are medical supplies for villages and aid posts which are often in very short supply in rural areas; and writing supplies for rural schools.
- ❖ Band-aids, bandages, antiseptic and antibiotic creams for skin infections are always required. Extra supplies of aspirin for headache, flu, fever would also be welcomed.
- ❖ In the Sepik many people get fungal skin infections which are painful and last for years. People are very grateful to receive treatment for this malady.
- ❖ Another gift that is always appreciated are copies of photographs you have taken. Send these back to your tour guide who can distribute them amongst villages. This will make village people happier about posing for future photographers. Remember to take notes of names and places!
- ❖ T-shirts and small useful items, guitar string, fishing lines and large safety pins are also good ideas.

Smoking

- ❖ Smoking is not allowed on any of the vehicles.
- ❖ There are usually frequent stops during a tour at which time a smoking break can be taken.
- ❖ Smoking inside the air-conditioned area of the MV Sepik Spirit is not allowed. There are ample outside

areas for smokers including a covered observation deck with comfortable seating.

Telephones/Communications

- ❖ PNG has a telephone system in all the main towns.
- ❖ The lodges are in remote areas and communication is by two-way radio.
- ❖ If relatives or friends need to contact you while you are in PNG, the quickest way is to contact JOURNEYS International Ann Arbor office, and we will relay the message.

PNG Flights

- ❖ Please do not expect everything to happen on time. Remember that in Papua New Guinea time is not as important as visitors would expect back home.
- ❖ Despite best efforts, departures and arrivals could be a little before or after the time given. This applies particularly to aircraft movements. Operating requirements, weather and terrain sometimes present problems, and on these occasions, to ensure your safety, flight times may vary
- ❖ All flight times are local and are correct (if available) at the time of the preparation of your itinerary.
- ❖ It is the responsibility of all passengers traveling on domestic and international services to reconfirm their onward reservation on arrival in each center. This may be accomplished by telephoning the local office of the airline on which you will next be traveling. Your cooperation will be appreciated, as failure to reconfirm will result in cancellation.
- ❖ AIR NIUGINI Flights: Your pick up time from your Hotel will be one and a half hours (90 minutes) before the schedule departure time for the Air Niugini flight.
- ❖ CHARTER Flights: Your pick up time from your Hotel will be one half hour (30 minutes) before the scheduled departure time for the charter flight. Charter flight times will be advised to you in PNG as necessary, and are not given to us before then.
- ❖ The majority of flying in PNG is conducted under visual flight rules. The mainland of PNG contains numerous mountain ranges rising up to 14,800 ft (4,500 metres). A large number of flights are conducted in small un-pressurised aircraft, making it difficult to fly above these mountains and the towering clouds. Therefore if you can't see where the mountains are and you can't go over them then you can't go into a cloud!
- ❖ There are only navigation aids at the larger coastal and highland towns. Most navigation is done visually or with G.P.S (Global Positioning System). While Mount Hagen, a declared city in the highlands, has some navigation aids, they are only used to position the aircraft overhead the airport for a visual approach. This is due to the high mountains at the edge of the Waghi Valley. ILS (Instrument Landing System) and radar only exists at Jacksons Airport in Port Moresby.
- ❖ The weather in Papua New Guinea can change very quickly (for the better or worse!). This is caused by the high mountains and tropical conditions. All you can do is relax, read a book and listen to your pilot. The pilots in Papua New Guinea are very experienced with these conditions and know best when to go and to stay.

Baggage restrictions

- ❖ For international flights, most air carriers allow 22 kilos (about 44 lbs.) per person, or two pieces.
- ❖ On Air Niugini domestic flights, baggage allowance is restricted to 16kg (about 35lbs), plus a carry-on.
- ❖ You will also likely be traveling on other small regional airlines by charter flight. Flights between the lodges operate in small 5 or 8 seat aircraft with limited weight and space for baggage. On these flights you will be strictly restricted to 10kgs (22lbs) maximum per person plus a small carry-on or camera bag.
- ❖ In addition, large hard or soft-sided suitcases are NOT permitted on these aircraft. The small regional airlines are strict and if you come with inappropriate or excess baggage when boarding, your bags will be off loaded and you will be required to re-pack, thus causing undue stress on everyone involved.
- ❖ If taking a long trip, you may leave excess baggage at the hotel in the country stopped at just before coming to PNG and will be returning to on the way home. If this is not possible, excess baggage can be stored in Port Moresby with our ground operational staff. Please ensure that all your stored baggage is clearly tagged with your name, address, and return date. Tags are provided with travel documents upon



arrival in PNG. Please always make sure that your baggage is properly tagged to the correct destination at time of check-in.

CLOTHING & EQUIPMENT SUGGESTIONS & CHECKLIST

Clothing Notes

- ❖ Dress is informal everywhere.
- ❖ We recommend versatile clothes that can be worn both in the bush and in towns.
- ❖ The climate at the lodges is hot and humid, thus lightweight, long-sleeved, casual and modest clothing is appropriate for all occasions.
- ❖ Mosquitoes are drawn to dark colors so khaki, camel, bone or similar are preferable.
- ❖ Lightweight & light colored clothes will also help keep you cooler. Keep in mind that synthetic fabrics may dry faster than natural fibers like cotton, especially in humid areas, so you can pack less if you are able to wash and dry your clothes easily.
- ❖ Malolo Plantation Lodge has a swimming pool, so don't forget your swim suit which is also useful in the spa at Ambua Lodge and some hotels in major centers. Bikinis or tight, skimpy clothing are not advisable in respect of the local culture.
- ❖ Every traveler should bring a comfortable and well-broken-in pair of walking shoes or lightweight, "breathable", fabric and leather combination hiking boots. All-leather hiking boots get very heavy when wet and take a long time to dry. Sandals or flip-flops may be useful for the coastal regions. If you are on a river trip, you will need tennis shoes or sport-sandals that can get wet.
- ❖ Please remember to bring a NEW, unused pair of slippers or flip-flops for use on the Sepik Spirit river cruise. They do not allow you to wear shoes that have been worn outdoors on the boat.

Equipment & Packing

- ❖ Please pack lightly! This will most certainly add to the enjoyment of your trip.
- ❖ The enclosed checklist is meant to be a guideline.
- ❖ A good goal is to fit everything (including sleeping bag if trekking) into a single piece of checked luggage weighing no more than 22 lbs (see above, Baggage Restrictions), and a carry-on day pack.
- ❖ You may want to bring an extra smaller, collapsible (lockable) duffel for souvenirs
- ❖ Your day pack can double as an airplane carry-on. While you are hiking it will hold your camera, water bottle, rain gear, snacks, and so on.
- ❖ We recommend a durable, water-resistant, lockable, "soft" duffel or pack as the checked luggage.
- ❖ Choose a distinctive, easily identified bag, and use a JOURNEYS luggage tag for bag identification by staff, and your name and address should be also indelibly affixed inside the luggage.
- ❖ Do not pack breakable items inside of soft luggage.
- ❖ Remember Murphy's Law when you pack: whatever can go wrong will.

Pre-Departure Tasks

- Obtain or renew passport
- Buy travelers checks in low denominations
- Evaluate and obtain trip cancellation, baggage and medical insurance
- Consult with physician for immunizations and prescription medicine recommendations
- Break-in primary footwear
- Make final payment to JOURNEYS at least 60 days before trip departure

Clothing

- Lightweight hiking boots or comfortable athletic or walking shoes
- Extra sneakers or Sport sandals with velcro strap
- Shorts
- Comfortable, loose-fitting, lightweight pants
- Warmer pair of pants



- Lightweight long-sleeve shirt, for warmth and/or protection from sun or mosquitoes
- T-shirts, short sleeve shirts
- Warm sweater or sweatshirt or fleece jacket
- Rain gear - poncho or jacket and pants
- Sun hat or cap with wide brim
- Bandana
- Swim suits (modest)
- Socks
- Sleepwear (or long underwear, for cool nights)
- Under clothes

Personal Items

- Sunblock (waterproof, high SPF)
- Lipbalm with SPF
- Insect repellent with DEET content
- 2 spare passport photos (in case of lost passport)
- Wrist watch and/or travel clock
- Sunglasses (with strap, case)
- Extra eyeglasses/contacts
- Money belt or pouch for valuables
- Small flashlight with extra batteries
- Copies of all important documents
- Day pack (can also serve as an airline carry-on bag)
- Camera, memory cards, film, batteries, charger
- Underwater camera (disposable kind is very handy)
- Lead bag/containers to protect film in X-ray machines
- Lightweight binoculars
- Plug adapter (if needed)
- Soft duffel with shoulder strap or durable suitcase
- Luggage tags
- Ziploc-type bags for packing shampoo or other liquids
- Stuff sacks or plastic bags for organizing inside luggage (also useful for dirty laundry)
- Thread, needles, safety pins for minor repairs
- Small packable umbrella

Personal First Aid Kit

- Aspirin or other pain killer
- Cold relief tablets, antihistamine, cough drops
- Band-aids, gauze pads
- Antibiotics
- Prescription medicines
- Aloe gel or lotion in case of sunburn
- Anti-diarrhea medicine
- Antibiotic cream/ointment
- Supply of feminine hygiene items
- Motion sickness tablets
- Earplugs

Essential Items For Your Carry-On Bag

- Passport
- Domestic and international air tickets
- Travelers checks, money and credit cards



- Insurance certificates
- Address and telephone number of emergency contact
- Prescription medicines
- Extra set of underclothes
- Toiletries in small leak-proof bottles
- Camera gear, film and other valuables

Optional Items

- Binoculars
- Address book, writing paper, or journal, pen/pencil
- Small washcloth
- Wet wipes/moist towelettes and Kleenex
- Favorite snack foods (pre-packaged)
- Pictures of your house and family
- Mask, snorkel, fins, wetsuit (if applicable)
- Map
- Silica bags for moisture (protect camera equipment)
- Video camera
- Phrase book

