IMPORTANT TRAVEL PROGRAM REMINDERS

CLOTHING ◆ MONEY MATTERS ◆ WEATHER

Please retain this document for future reference.

Amazon River Expedition

PREPARING FOR YOUR TRIP

- **AIRLINE LUGGAGE ALLOWANCE**

  Airline luggage allowance policies are set by individual airlines and can change without prior notice. We recommend that you contact your airline(s) or check the airline's website for the current fees and luggage allowance policy. **Airline luggage fees are the responsibility of the individual participant.**

  Restrictions for internal flights in Peru (Lima/Iquitos/Cuzco)
  Carry-on luggage: One small piece of luggage per person.
  Checked luggage: 44 lbs./20 kg **per person** (we recommend one bag).

  Restrictions for Machu Picchu and the Sacred Valley Post-Tour
  Carry-on luggage: One small piece of luggage per person
  Checked luggage: 44 lbs./20 kg **per person** (we recommend one bag)
  Participants flying to Cuzco for the **Machu Picchu and the Sacred Valley Post-Tour** may leave one bag of warm-weather clothing at the hotel in Lima.

  On the train to Machu Picchu, you are limited to one small, overnight bag or backpack with one change of clothes and toiletries. All other luggage will be transferred to the hotel in Cuzco.

  We recommend that you pack in your carry-on bag any prescription medications. Please ensure that such medication is contained in the original bottle and that the name on the prescription matches your photo ID.

- **CLOTHING AND ACCESSORIES**

  ### Daytime Attire

  Daytime shipboard and touring attire should be casual and comfortable. For excursions, casual, comfortable and durable expedition wear is appropriate for travel in the Amazon. Lightweight cottons are generally more comfortable than synthetics; however, new nylon fabrics such as "Supplex" are breathable, lightweight, and dry very quickly. Shorts and t-shirts are fine for daytime wear, although long pants and sleeves are better for off-boat excursions to protect against sun and insects. A windbreaker or light sweater should be sufficient for breezy weather on the sundeck or when in the air-conditioned dining room. Pack a bathing suit as there may be an opportunity to swim.

  Proper footwear is essential, as rainforest trails can be slippery and muddy. Lightweight hiking boots or good walking shoes are suitable. To be prepared for the brief, heavy showers of the Amazon, bring a light rain jacket or poncho.

You will be traveling near the equator and it is easy to experience sunburn. Wildlife observation requires time spent on small excursion boats which do not provide shade or protection from the strong tropical sun. Pack a wide-brimmed hat or visor, sunglasses (two pairs, should one pair get lost), and sunscreen or sunblock in the appropriate strength to protect yourself from overexposure.

We recommend that you bring high-quality binoculars and a flashlight for wildlife viewing.

To avoid mosquito bites while on your journey, pack a good insect repellent, one that contains at least 30% Deet (N, N-diethylmethybenzamide). A popular brand that meets this recommendation is Deep Woods Off. The higher the percentage of Deet, the less frequent the need for reapplication. It is best to avoid colognes, hair spray or scented shampoos and lotions that may attract mosquitoes.

Consider a small daypack for carrying your daily essentials during excursions.

Evening Attire

Requested dinner attire on this cruise is casual.

◆ ELECTRIC CURRENT

Standard electric current in North America is 120 volts. Please refer to the Confirmation Mailing AMENITIES sheet(s) for the electric current aboard the ship and in the hotel(s). Unless you use an adapter/converter, a heavier voltage will burn out your electrical appliance. If you use a shaver, hair dryer or iron, you will need an adapter in order for your two-prong plug to connect to the various electrical outlets and a converter to convert the electric current to 110-120 volts. Before you leave home, you can purchase adapters and converters, which are available at most drug or department stores or travel supply retailers. For more information on international plugs, visit *www.iec.ch/worldplugs*.

◆ MONEY MATTERS

Emergency Cash

Before you leave home, we suggest that you make arrangements with a relative or friend at home to be a designated contact should an emergency leave you short of cash. Alternatively, a major credit card can often be used to arrange a cash advance. We suggest that you contact your credit card provider and bank for an appropriate toll-free number to call in the event of card loss or emergency cash advance and carry that number with you during the travel program.

Planning for Your Trip

Although the tour price covers the inclusions listed in your travel program brochure, you will want to make provisions for:

- Transportation between your home and airport of departure/return;
- Meals not included in the travel program;
- Beverage/food selections you may choose to make that are not included in the travel program;
- Post-Tour Option(s);
- Gratuities not included in the travel program;
- Individual pursuits or excursions; and
- Passport and associated fees, if applicable.

Currency

During this travel program, you may have occasion to use the following local currency: Peruvian Nuevo Sol.

For up-to-date currency exchange information as your departure date approaches, we suggest you consult *www.oanda.com/currency/converter*.

We suggest that you carry credit and/or debit cards and clean, unworn currency in small denominations for incidental gratuities or purchases not included in your travel program price. Credit card fraud is a much more common concern across the globe these days, and participants should exercise caution when using ATMs and debit or credit cards while touring. If you need cash during the travel program, using ATMs that are attached to a bank branch is a smart way to protect yourself against fraud. We strongly suggest avoiding standalone ATMs, and recommend that you monitor your account balances regularly throughout your trip. Immediately report any suspicious or unusual activity to your financial institution. You may refer to the U.S. State Department's website ***travel.state.gov*** and search by country for more detailed information on debit and credit card security abroad.

Your credit or ATM card's website (i.e., *www.visa.com* or *www.mastercard.com*) will provide a list of ATM locations that will accept your card. **Please note: If you plan to use your credit card or ATM card overseas, we recommend that you notify the issuing credit card company or bank prior to departure.**

Major credit cards are widely accepted at most large stores and restaurants. Credit card purchases may be affected by fluctuations in the exchange rate between the date of purchase and the date of processing. Please note that the exchange rate fluctuation may or may not be to your advantage.

During the Amazon cruise portion of your travel program, you will find that U.S. dollars may be accepted in riverside villages for the purchase of handicrafts and other incidental items. Peruvian Nuevo Soles will only be accepted in some locations. U.S. dollars, when accepted, must be in small denominations and clean, unmarked and untorn. **Please note: Currency in large denominations, or bank notes that are torn, marked or damaged in any way, will not be accepted anywhere in Peru.**

Please refer to the Confirmation Mailing AMENITIES sheet(s) for more information about currency aboard the ship and in the hotel(s).

Gratuities

Included

- Gratuities for transfers and luggage handling between airports, hotels and ship are included for participants whose arrivals/departures coincide with the group throughout the entire travel program. Should your arrival and/or departure be at times different from the group transfers, luggage handling gratuities are your own responsibility.
- Gratuities to drivers and guides on excursions are included in the cost of your travel program.
- Gratuities to wait staff for included meals are included. If you receive exceptional service, you can give additional gratuity directly to the wait staff.
- Your Travel Directors are salaried professionals and **are not allowed** to accept gratuities.

Not Included

- Gratuities to shipboard personnel are not included:
  The recommended gratuity for shipboard personnel is $20–30 USD per participant, per day. Gratuities are at your own discretion and should be based on the service received. At the end of the cruise, you will receive information regarding shipboard tipping procedures. Gratuities to shipboard personnel must be paid in cash in U.S. dollars or Peruvian sol.
- Gratuities to naturalists on the ship are not included:
  The recommended gratuity for guides is $7–10 USD per participant, per day.
- Gratuities to hotel staff are not included:
  The recommended gratuity for hotel staff is approximately the equivalent of $1–2 USD per participant, per day. Gratuities are at your own discretion and should be based on the service received. The gratuities should be left in your room.

◆ VILLAGE VISITS

Village visits are not randomly scheduled, but are in fact arranged with the full cooperation and participation of community leaders, who determine the frequency of the visits and where visitors may go. The ship's operators are committed to making these visits a rewarding experience and valuable cultural exchange for both residents and visitors alike. They generally try to discourage the indiscriminate giving of any items in communities, as this encourages "begging," especially among children. If you wish to bring gifts, please give the items to your guide for fair distribution by village leaders.

We suggest bringing:

- Books in Spanish
- School or craft supplies
- Notebooks
- Basic first-aid kids
- Band-Aids
- Rubbing alcohol
- Ace bandages
- Neosporin
- Kids vitamins
- Tooth brushes
- Toothpaste
- Hats
- T-shirts
- Old clothing (ranging in sizes from infant to adult)
- Toys (examples: deflated soccer balls with a ball pump, hot wheels, dolls, and baby toys)

◆ WIRELESS CELLULAR TELEPHONES

If you want to use a cellular telephone while abroad or send and receive text messages on your web-enabled device, we suggest that you contact your cellular service provider to inquire about service coverage areas and any international pricing packages or rates that they may be able to offer. Please be advised that cellular telephone service may be sporadic or nonexistent and will not be available while the ship is cruising and therefore out of range of cellular towers.

DURING YOUR TRIP

- **WEATHER**

  Weather in Lima and Iquitos is generally warm, with daytime temperatures ranging from the lower 70˚s F to upper 80˚s F (22˚ C to 31˚ C). Weather in Cuzco and Machu Picchu is generally mild, with daytime temperatures ranging from the lower 40˚s F to lower 70˚s F (6˚ C to 22˚ C). Evenings are a bit cooler. We recommend that you bring a lightweight raincoat or collapsible umbrella, as occasional showers may occur.

  Participants on the Machu Picchu Post-Tour Option should be mindful of the elevation (11,700 feet above sea level in Cuzco and 8,200 in Machu Picchu) and the strength of the high altitude sun.

  For detailed weather information as your departure date approaches, we suggest you consult *www.weather.com* for current weather and ten-day forecasts. If you do not have Internet access, check your newspaper or cable/satellite television weather channel.