

ESSENTIAL INFORMATION

BOLIVIA

PASSPORT AND VISA INFORMATION

Your passport needs to be valid for at least six (6) months after your journey and should have a minimum of two (2) blank visa pages for entry and exit stamps.

A tourist visa is required for U.S. passport holders for entry into Bolivia must be obtained prior to departure. A visa can be obtained either by applying directly to a Bolivian consulate or through a visa processing service. (It is possible to obtain a visa upon arrival in Bolivia; however, the U.S. State Department advises against it and A&K recommends obtaining a visa before travelling.)

Holders of Canadian passports are not required to obtain a tourist visa for entry into Bolivia.

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at visacentral.com/abercrombiekent or call 844 823 1224 and reference A&K's account number 73001. Service fees apply.

Citizens of other countries should contact the appropriate consular office for entry requirements pertaining to their journey.

VACCINATIONS

A yellow fever vaccination is only required to enter Bolivia if you are travelling to a yellow fever endemic area within Bolivia (areas east of the Andes and tropical lowlands). Not applicable to travelers only visiting La Paz, Lake Titicaca, Sucre, Potosi, Uyuni or Santa Cruz city. The CDC and WHO each provide a current list of all affected countries. If vaccination for yellow fever is necessary, you must carry an International Certificate of Vaccination provided by your physician; you may be denied entry without it.

If your physician advises against receiving the vaccination because of your personal medical history, he or she can provide you with the necessary documentation for the country/countries you are visiting.

STAY HEALTHY ON THE ROAD

If your journey includes travel to high-altitude Andean destinations in western Bolivia, you may experience altitude sickness. Please consult your healthcare provider for suggestions on prevention and treatment.

CASH & CREDIT CARDS

The U.S. dollar is as readily accepted form of payment throughout Bolivia. When leaving a small gratuity however, it is best to tip in local currency. Major credit cards are generally accepted in larger shops, hotels, and restaurants. Make use of ATMs during the day and preferably inside large commercial establishments.

PACKING LIST & BAGGAGE RESTRICTIONS

BOLIVIA

BAGGAGE RESTRICTIONS

For checked baggage on flights within Bolivia, travellers are limited to one (1) checked bag per person weighing approximately 44 pounds (20 kilograms) and one (1) carry-on bag weighing up to approximately 11 pounds (5 kilograms).

Please use the provided A&K luggage tags, even if your bags already have ID tags. This makes it easier for A&K staff to find and manage your luggage for you.

PACKING LIST

Choose versatile, casual clothing that can be layered if the weather (or level of air-conditioning) requires. Temperatures will change as altitudes and time of day change. Smart casual attire is appropriate for evenings. Formal clothing is not necessary.

If visiting the Bolivian Amazon: expedition-type ventilated long-sleeved shirts and pants (including some pants with zip-off legs that convert long-pants into shorts). Light and neutral colors are best; black, navy or other dark colors tend to attract insects. Optional: river sandals such as Tevas®.

If your journey includes the Salt Plains pack a fleece jacket, warm hat, socks and thin gloves.

Clothing

- Casual slacks
- Walking shorts
- Polo shirts, casual short-sleeve shirts or blouses
- Long sleeve shirts or blouses
- Comfortable walking shoes
- Lightweight raincoat, poncho or windproof jacket
- Waterproof, lightweight, well-broken in hiking boots for trekking activities in Amazon or hiking in Andes
- Brimmed hat for sun protection
- Sweater or fleece jacket
- Personal garments
- Sleepwear
- Swimwear/cover-up
- Socks

Other Recommended Items

- Sunglasses(dark lens to protect eyes from intense sunlight)
- Sun block (SPF 50 is recommended) and lip balm
- Simple first-aid kit
- Prescriptions and medications (in their original bottles and/or packaging)
- Mosquito repellent
- Extra eyeglasses/contact lenses
- Smartphone
- Charging cables for electronics
- Global travel adapter

Optional Items

- Small LED flashlight
- Foldable walking stick
- Lightweight binoculars
- Small waterproof daypack

Laundry service is available at most hotels and dry cleaning is available in larger cities. Check costs and return times before using these services.

TIPPING GUIDELINES BOLIVIA

While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars) depending on the type of journey:

	All Small Group Journeys and Pre/Post Tour Group Extensions	Tailor Made Journeys
Resident Tour Director or Group Extension Guide	\$15 per person, per day	Not applicable
Local Guides	Included	\$15 per person, per day (full day)
Drivers	Included	\$10 per person, per day (full day)
Airport Transfer Drivers	Included	\$5 per person, per transfer
Hotel Porters	Included	\$2 per bag
Housekeepers	Included	\$2 per person, per night
Included Meals	Included	Included
Restaurants or Room Service on Own	10-15% unless already added	10-15% unless already added

For extra nights or Tailor Made services added to a Small Group Journey, please follow the Tailor Made Journeys guidelines for these days only.