

ESSENTIAL INFORMATION ECUADOR & THE GALÁPAGOS

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.

Holders of U.S. and Canadian passports are not required to obtain a tourist visa for entry into Ecuador for stays of up to 90 days.

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 Ecuador if you are arriving from or have transited through a yellow fever endemic area in South America or Africa. 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 Ecuador including Quito, Cuenca, or Cotopaxi, you may experience altitude sickness. Please consult your healthcare provider for suggestions on prevention and treatment.

Note for flights from mainland Ecuador to Galápagos: Women who are seven (7) months pregnant and travelling to the Galápagos are required by the airline to present a medical certificate issued within ten (10) days of the flight date that confirms that there is no risk of travelling by air from the port of origin to the destination as well as a document releasing the airline from any liability. Travel to the Galápagos for women in advanced stages of pregnancy is not recommended as the cruise activities may be too strenuous.

CASH & CREDIT CARDS

Ecuador's currency is the U.S. dollar; however, coins are minted and accepted only in Ecuador. Most merchants and banks will not accept \$100 bills due to counterfeiting schemes. Be sure to carry a supply of new, crisp bills in small denominations of \$5, \$10, \$20 or \$50. Major credit cards are generally accepted in larger cities in shops, hotels and restaurants. ATM access is available in larger cities.

OF SPECIAL NOTE: GALAPAGOS ISLANDS

Scuba Diving

Scuba diving may be available to qualified guests with an open-water diving certificate (PADI, NAUI, CMAS or other). Availability is dependent on your cruise itinerary and National Park restrictions. Optional scuba diving excursions are operated by local dive companies, not Abercrombie & Kent. Dive times, locations and frequency are at the discretion of the Dive Master

and are determined by the guest's diving experience and by the environmental conditions on that day. If you are interested in scuba diving while in the Galápagos, please ask your Travel Consultant for details.

Galápagos Islands Arrival Regulations

Non-native plants and animals pose one of the biggest challenges to the conservation of the Galápagos Islands. **Make sure that your shoes are free of soil and/or seeds.** On arrival at Baltra or San Cristobal airports your footwear is inspected to prevent any invasive and potentially destructive species from entering the islands. The Galápagos Inspection and Quarantine System (SICGAL) is responsible for this inspection. There is a US\$20 per pair fee that is charged if the inspector determines your footwear needs to be cleaned before you continue on your Galapagos trip.

In order to protect marine and wildlife and their habitats, the Galápagos Governing Council has banned single-use plastics in the Galápagos Islands. This includes plastic straws, single-use plastic bags, Styrofoam take-out containers and plastic bottles. Guests are advised to pack according to the new restrictions. If you are bringing a water bottle, pack the reusable type. Remember that in order to enter the islands, every piece of luggage is thoroughly inspected and banned items will be taken away.

PACKING LIST & BAGGAGE RESTRICTIONS ECUADOR & THE GALÁPAGOS

BAGGAGE RESTRICTIONS

On domestic flights within Ecuador, each traveller is limited to one (1) checked bag weighing 50 pounds (23 kilograms), with linear dimensions (height+width+depth) not to exceed 62 inches (158 centimeters). In addition you may bring one (1) personal item (such as a purse or laptop) and one (1) carry-on weighing up to 17 pounds (8 kilograms), maximum dimensions not to exceed 21 inches (55 centimeters) x 13 inches (35 centimeters) x 9 inches (25 centimeters) (height, depth and width), including the pockets, wheels and handle.

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. Shorts, tee shirts and similar clothing will be appropriate for many activities and for everyday wear on board most Galápagos cruise boats. Light cotton slacks with long sleeved shirts will offer protection from the sun and dense vegetation (also good for cooler evenings or walks in the highlands). Light and neutral colors are best; black, navy or other dark colors tend to attract insects.

Galápagos cruise vessels generally have snorkeling gear for all passengers; however, if you use fins smaller than a size 6-7 or larger than a size 10-11 we recommend that you bring your own.

If visiting Amazon regions, expedition-type ventilated long-sleeved shirts and pants (including some pants with zip-off legs that convert long-pants into shorts) are recommended.

Smart casual attire is appropriate for evenings. Meals on board Galápagos ships are generally a casual affair, though on some vessels, shorts should not be worn to dinner. Formal clothing is not necessary.

Clothing

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| <input type="checkbox"/> Casual slacks | <input type="checkbox"/> Walking shorts |
| <input type="checkbox"/> Polo shirts, casual short-sleeve shirts or blouses | <input type="checkbox"/> Long sleeve shirts or blouses |
| <input type="checkbox"/> Lightweight raincoat or poncho | <input type="checkbox"/> Personal garments |
| <input type="checkbox"/> Sweater or lightweight fleece jacket (from June to September it can be cooler in the early morning hours) | <input type="checkbox"/> Swimwear/cover-up |
| <input type="checkbox"/> Comfortable walking shoes with low or no heels | <input type="checkbox"/> River sport walking shoes or sandals such as Texas® |
| <input type="checkbox"/> Waterproof, lightweight, well-broken in hiking boots for trekking activities in Galapagos or Amazon (if applicable) | <input type="checkbox"/> Socks |
| | <input type="checkbox"/> Wide-brimmed sunhat that ties on |

Other Recommended Items

- Sunglasses with strap
- Simple first-aid kit
- Mosquito repellent
- Extra eyeglasses/contact lenses
- Charging cables for electronics
- Sun block (bio-degradable and eco-friendly is recommended) and lip balm
- Prescriptions and medications (in their original bottles and/or packaging)
- Smartphone
- Global travel adapter

Optional Items

- Small LED flashlight
- Lightweight binoculars
- Foldable walking stick
- 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 ECUADOR & THE GALÁPAGOS

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 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
Cruise vessels	Included	\$10-\$15 per person, per day – Gratuities accepted on board the boat and shared among the staff.
Naturalist guides on board cruise vessels	Included	\$15 per person, per day – Gratuities accepted on board the boat and shared among the guides.
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.