

# ESSENTIAL INFORMATION ECUADOR & THE GALÁPAGOS

## PASSPORT AND VISA INFORMATION

Your passport needs to be valid for **at least six (6) months** after your journey ends, and should have a minimum of one (1) blank visa page 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](https://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.

## LOCAL HEALTH & SAFETY PROTOCOLS

If your journey includes travel to high-altitude Andean destinations in Ecuador including the Quito, Cuenca, or Cotopaxi, or you may experience altitude sickness. Please consult your healthcare provider for suggestions on prevention and treatment.

If travelling to the Amazonian rainforest regions, please note that temperatures and humidity can be extreme. Itineraries to the Ecuadorian rainforest, cloud forest or Central Andes regions feature active elements including walking over uneven or slippery terrain and require a reasonable level of fitness and mobility.

## YELLOW FEVER VACCINATION

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.

## 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

All travellers must complete a Galápagos Control Card at the airport prior to boarding their flight to the Galápagos Islands. 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 these restrictions. 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

Checked baggage on domestic flights within Ecuador is limited to one piece weighing no more than 50 pounds (23 kilos) per person, with dimensions not to exceed 62 linear inches (158 centimeters). Linear dimensions are determined by adding height+width+depth. Hand luggage is limited to one bag weighing no more than 17 pounds (8 kilos) with a maximum size of 21 inches (55 centimeters) x 13 inches (35 centimeters) x 9 inches (25 centimeters) including wheels and handle. It is recommended that you do not pack important and/or fragile items in your carry-on bag and bring a small padlock in the event your carry-on bag is stored as checked luggage due to limited space in the overhead bins.

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.

### Clothing

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.

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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"/> Sleepwear   |
| <input type="checkbox"/> Waterproof, lightweight, well-broken in hiking boots for trekking activities in Galapagos or Amazon (if applicable) | <input type="checkbox"/> River sport walking shoes or sandals such as Tevas® |
|  | <input type="checkbox"/> Socks   |
|  | <input type="checkbox"/> Wide-brimmed sunhat that ties on                    |

### Other Recommended Items

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| <input type="checkbox"/> Face masks and hand sanitizer | <input type="checkbox"/> Sun block and lip balm |
| <input type="checkbox"/> Simple first-aid kit          | <input type="checkbox"/> Sunglasses             |
|  | <input type="checkbox"/> Mosquito repellent     |

Prescriptions and medications (in their original bottles and/or packaging)

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**

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

	<b>All Small Group Journeys and Pre/Post Tour Extensions</b>	<b>Tailor Made Journeys</b>
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.