

# ESSENTIAL INFORMATION

## ALASKA

### PASSPORT AND VISA INFORMATION

A passport is required to travel by air between Canada and the United States. 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 Canadian passports are not required to obtain a tourist visa for entry into the United States for stays of up to 180 days.

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

### VACCINATIONS

There are no required vaccinations to enter the United States.

### STAY HEALTHY ON THE ROAD

If your journey includes travel in Alaska's high elevation regions, you may experience altitude sickness. Please consult your healthcare provider for suggestions on prevention and treatment.

### ENVIRONMENTAL CONCERNS

During your tour you will be exposed to the elements. As A&K programs to Alaska primarily operate in the summer, exposure to the sun is the most common concern, but cold days are also possible at any time of year. Make certain to review the **Packing List** suggestions and check the weather before your trip.

National Parks and their surrounding areas are often home to a few pesky plants and insects. Poison oak is one such plant to keep on the lookout for. Your guides will help you identify it if you are not sure what to look for. If you come in contact with poison oak, it is very important to wash with soap and water as quickly as possible. Keep in mind that the irritating oils from the plant are easily transferred from you, your clothing or equipment to other persons or equipment, so even if you are not sensitive it is important to consider others.

The mosquito population in summer is quite high. Mosquitoes are large and aggressive. Be certain to pack insect repellent with a high percentage of DEET as well as some After Bite. Those more sensitive to mosquitoes may also consider bringing head netting. Ticks are also present in the spring and early summer - check yourself after hiking through grass or brush.

Indigenous wildlife – such as bears – are also common place in some areas. Your guides will take you through a few extra precautions with regard to local wildlife encounters.

### CASH & CREDIT CARDS

Cash transactions must be made in U.S. currency. Major credit cards are widely accepted for goods and services. Access to ATM machines is widespread in larger cities such as Fairbanks and Anchorage but may be limited in smaller towns and rural areas.

# PACKING LIST & BAGGAGE RESTRICTIONS

## ALASKA

### BAGGAGE RESTRICTIONS

*Baggage weight and size restrictions may apply on some Tailor Made programs inclusive of internal air flights. Contact your A&K Tailor Made Travel Consultant to determine any applicable weight restrictions for your journey.*

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 collect and manage your luggage for you.

### PACKING LIST

Choose versatile, casual clothing that can be layered if the weather requires. Please note: dark colors tend to attract insects such as mosquitoes. Smart casual attire is appropriate for evenings. Formal clothing is not necessary.

#### Clothing

- |   |   |
|---|---|
| <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"/> Waterproof, well broken-in hiking boots            | <input type="checkbox"/> Comfortable walking shoes      |
| <input type="checkbox"/> Lightweight raincoat                               | <input type="checkbox"/> Two-piece rain suit with hood  |
| <input type="checkbox"/> Fleece jacket or vest                              | <input type="checkbox"/> Warm hat and gloves            |
| <input type="checkbox"/> Sweater or lightweight jacket                      | <input type="checkbox"/> Brimmed hat for sun protection |
| <input type="checkbox"/> Sleepwear (light and warm)                         | <input type="checkbox"/> Personal garments              |
| <input type="checkbox"/> Socks  | <input type="checkbox"/> Swimwear/cover-up              |

#### Other Recommended Items

- |  |   |
|--|---|
| <input type="checkbox"/> Sunglasses                      | <input type="checkbox"/> Sun block  |
| <input type="checkbox"/> Insect repellent with DEET      | <input type="checkbox"/> After Bite   |
| <input type="checkbox"/> Simple first-aid kit            | <input type="checkbox"/> Prescriptions and medications (in their original bottles and/or packaging) |
| <input type="checkbox"/> Extra eyeglasses/contact lenses | <input type="checkbox"/> Smartphone   |
| <input type="checkbox"/> Charging cables for electronics | <input type="checkbox"/> Foldable umbrella  |

#### Optional Items

- |   |  |
|---|--|
| <input type="checkbox"/> Small LED flashlight   | <input type="checkbox"/> Foldable walking stick      |
| <input type="checkbox"/> Lightweight binoculars | <input type="checkbox"/> Small daypack or fanny pack |

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 ALASKA

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<br/>and Pre/Post Tour Group<br/>Extensions</b> | <b>Tailor Made and<br/>Signature Journeys</b>  |
|---|--|--|
| Resident Tour Director or<br>Group Extension Guide                                    | \$15 per person, per day   | Not applicable   |
| Local Guides  | Included   | \$25 per person, per day<br>(full day)   |
| Flightseeing Pilots   | Included   | \$25 per person, per day<br>(full day)   |
| Drivers   | Included   | \$15 per person, per day<br>(full day)   |
| Airport Transfer Drivers  | Included   | \$5 per person, per transfer   |
| Hotel Porters   | Included   | \$2 per bag  |
| Yacht Cruise Staff, Staff<br>at Remote Lodges or<br>Specialty Inns<br>(if applicable) | Included   | \$50 per person, per day –<br>Gratuities are accepted on site and<br>shared among the staff. |
| Housekeepers  | Included   | \$2 per person, per night  |
| Included Meals  | Included   | Included   |
| Restaurants or Room<br>Service on Own   | 10-15% unless already<br>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.