

# ESSENTIAL INFORMATION

## AMERICA'S WESTERN/SOUTHWESTERN NATIONAL PARKS

### PASSPORT AND VISA INFORMATION FOR NON-U.S. CITIZENS

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.

### REAL ID REGULATIONS FOR U.S. CITIZENS

Effective May 7, 2025, U.S. citizens must present a REAL ID compliant driver's license, or other accepted form of identification (including a valid passport), to board domestic flights within the United States.

### COVID-19 COUNTRY ENTRY REQUIREMENTS & TRAVEL ADVISORIES

The United States currently has no COVID-19 vaccination or testing requirements for entry for Canadian residents. Visit the Government of Canada at [travel.gc.ca/travelling/advisories](https://travel.gc.ca/travelling/advisories) for up-to-date information.

### LOCAL HEALTH & SAFETY PROTOCOLS

During this journey you may experience altitude sickness. Please consult your healthcare provider for suggestions on prevention and treatment. Hiking can be somewhat strenuous; involving steep elevation gains and losses. Paths may be undefined with footing rough and rocky.

### ENVIRONMENTAL CONCERNS

During your journey you will be exposed to the elements. Make certain to review the **Packing List** suggestions for your season of travel and check the weather before your trip.

In the summer months, 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.

While most guests never encounter them, snakes are present in some areas. It is important to watch where you put your hands and feet. Ticks are present in the spring and early summer - check yourself after hiking through grass or brush. Mosquitoes, when present, are not abundant, but we recommend bringing insect repellent. Yellow jackets (bees) become more numerous as the summer moves on.

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 ATMs is widespread in cities and towns but may be limited in rural areas.

## PACKING LIST & 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.

### Clothing

Choose versatile, casual clothing that can be layered if the weather requires. Please note: dark colors tend to attract insects such as mosquitoes and ticks. Smart casual attire is appropriate for evenings. 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"/> 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

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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"/> Prescriptions and medications (in their original bottles and/or packaging) | <input type="checkbox"/> Mosquito repellent     |
| <input type="checkbox"/> Extra eyeglasses/contact lenses  | <input type="checkbox"/> Smartphone             |
| <input type="checkbox"/> Charging cables for electronics  | <input type="checkbox"/> Global travel adapter  |

### Optional Items

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| <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

While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars).

|                                       | <b>Tailor Made Journeys</b>            |
|---------------------------------------|--|
| Local Guides                          | \$50 per person, per day<br>(full day) |
| Drivers                               | \$15 per person, per day<br>(full day) |
| Airport Transfer Drivers              | \$5 per person, per transfer           |
| Hotel Porters                         | \$2 per bag                            |
| Housekeepers                          | \$2 per person, per night              |
| Included Meals                        | Included                               |
| Restaurants or Room<br>Service on Own | 10-15% unless already added            |