

ESSENTIAL INFORMATION

AMERICA'S WESTERN/SOUTHWESTERN NATIONAL PARKS

PASSPORT AND VISA INFORMATION (FOR CANADIAN PASSPORT HOLDERS)

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.

Effective October 1, 2021, U.S. citizens must present a REAL ID-compliant driver's license, or another acceptable form of identification (such as a valid passport), to fly within the United States.

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

ENTRY REQUIREMENTS RELATED TO COVID-19

Visit [COVID-19 Travel Planner | CDC](#) for an up-to-date list of all state-specific COVID-19 entry requirements pertaining to your journey and any onward travels. Entry requirements for your journey will be sent to you with your Final Documents, as they are subject to change.

VACCINATIONS

There are no required vaccinations to enter the United States.

STAY HEALTHY ON THE ROAD

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

PACKING LIST (SUMMER JOURNEYS) AMERICA'S WESTERN/SOUTHWESTERN NATIONAL PARKS

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 and ticks. Smart casual attire is appropriate for evenings. Formal clothing is not necessary.

Clothing

- Casual slacks
- Walking shorts
- Polo shirts, casual short-sleeve shirts or blouses
- Long sleeve shirts or blouses
- Waterproof, well broken-in hiking boots
- Comfortable walking shoes
- Lightweight raincoat
- Two-piece rain suit with hood
- Fleece jacket or vest
- Warm hat and gloves
- Sweater or lightweight jacket
- Brimmed hat for sun protection
- Sleepwear (light and warm)
- Personal garments
- Socks
- Swimwear/cover-up

Other Recommended Items

- Sunglasses
- Sun block
- Insect repellent with DEET
- After Bite
- Simple first-aid kit
- Prescriptions and medications (in their original bottles and/or packaging)
- Extra eyeglasses/contact lenses
- Smartphone
- Charging cables for electronics
- Foldable umbrella for rain protection and sun shade

Optional Items

- Small LED flashlight
- Foldable walking stick
- Lightweight binoculars
- 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.

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 (WINTER JOURNEYS) AMERICA'S WESTERN/SOUTHWESTERN NATIONAL PARKS

PACKING LIST

Choose versatile, casual clothing in breathable fabrics that you can layer. Your clothing should be specifically created for cold climates and windy conditions. Smart casual attire is appropriate for evenings. Formal clothing is not necessary.

Tips for Staying Warm

It's important not to overdress to the point of perspiration, and to wear waterproof clothing. Wet skin can quickly lead to a dangerous loss of body heat. Wearing several medium-weight layers of clothing made of breathable materials under your parka allows you to adjust your personal temperature at will.

Each layer has a function. The **base layer** "transfers" moisture to upper layers and will help keep your body dry and comfortable. It's best to have long thermal underwear made of lightweight, breathable material against your skin. Thermal underwear should fit snugly. Woolen thermals, silk or a combination of synthetic and merino wool are recommended. Avoid cotton, as it traps moisture and can cause you to become chilled.

The **mid layer** provides insulation to trap warmth created by your body heat. Fabrics such as Polartec®, Pertex® or lightweight wool materials will keep you warm. Clothing should fit loosely. Clothing that is too tight does not allow for airflow, causing you to feel cold.

The **outer layer** should provide protection against moisture and wind and allow freedom of movement. Wind and water-resistant materials are the best protection in wet snow. The outer layer should be large enough to fit over the top of several mid layers.

- Your hat should protect your head, ears and neck. Wool or fleece with a wind-protecting liner is best. Gloves should be windproof, have a warm liner and enough "wigggle room" for your fingers. In very cold weather, both gloves and mittens provide the best protection. Shoes should be large enough to allow space for extra socks or insoles.

Outdoor Clothing - Base Layer

- 2-3 Thermal tops
- Thermal pants
- 3-4 Pairs of high socks thermal sock liners
- 1-2 Glove liners

Outdoor Clothing - Mid Layer

- Insulated jacket
- Thin fleece jacket

Outdoor Clothing - Outer Layer

- Windproof and water-resistant hooded jacket
- Windproof and water-resistant winter pants
- Pair of warm and comfortable boots with sturdy soles
- 1-2 Pairs of ski mittens or gloves with glove liners
- 3-4 Pairs of high socks thermal socks
- 3-4 Pairs of high socks thermal socks
- Balaclava (ski mask)

Outdoor Accessories

- Polypropylene or wool ski cap (beanie)
- Small backpack
- Optional: Hand and foot warmers
- Tube-style scarf
- Sunglasses (100 UV protection)
- Sunscreen (high SPF of 30 or higher)

Additional Clothing Suggestions

- 2-3 Pairs of warm casual trousers to wear under snow pants (Expedition Stretch fabric, wool or corduroy fabric work well)
- 2-3 Warm turtlenecks or long-sleeved tops/shirts (Expedition Stretch fabric, wool or corduroy fabric work well)
- Pair of comfortable walking shoes with low or no heels
- 2-3 Warm woolen sweaters
- Casual evening outfit
- Sleepwear
- Personal garments including thermal or silk long underwear
- Swimwear/cover-up for sauna

Other Recommended Items

- Sunglasses
- Simple first-aid kit
- Extra eyeglasses/contact lenses
- Charging cables for electronics
- Sun block
- Prescriptions and medications (in their original bottles and/or packaging)
- Smartphone
- Foldable umbrella

Optional Items

- Small LED flashlight
- Lightweight binoculars
- Foldable walking stick
- Small daypack or fanny pack

Of Special Note: Batteries in Cold Climates

Battery life is greatly reduced in cold weather. It is recommended that you keep your mobile phone in an inner pocket of your parka and avoid taking it out in frigid temperatures. For your digital camera, bring two sets of rechargeable batteries and a charger. During outings, a set of spare batteries should be carried in an inside pocket to keep them as warm as possible. If you have a small camera, attach it to a lanyard so you can carry it under your parka.

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 AMERICA'S WESTERN/SOUTHWESTERN NATIONAL PARKS

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

	Tailor Made Journeys
Resident Tour Director or Group Extension Guide	Not applicable
Local Guides	\$25 per person, per day (full day)
Drivers	\$15 per person, per day (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 Service on Own	10-15% unless already added