

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.

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

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 a typical visit to a National Park you will be exposed to the elements. 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.

Rivers, 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

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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.

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