

ESSENTIAL INFORMATION CANADA

PASSPORT AND VISA INFORMATION

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

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at 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.

COVID-19 COUNTRY ENTRY REQUIREMENTS & TRAVEL ADVISORIES

The following are the current COVID-19 screening requirements for entry into Canada for U.S. residents. Visit the U.S. Department of State at travel.state.gov for up-to-date information.

- All travellers (aged 5 and over) entering Canada must present an original COVID-19 vaccination certificate indicating full vaccination completed no less than 14 days before arrival. The current approved vaccines are Pfizer (Comirnaty), Moderna (Spikevax), AstraZeneca (Vaxzevria) and Janssen/Johnson & Johnson (Ad26.COV2.S). To meet changing requirements, a booster shot is recommended.
- All travellers must register online prior to arrival via the [ArriveCAN](https://arrivecan.ca) system to enter their traveler information, including proof of vaccination, before arriving in Canada.
- Canadian border services are conducting ongoing randomized testing for travellers arriving by air. If selected, travellers will receive an email notification within 15 minutes of completing their customs declaration. The email will include information on where and when to get tested. Testing is done outside of airports and must be completed with an approved testing provider by the end of the next calendar day after arriving in Canada. An A&K representative will assist you should you be randomly selected for testing.
- All passengers on flights departing or arriving at Canadian airports are required to wear a face mask or face covering that covers their mouth and nose (does not need to be medical). Travellers with medical exceptions are exempt.

LOCAL HEALTH & SAFETY PROTOCOLS

In accordance with local regulations, face masks must be worn in public places, aboard public and private transportation and at commercial centers; all persons are required to practice physical distancing of at least six feet (two meters). We encourage you to bring your own masks; a supply will be on hand where needed. Note all protocols are subject to change in accordance with relevant guidelines, local regulations and conditions.

If your journey includes travel in Canada'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 Canada operate primarily 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.

The insect population in Canada varies from year to year. In years with small amounts of rain, the insect population is hardly noticeable, whereas it is much larger in years with heavier rainfall. The population also varies from month to month, with the early summer having far more insects than the mid and late summer months. To prepare and protect for potential heavy insect days, remember to pack insect repellent and wear loose fitting clothing with long sleeves, high socks and closed toed shoes.

CASH & CREDIT CARDS

Cash transactions must be made in Canadian 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.

Safe Travel Essentials

Be sure to bring personal protective equipment (PPE), including face masks, travel-sized hand sanitizer with at least 60% alcohol, facial tissues and disinfecting wipes or spray.

Clothing

Choose versatile, casual clothing that can be layered if the weather requires. Smart casual attire is appropriate for evenings. Formal clothing is not necessary.

- | | |
|---|--|
| <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 (light and thermal) |
| <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 |

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

Optional Items

- Small LED flashlight
- Lightweight binoculars
- Foldable walking stick
- 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) depending on the type of journey.

| | All Small Group Journeys and Pre/Post Tour Group Extensions | Tailor Made Journeys |
|---|--|-------------------------------------|
| Resident Tour Director or Group Extension Guide | \$15 per person, per day | Not applicable |
| Local Guides | Included | \$25 per person, per day (full day) |
| Drivers | Included | \$15 per person, per day (full day) |
| Airport Transfer Drivers | Included | \$5 per person, per transfer |
| Hotel Porters | Included | \$2 per bag |
| 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.