

# 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](https://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.

## VACCINATIONS

There are no required vaccinations to enter Canada.

## STAY HEALTHY ON THE ROAD

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

# PACKING LIST & BAGGAGE RESTRICTIONS CANADA

## 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. 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 (light and thermal)
- 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

### 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.

## TIPPING GUIDELINES CANADA

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 and Pre/Post Tour Group Extensions</b>	<b>Tailor Made and Signature Journeys</b>
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.