



Pre-Departure Information

BOLIVIA!



Table of Contents

TRAVEL INFORMATION

- Passport
- Visas
- Money
- Tipping
- Special Diets
- Communications
- Electricity

MEDICAL INFORMATION

- Inoculations
- Malaria Prevention (For Rainforest Extension Only)
- Staying Healthy
- Altitude Considerations
- Fitness

HELPFUL INFORMATION

- Photography
- Being a Considerate Traveler
- Words and Phrases

PACKING LIST

- The Essentials
- WT Gear Store
- Luggage
- Weight Limits
- Notes on Clothing
- Equipment
- Personal First Aid Supplies
- Optional Items

READING LIST

- Essential Reading
- Also Recommended

Reminders Before You Go

WELCOME!

We're delighted to welcome you on this adventure! This booklet is designed to guide you in the practical details for preparing for your trip. As you read, if any questions come to mind, feel free to give us a call or send us an email—we're here to help.

PLEASE SEND US

- Trip Application:** Complete, sign, and return your Trip Application form as soon as possible if you have not already done so.
- Medical Form:** Complete, sign, and return your Medical Form as soon as possible if you have not already done so.
- Air Schedule:** Please forward a copy of your email confirmation, which shows your exact flight arrival and departure times. Refer to the Arrival & Departure section of the Detailed Itinerary for instructions. Please feel free to review your proposed schedule with Wilderness Travel before purchasing your tickets if you have any questions about the timing of your arrival and departure flights or would like to confirm we have the required minimum number of participants to operate the trip.

PLEASE CAREFULLY REVIEW

- Travel Documents & Medical Information:** Carefully review the Travel Documents and Medical Information sections of this booklet to familiarize yourself with Passport and Visa entry requirements for your destination, as well as any recommended inoculations.
- Optional Travel Insurance:** Review the Trip Cancellation & Transfer Fee Schedule included in the Detailed Itinerary. We recommend that all trip members purchase Travel Insurance.
- Final Documents:** Approximately three weeks before your trip, we will send you final departure documents, including hotel and local contact information and rendezvous instructions.

QUESTIONS?

Call: 1-800-368-2794, go to our **website** (www.wildernesstravel.com) or e-mail us at: info@wildernesstravel.com.

Travel Information

PASSPORT

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for six months after your date of exit from Bolivia. In addition, we recommend your passport have at least two completely blank visa pages for every country you will be visiting. It is very important that the blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, which may not have a page number, are not considered to be legitimate visa pages. The service of adding pages for visas was discontinued as of January 1, 2016. You can request a new passport through **US Passport Services Office** (<http://travel.state.gov/passport>) or use a visa service agency, which can take care of your passport renewal and expedite the process, if needed. We recommend **Passport Visas Express** (<http://www.passportvisasexpress.com/?affId=2120>). Be sure to allow sufficient time to acquire this before your trip.

It is a good idea to carry photocopies of your passport’s photo page and any acquired visa pages for your trip (if applicable) in case your passport is lost or as an additional piece of identification, as well as two extra passport photos.

VISAS

US citizens do not need a visa to enter Bolivia.

If you are a citizen of any country other than the US, check with a local consulate for entry requirements.

MONEY

The unit of currency in Bolivia is the Bolivian boliviano (BOB). We suggest you carry some of your spending money in USD, and the rest in debit or credit cards. Traveler's checks are not recommended as they can be difficult and time-consuming to cash. Smaller denominations such as \$10s or \$20s are a convenient amount to exchange, as the exchange rate from BOB back to USD is not nearly as good. Make sure your US bills are crisp and clean. Worn, tattered, or torn bills may not be accepted. We strongly recommend carrying a money belt that can be worn under your clothes. We also suggest you bring along a small pocket calculator to help you exchange money and purchase souvenirs.

Visa, MasterCard, and American Express are widely accepted at major hotels and stores. There are ATMs in most cities and large towns. To use an ATM internationally, you must have a four-digit PIN. If you plan to use your credit cards, inform your credit card company before your departure that you will be using the card abroad.

You will need to budget spending money for gratuities, any meals not included in the trip itinerary (approximately \$8-15 for lunches and \$15-25 for dinners), international and domestic airport departure taxes, and personal items such as beverages.

TIPPING

Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward guides for outstanding service. A range of reference would be \$130-180 USD per trip member for the Trip Leader, and a total of \$75-100 USD for the drivers and local day guides (this should be in local currency, preferably in smaller denominations, and is a pooled tip; the Trip Leader will facilitate this). The Trip Leader takes care of gratuities for hotel and restaurant staff.

SPECIAL DIETS

We will do our best to accommodate special dietary needs, however, please keep in mind that certain cultural differences or limitations due to logistics can make it extremely difficult and at times impossible to accommodate dietary restrictions. Please inform us at least eight weeks before your trip if you have a restricted diet. It is important to bring a flexible attitude and supplemental snacks.

COMMUNICATIONS

Telephone

The international dialing code for Bolivia is 591. Please contact your cell phone company for specific instructions for international use.

Email & Internet Access

Minimum internet access is available at all of our lodges. There is usually one shared public computer, no Wi-Fi.

ELECTRICITY

Bolivia has 220-volt current. Plugs have two round pins or two flat-blade pins. Bring a converter and plug adapter kit for appliance use.

Medical Information

The following recommendations should be used as a guideline only; consult your physician for medical advice. It is vital that you let Wilderness Travel know of any medical problems, allergies, or physical limitations you may have. Please fill out and return the personal medical questionnaire, and feel free to consult us if you have any questions about your ability to undertake this particular trip.

Wilderness Travel is not a medical facility and has no expertise or responsibility regarding what medications or inoculations you and your physician decide are necessary for your safe participation in the trip.

Traveler's health information is available from the **Centers for Disease Control**. (<http://www.cdc.gov/travel/index.htm>)
Medical travel products are available from **Travel Health Medicine** (<http://www.travmed.com>) and from **Magellan's Travel Supplies**. (<http://www.magellans.com>)

INOCULATIONS

You will need a yellow fever vaccination to enter Bolivia. Entry requirements and international health situations are subject to change; check with the Centers for Disease Control for updates. All shots should be entered on your International Health Card (yellow card), which is provided by the facility giving the shots. Keep it with your passport while traveling. This provides an important personal record for you to refer to when making future travel plans. We recommend you discuss the following with your physician:

Yellow Fever

A Yellow Fever vaccination is required for Bolivia. Usually, any yellow fever vaccination is good for life. Visit the **CDC Travelers' Health link** (<http://www.cdc.gov/travel>) for information on specific country requirements. Have proof of the shot recorded in your International Health Card and carry the card with your passport. Health officials at borders often (but not always) request proof of the shot.

Please note: According to the CDC, people 60 years or older may be at increased risk for serious adverse events following vaccination, compared with younger persons. This is particularly true if they are receiving their first yellow fever vaccination. If you are over 60, please discuss this with your physician.

If you are advised to decline the vaccine, please get a written waiver from your physician or travel clinic.

Polio

People who have received the primary series of at least three doses of polio vaccine are considered fully immunized. People who are unsure of their status should receive the vaccine (three doses spaced at intervals).

Hepatitis

The vaccines HAVRIX and VAQTA (two injections, six to 18 months apart) give long-term protection against Hepatitis A and are worthwhile if you travel regularly to developing countries.

Tetanus Booster

It is very easy to get a small cut. A booster is strongly recommended (effective for 10 years).

Typhoid

The CDC recommends the shot or the oral vaccine, Vivotif Berna, a course of four capsules, one every other day for a week, with full effectiveness reached in a week. You may not be able to take the oral vaccine simultaneously with mefloquine (for malaria prevention).

MALARIA PREVENTION (FOR RAINFOREST EXTENSION ONLY)

Malaria is a serious but preventable disease spread by the bite of an infected mosquito. All travelers to the Amazon are urged to take antimalarial medications, available only by prescription. Please discuss antimalarial medication with your doctor, who will explain various antimalarials and their side effects and recommend a regimen for you. In addition to medication, a further precaution against malaria is to wear long sleeves and long pants at dusk. Thin clothing should be sprayed with insect repellent, especially around the elbows and ankles. Use repellent containing DEET.

If, after returning from your trip, you have a persistent fever with chills, muscle aches, and headache, report to your doctor the possibility of exposure to malaria.

For further malaria information, consult your doctor or the CDC Malaria Hotline: 888-232-3228.

STAYING HEALTHY

Don't brush your teeth with tap water; use bottled water, and don't use ice in your drinks unless you are sure it was made with treated water. When in doubt, ask your Trip Leader for guidelines.

ALTITUDE CONSIDERATIONS

On most of the trip, we will be at altitudes between 9,000 and 13,000 feet. Individuals vary widely in their ability to acclimatize. Since physical fitness does not confer any protection or facilitate acclimatization, it is impossible to predict how you will adapt to the altitude. The greatest protection is avoiding rapid ascents and allowing time for acclimatization. Normal physiological changes at altitude include headache, nausea, loss of appetite, sleeplessness, irregular breathing, shortness of breath, fatigue, and swelling of the ankles and eyelids.

It is not uncommon to experience some of these symptoms when you first arrive at high altitude and then have them decrease in severity within a few days. It is important that you inform your Trip Leader immediately of any symptoms or discomfort, however minor, so that he or she can help you monitor the situation. While acclimatizing, avoid pushing yourself too hard, however physically fit you may be or feel. Pace yourself comfortably, rest often. You may find that you walk more slowly than others in the group, or slower than you are used to.

Diamox (Acetazolamide)

The prescription drug Diamox is now accepted as an effective prophylactic against the early symptoms of altitude sickness. Most people start taking it a day before going to altitude and continue until they feel they are comfortably acclimatized, although some decide to continue its use throughout their time at altitude. Consult with your physician for directions concerning proper usage and dosage. Please note: Diamox is not effective in dealing with more serious symptoms of altitude sickness and it is important you keep your trip leader informed of any symptoms you are feeling.

FITNESS

In high altitude locations like La Paz, the Salar de Uyuni, and Lake Titicaca, even just a walk up a flight of steps can make you feel breathless. Remember that the better physical condition you are in, the more you will enjoy your experience at these altitudes. Make an effort to get in good physical condition with some exercise beyond your normal routine. A brisk 30-45 minute walk every other day over moderately steep terrain can do wonders for your conditioning. Also be sure to drink plenty of water when you're at altitude, even if you don't feel thirsty.

Helpful Information

PHOTOGRAPHY

Camera Recommendations

With the many advances in digital technology, a simple compact digital camera or even your smartphone is capable of taking pictures suitable for the needs of most people. For higher quality images and the ability to use long lenses for closer wildlife pictures, a DSLR camera is well worthwhile, though heavier. Most digital cameras and phones have good video options, but you may want to consider a GoPro for a lightweight, waterproof option. Always practice ahead of time with new equipment and bring your manual with you. Camera equipment is available for rent from **Borrow Lenses** (<https://www.borrowlenses.com/discount/wildernesstravel>), with a 10% discount offered to Wilderness Travel clients. This is an especially good idea for renting large zoom lenses that you may need for just one trip.

Camera Accessories

We recommend bringing at least two large capacity memory cards or a small digital storage unit (or tablet) to back up your photos, freeing space on your memory cards. Don't forget to bring a battery charger and a backup battery so one is always charged and ready to use. For trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger or buying additional backup batteries, and check that you have the appropriate adapter for the electrical outlets in your destination.

Sharing Your Images

We would love for you to share photos from your trip, and with your permission, may even use your photos in our marketing materials or on our photo blog. We request that you send us a small sample of your best images. Please email your photos to wtphotoblog@gmail.com or tag us **@WildernessTravel** on social media.

Photography Etiquette

When taking pictures of local people, be aware of cultural considerations. Approaching people with a warm smile and using polite gestures or simple phrases to ask permission to photograph them usually works well. It is always recommended to engage people in conversation before asking to photograph them, but if people do not wish to have their photo taken, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which makes it harder for future travelers to have a meaningful personal interaction with local people. Please always heed your Trip Leader's guidelines for what is appropriate.

BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.

WORDS AND PHRASES

Although English is widely spoken and you can manage well without any Spanish, it is always fun (and appreciated by

locals) when you try to use a few words.

yes/no	<i>sí/no</i>	BEVERAGES	
thanks very much	<i>muchas gracias</i>	mineral water	<i>agua mineral</i>
thanks, same to you	<i>gracias, igualmente</i>	coffee/tea	<i>café/te</i>
you're welcome	<i>por nada</i>	with milk	<i>con leche</i>
please	<i>por favor</i>	real lemonade	<i>limonada</i>
hello	<i>hola</i>	carbonated soft drinks	<i>gaseosa</i>
good morning	<i>buenos días</i>	orange juice	<i>naranja</i>
good evening	<i>buenas tardes</i>	apple juice	<i>manzana</i>
good night	<i>buenas noches</i>	bananas	<i>plantanos</i>
goodbye	<i>adios</i>	beer	<i>cerveza</i>
bye!	<i>chao!</i>	white grape brandy	<i>pisco</i>
see you later	<i>hasta luego</i>	rum	<i>ron</i>
may I?	<i>se puede?</i>		
OK	<i>está bien</i>	FOOD	
my name is...	<i>me llamo...</i>	egg salad	<i>huevos a la rusa</i>
I'm from...	<i>soy de...</i>	chicken broth	<i>caldo de galina</i>
sorry!	<i>disculpe!</i>	shrimp	<i>camarones</i>
excuse me/pardon	<i>perdón/con permiso</i>	sea bass	<i>corvina</i>
sorry, I don't understand	<i>lo siento, no entiendo</i>	steak	<i>biftek</i>
do you speak English?	<i>habla inglés?</i>	sauteed beef with onions/potato	<i>lomo saltado</i>

I don't know	<i>no sé</i>	grilled meat	<i>parillada</i>
I would like...	<i>quisiera...</i>	meat/fish in red sauce	<i>adobado</i>
where is...?	<i>dónde está...?</i>	chicken in chile sauce	<i>aji de galina</i>
please speak more slowly	<i>por favor, habla más lento</i>	chicken with rice	<i>arroz con pollo</i>
come in!	<i>pase!</i>	potato with yellow chile sauce	<i>papa huancaína</i>
how are you?	<i>cómo está/ cómo va?</i>	french fries	<i>papas fritas</i>
nice to meet you	<i>mucho gusto/ tanto gusto</i>	creme caramel	<i>flan</i>
what time is it?	<i>qué hora es?</i>	ice cream	<i>helado</i>
what a beautiful day!	<i>qué día tan hermoso!</i>		
how far is it to..?	<i>que distancia hay hasta...?</i>	NUMBERS	
what's the name of..? ?	<i>cómo se llama...?</i>	one	<i>uno</i>
it's beautiful	<i>es hermoso</i>	two	<i>dos</i>
today/yesterday	<i>hoy/ayer</i>	three	<i>tres</i>
tomorrow	<i>mañana</i>	four	<i>cuatro</i>
day after tomorrow	<i>pasado mañana</i>	five	<i>cinco</i>
this morning	<i>esta mañana</i>	six	<i>seis</i>
this afternoon	<i>esta tarde</i>	seven	<i>siete</i>
this evening	<i>esta noche</i>	eight	<i>ocho</i>
do you have..? (shopping)	<i>tienen...?</i>	nine	<i>nueve</i>
how much is this?	<i>cuánto vale esto?</i>	ten	<i>diez</i>

that's too much! I'll
give you.. *es mucho! Le doy...*

that's fine. I'll take
it. *está bien. me lo llevo.*

just looking *sólo estoy mirando*

the bill, please
(restaurants) *la cuenta, por favor*

Packing List

THE ESSENTIALS

- Air tickets (or E-tickets)
- Passport
- One other picture ID, such as a driver's license
- International Health Card ("Yellow Card") with proof of Yellow Fever inoculation within the last 10 years
- Expense money

WT GEAR STORE

To help you prepare for your next WT adventure, we've put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our **WT Gear Store** (<http://wildernesstravel.newheadings.com>).

LUGGAGE

- Soft-sided roller bag with a small padlock (must be unlocked for travel. Be mindful of baggage weight limits.
- Daypack, large enough for a fleece jacket, rain gear, water bottle, camera, and other items you want with you during the day
- Small roll-up duffel if you are an avid shopper.

WEIGHT LIMITS

On internal flights, you are allowed two checked bags with a total weight of 44 lbs., plus a small carry-on with a 16 lb. maximum.

NOTES ON CLOTHING

The clothing list below is provided as a guideline only. Dress on the trip is very informal, with the exception of two or three city dinners for which you may want to dress up a little (jackets are not required for men). Please keep in mind that it can get very cold at high altitude. Laundry service is available at some of the hotels.

- Warm fleece sweater or jacket
- Down jacket
- Gore-Tex-type rain/wind shell jacket with hood
- Lightweight long pants. Synthetic “travel” fabrics wash and dry easily.
- Long-sleeved shirt. Quick-drying “travel” fabrics like nylon are best.
- T-shirts
- Shade hat with a wide brim
- Fleece hat for warmth
- Lightweight fleece gloves
- Sturdy walking shoes with good traction
- Running shoes or other comfortable shoes for city wear
- Polypropylene or silk long underwear for chilly mornings and evenings (especially in the Salar de Uyuni)
- Underwear, socks; synthetics dry faster
- Sleepwear

EQUIPMENT

- Good quality sunglasses with UV protection. A **spare pair of sunglasses** is invaluable should your first pair be broken or lost, especially since we are at high altitude.
- Personal toiletries
- Flashlight, extra batteries
- Money belt or neck pouch. Always carry your passport, credit cards, and cash with you in a money belt or neck pouch tucked down inside your shirt or blouse.

PERSONAL FIRST AID SUPPLIES

Every trip member should bring a small kit for personal use. Your own experience will influence your choices.

- Sunscreen SPF 30 or higher. The sun is very strong at high altitudes. We recommend mineral-based sunscreens with zinc oxide or titanium dioxide because they do not contain harsh chemicals that are harmful to the environment. Brands such as Honest Company, Badger, and Alba Botanica are found in most sporting goods stores and drugstores.
- Lip balm with sunscreen and/or zinc oxide
- Aspirin, ibuprofen, or Tylenol for muscle pain or headaches. Tylenol PM for sleep.
- Topical antibiotic (such as Neosporin) for cuts, bites, or sores
- Blister kit. Look for the long-lasting gel-type bandages that you can apply directly on blisters, such as Band-Aid Advanced Healing Bandages or Curad Gel Multi-Day Bandages. “Liquid band-aids,” such as New-Skin, are useful because they dry rapidly to form a tough protective cover over a blister.
- Anti-bacterial gel for hand washing
- Antihistamine such as Benadryl and cold remedy such as Sudafed
- Imodium for diarrhea. If you wish to bring an antibiotic for diarrhea prophylaxis, please consult your physician.
- Prescription medications, properly labeled
- Spare contact lenses or spare prescription glasses
- Optional—Diamox for altitude acclimatization

OPTIONAL ITEMS

- Converter/plug adapter for appliance use in hotels. Bolivia has 220-volt current.
- Down or fleece vest if you easily get chilled
- Collapsible walking stick
- Camera, spare batteries, memory cards
- Reading/writing material
- Binoculars
- Travel clock

Reading List

ESSENTIAL READING

The Rough Guide to Bolivia

Rough Guides

2018, 344 PAGES

The ultimate guide to everything Bolivia has to offer.

Peru and Bolivia Marco Polo Pocket Guide

Marco Polo Travel Publishing

2018, 168 PAGES

This small guide includes lots of information about the two countries.

Bolivia (National Geographic Adventure Map)

National Geographic Maps

2012

Lonely Planet Bolivia

Isabel Albiston et al

2019

Advice as to what to see and do, including La Paz, Lake Titicaca, Salar de Uyuni, and Potosi.

ALSO RECOMMENDED

Open Veins of Latin America: Five Centuries of the Pillage of a Continent

Eduardo Galeano

1998, 360 PAGES

A survey of Latin America's social and cultural history, with an introduction by Isabel Allende.

From Mountains to Morales: Stories of Bolivia

Jerome Stewart

2020, 268 PAGES

Stories that reflect Bolivia's diverse culture, geology, and ecology.

The Fat Man from La Paz

Rosario Santos, ed.

2011, 320 PAGES

Short stories: contemporary fiction from Bolivia.

Tiwanaku

Jesse Harasta

2017, 48 PAGES

The history and legacy of the of the ancient pre-Colombian site in the heart of the Andes. Includes historical accounts.

Lake Titicaca: Legend, Myth and Science

Charles Stanish

2011, 224 PAGES

Description of the cultures that inhabited the area, from the first migrants to the people of today.

Revised: February 10, 2020