



# Pre-Departure Information

BRAZIL PRIVATE JOURNEY



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# Reminders Before You Go

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## 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 Trip 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](http://www.wildernesstravel.com)) or e-mail us at: [info@wildernesstravel.com](mailto:info@wildernesstravel.com).

# Travel Information

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## 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 Brazil. 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. You can request a new passport through **US Passport Services Office**([http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html)) (the service of adding pages for visas was discontinued as of January 1, 2016) 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.passportvisaexpress.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 for Brazil.

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 Brazil is the Real (R\$) (pronounced ray-owl) . We suggest you carry some of your spending money in US cash, and the rest in ATM or credit cards. Travelers checks are not recommended as they can be difficult and time-consuming to cash. Make sure your US bills are crisp and clean. Worn, tattered, or torn bills may not be accepted. For valuable items that you need to keep on your person, we strongly recommend carrying a money belt that can be worn under your clothes.

Credit cards are accepted at most major hotels and shops, and ATMs are widely available. Hotel Baiazinha does not accept credit cards; accounts for extras are payable in local currency. 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 (approx. \$15-\$20 for lunches and \$20-\$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 outstanding service.

For private tours, we recommend an average of \$20-30 USD per couple per full day tour for your local guide, with \$10 USD per couple for your driver. For half-day tours, \$15 USD and \$3-5 USD are appropriate for guide and driver, respectively.

Transfer guides are usually tipped at a rate of \$5 USD, with \$3 USD for the driver per service. Tipping for luggage handling at hotels is usually \$1-\$2 USD per bag. At restaurants, a typical gratuity would be 10% of the total. Taxi drivers do not usually expect tips, but it is customary to round up the fare. Tips can be given in US Dollars or local currency.

## 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

### **Time Zone**

Brazil is 5 hours ahead of California and 2 hours ahead of New York.

### **Telephone**

The international dialing code for Brazil is 55. Please contact your cell phone company for specific instructions for international use.

### **Email & Internet Access**

Email access is available at all of our hotels (not always Wi-Fi, however).

## ELECTRICITY

Brazil uses 110/127-volt and 220-volt current. Bring a converter and plug adaptor kit for appliance use.

# Medical Information

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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

No inoculations are required for entry into Brazil. 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 shot is strongly recommended. For most travelers, a single dose of yellow fever vaccine provides long-lasting protection and a booster dose of the vaccine is not needed. However, some travelers may require a booster dose. Also, certain countries might require a booster dose of the vaccine; visit the CDC Travelers' Health link (<https://wwwnc.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. For more information, refer to the CDC website at [www.cdc.gov/travel/index.htm](http://www.cdc.gov/travel/index.htm).

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.

### **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) if you are due for one.

### **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).

## 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 guide for instruction.

# Helpful Information

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## 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](mailto: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.



# Packing List

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## 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—strongly recommended
- 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 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

There are baggage weight limits for internal flights within Brazil: 44 lbs.

## NOTES ON CLOTHING

The clothing list below is provided as a guideline only. Dress on the trip is very informal. You may want to bring city-style attire for Rio or Sao Paulo. Laundry service is available at some of the hotels.

- Rain gear, such as rain jacket and pants, raincoat
- Light fleece jacket
- Lightweight long pants. Synthetic “travel” fabrics wash and dry easily. Jeans are slow drying and not recommend.
- Walking shorts
- Long-sleeved shirt. Quick-drying “travel” fabrics like nylon are best.
- T-shirts
- Shade hat with wide brim
- Sturdy walking shoes with good traction, or lightweight hiking boots
- Running shoes, Texas, or other comfortable shoes for city wear
- Underwear, socks; synthetics dry faster
- Sleepwear
- Swimsuit (for hotel pool and the beach)

## EQUIPMENT

- Reusable water bottle for use during excursions
- Good quality sunglasses with case. A spare pair of sunglasses is invaluable should your first pair be broken or lost.
- Field guides
- Binoculars
- 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

- Sunscreen SPF #30 or higher. 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
- Aspirin, ibuprofen, or Tylenol, Tylenol PM for sleeping
- Topical antibiotic (such as Neosporin) for cuts, bites, or sores
- Insect repellent
- 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
- Feminine protection (not always available for purchase)

## OPTIONAL ITEMS

- Converter/plug adaptor for appliance use in hotels
- Collapsible walking stick
- Camera, spare batteries, flashcards
- Reading/writing material
- Binoculars

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