



Pre-Departure Information

WONDERS OF ANCIENT EGYPT SYMPOSIUM



Table of Contents

TRAVEL INFORMATION

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

MEDICAL INFORMATION

- Inoculations
- Malaria Prevention
- Staying Healthy

HELPFUL INFORMATION

- Shopping
- Photography
- Being a Considerate Traveler

PACKING LIST

- The Essentials
- WT Gear Store
- Luggage
- Weight Limits
- Clothing Notes
- 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.
- Vaccination Card:** Please send us a photo or scanned copy of your completed Covid-19 Vaccination Card if you have not already done so. Just the front side of the card is sufficient.

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** 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 Egypt. 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** 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**. 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 need a visa for Egypt and for Jordan (if you are doing the *Jordan: Fabled Petra, plus Wadi Rum and the Dead Sea Extension*).

Egypt: You can easily obtain your visa at the Cairo Airport in Egypt, upon arrival. The cost for US citizens is \$25 USD per person. Upon arrival, in the Arrivals Hall, before the Immigration counters, you will need to find one of the many bank kiosks, which sell visa stamps. After purchasing a stamp, you will place it on the first empty page in your passport and then proceed to the Immigration counters.

Jordan (for the extension only): You can also purchase your visa on arrival at the Amman Airport - your WT guide will assist you with the visa process. Be prepared to pay 40 Jordanian Dinars per person (approximately \$60 USD per person) for your visa. Note that in many cases, Wilderness Travel is able to acquire a visa fee waiver for extension participants, but this is not guaranteed and you must be prepared to pay the visa fee if necessary.

If you prefer to get your visas prior to your arrival you may contact our recommended passport and visa processing service, **Passport Visas Express (PVE)**. On the PVE website, purchase the Egypt Tourist Single Visa (valid for 3 months) and the Jordan Tourist Single Visa (valid for 3 months). PVE can also be reached by phone at 888-596-6028. Let them know you are booked on a Wilderness Travel trip. If you are a citizen of any country other than the US, check with a local consulate for entry requirements.

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MONEY

The unit of currency in Egypt is the Egyptian Pound (EGP). Major credit cards are accepted at larger hotels and shops in Egypt and Jordan (for the extension). Traveler's checks are not recommended as they can be difficult and time-consuming to cash. You will need to budget spending money for gratuities, for any meals not included in the trip itinerary, for international and domestic airport departure taxes (see below), and for personal items as snacks, phone calls, etc. Beer, wine, and sodas are complimentary at our welcome and farewell dinners and available for purchase during the trip.

We recommend you bring approximately \$400 USD in cash in small bills and one or two major credit cards (Visa or MasterCard) for shopping and hotel extras. Major credit cards are accepted at larger hotels and shops in Egypt and Jordan. If you plan to use your credit cards, inform your credit card company before your departure that you will be using the card abroad. To use an ATM internationally, you must have a four-digit PIN.

Plan to not have too much Egyptian or Jordanian (for the extension) currency left over at the end of the trip, as they can be difficult to convert back to dollars.

TIPPING

The program cost includes gratuities for group meals in restaurants, drivers, Nile cruise staff, luggage handling in hotels, and local staff. Should you wish to tip your Trip Leader, we suggest that you do so toward the end of the trip. Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward outstanding service.

A range of reference would be \$220-\$250 USD per trip member for your Trip Leader. Tips can be in either US dollars or Egyptian pounds.

For the Alexandria Extension: We suggest \$15-\$20 USD per person, per day for the guide, and \$7-\$10 per person per day for the driver, and 10% of the bill in restaurants. For tipping in restaurants and for extra spa services, we suggest 10-15% of the bill.

For the Jordan: Petra and Wadi Rum Extension: We suggest \$15-\$20 USD per person, per day for the Jordan guide, and \$7-\$10 USD per person, per day for the driver. For the horse boy at Petra, we suggest \$5-\$8 USD per person. For tipping in restaurants and for extra spa services, we suggest 10-15% of the bill.

SPECIAL DIETS

Please reach out to us directly to discuss any dietary restrictions or concerns you may have. We can easily make arrangements for most diets, but please keep in mind that certain cultural differences or logistical limitations can make it difficult or at times impossible to accommodate all requests. With this in mind, please inform us at least eight weeks before your trip if you have a special diet, and any food allergies in particular, so we can do our best to meet your needs.

COMMUNICATIONS

Telephone

The international dialing code for Egypt is 20, and for Jordan 962. Please contact your cell phone company for specific instructions for international use.

Email & Internet Access

Internet access is available at all our hotels and in some communal areas of the ship.

ELECTRICITY

Egypt and Jordan have 220-volt current.

In Egypt, plugs usually have two round pins, while in Jordan, you may encounter plugs with two round pins, three round pins in a triangular configuration, or three rectangular prongs. 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**. Medical travel products are available from **Travel Health Medicine** and from **Magellan's Travel Supplies**.

INOCULATIONS

Entry requirements 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

This is the only vaccination currently subject to international health regulations. The vaccination is required for entry into many African countries if you are arriving from an “endemic yellow fever zone” country (most of sub-Saharan Africa and South America). For more information, refer to the **CDC website**.

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

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

Malaria is uncommon in Egypt so we do not recommend that you take antimalarial medications for travel in Egypt. For further malaria information, consult your doctor or the **CDC Malaria Hotline**: 888-232-3228.

STAYING HEALTHY

In hotels and aboard the boat, don't brush your teeth with tap water; use bottled water. 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.

Helpful Information

SHOPPING

Good buys in Egypt include gold and silver items (a favorite is the cartouche, an insignia bearing a pharaoh's or the buyer's name in hieroglyphics) and precious stones. Topaz, aquamarine, alabaster, and Sinai turquoise can be found in a variety of forms and settings. Intricate brass and copper trays, plates, lamps, leather and textile goods, glass, tapestries, woodwork, incense, and perfumes are also popular. Prices in the fashionable downtown department stores are not negotiable, but bargaining is expected in the handicraft shops and the Khan El Khalili Bazaar. In Egypt, bargaining is a sport and way of life, combining the power of persuasion, the exercise of psychology, and above all, patience. It can be fun and economical once you get into the spirit.

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**, 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](https://www.instagram.com/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

THE ESSENTIALS

- Air tickets (or E-tickets)
- Passport
- Vaccination Card
- 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 (only applicable if you are arriving from a Yellow Fever Zone country)
- Expense money
- Credit card used to purchase local flights if flying before or after the trip (some airlines may deny boarding without verification of the original credit card used for purchase)

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** .

LUGGAGE

- Soft suitcase (wheeled versions are OK), with small padlock (must be unlocked for air travel)
- Daypack for camera gear, water bottle, and personal items needed during the day
- (optional) Small roll-up duffel to carry home purchases.

WEIGHT LIMITS

Note: The checked baggage weight limit is 20 kilos (44.09 lbs.) on our internal charter flights in Egypt.

CLOTHING NOTES

Egypt is accustomed to tourists, and for sightseeing in popular areas such as the Pyramids or the main tourist sights of Upper Egypt, hiking shorts and T-shirts are fine. However, for walking in central Cairo and other cities, and when in rural areas, more modest, conservative dress is preferred, such as long pants and long-sleeved shirts; this also applies to visiting mosques, other religious sites, or homes.

Laundry service: All our hotels have laundry service, although most hotels do not have dry cleaning service.

CLOTHING

This list is meant as a guideline only. We encourage you to pack lightly.

- Fleece jacket or sweater
- Extra jacket for warmth (it can get very chilly, particularly at night)
- Lightweight hooded windbreaker
- Knee-length walking shorts for the tourist sites
- Light cotton or quick-drying synthetic pants
- Long-sleeved shirts
- T-shirts
- Warm sleepwear. Flannel or thermal underwear work well for cold nights.
- Shade hat with wide brim
- Sturdy walking shoes. Good traction and ankle support are important.
- Texas or other sturdy sandals
- Swimsuit (for hotel pools)
- City/hotel attire—men will feel comfortable with a jacket for some dinners in Cairo

EQUIPMENT

- Converter/plug adapter kit for appliance use in hotels
- Good quality sunglasses with case
- Personal toiletries

PERSONAL FIRST AID SUPPLIES

Every trip member must bring a small kit for personal use.

- Sunscreen of 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
- 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

OPTIONAL ITEMS

- Camera, spare batteries or charger, spare memory cards.

Important Note: Cameras, particularly high-end cameras, are often subject to increased scrutiny at airport checkpoints in Egypt, and especially in Jordan (if you do the extension). They have been known to be confiscated by authorities in the past, so please be aware of this when packing. Additionally, cameras may not be allowed at some tourist sites, or a fee may be charged for camera use. If this is the case, your Trip Leader will advise you in-country. Phone cameras are usually allowed without any issues.

- Reading/writing material
- Small tape recorder
- Binoculars.

Important note: If you are continuing onto Jordan, it's best not to bring binoculars into Jordan. Past travelers have had difficulties, with long delays as their bags are searched and items potentially confiscated.

- Travel clock
- Gatorade-type powdered mixes or packets of ORS (oral rehydration salts) to add to your water bottle from time to time on really hot days
- 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.
- Important Note: It's best not to bring binoculars into Jordan or Egypt. Past travelers had had difficulties, with long delays as their bags are searched and items potentially confiscated.

Reading List

ESSENTIAL READING

The Penguin Historical Atlas of Ancient Egypt

Bill Manley

1996, 144 PAGES

Ingenious color maps, site plans, photographs and accompanying essays trace Egyptian civilization from the founding of Memphis through the sacking of Thebes and the invasion by Alexander the Great in 332 BC.

Ancient Egypt: An Introduction

Salima Ikram

2009, 356 PAGES

An introduction to one of the greatest civilizations of all time.

The Treasures of the Valley of the Kings: Tombs and Temples of the Theban West Bank in Luxor

Kent Weeks, ed. and Araldo De Luca, photographer

2020, 336 PAGES

Photographic guide to Egypt's greatest treasures.

Tutankhamun: The Treasures of the Tomb

Zahi Hawass

2018, 296 PAGES

The definitive record of Tutankhamun's legacy, detailing its most magnificent artifacts and objects.

Giza and the Pyramids, The Definitive History

Mark Lehner

2016, 560 PAGES

Unparalleled in detail and scope, this coffee table history of the pyramids of Giza provides up-to-date information and special insights into lingering questions. The book features hundreds of illustrations as well as site plans, reconstructions and aerial photographs.

Death and Burial in Ancient Egypt

Salima Ikram

2015, 252 PAGES

This book by one of our guest speakers explores all aspects of death in ancient Egypt as well as the relationship between the living and the dead.

The Lost Tomb

Kent Weeks

1998, 330 PAGES

The story of Dr. Weeks' discovery of the tomb of Ramesses II's sons.

Secrets from the Sand: My Search for Egypt's Past

Zahi Hawass

2003, 272 PAGES

The renowned archaeologist recounts his life interest in exploring Egypt's glorious past and his discoveries of great monuments and tombs.

ALSO RECOMMENDED

Egypt Map

Nelles

2011

This easy-fold map, featuring insets of Luxor, Valley of the Kings, Giza, the Nile River Valley, Cairo and other sites, also covers Petra, Jerusalem and most of Israel.

Culture Smart! Egypt

Jailan Zayan

2013, 168 PAGES

A handy pocket guide to understanding local customs and etiquette.

Divine Creatures: Animal Mummies in Ancient Egypt

Salima Ikram, ed.

2015, 316 PAGES

The definitive book on ancient Egyptian animal mummies, with studies that reveal information about the fauna, climate, animal domestication, and more.

The Complete Pyramids: Solving the Ancient Mysteries

Mark Lehner

1997, 256 PAGES

A compendium of every major pyramid of ancient Egypt.

Valley of the Golden Mummies

Zahi Hawass

2000, 224 PAGES

The story of the discovery and excavation of the golden-masked mummies at Bahariya Oasis in 1996.

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