



Pre-Departure Information

SNORKELING EXPEDITION TO CENDERAWASIH BAY



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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) 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 entry into Indonesia. 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 an Indonesia visa for stays less than 30 days. If you are a citizen of any country other than the US, check with a local consulate for entry requirements.

MONEY

Indonesia’s currency is the Indonesian rupiah (IDR), abbreviated Rp. It is very important that you bring your spending money in US cash, not traveler's checks. Traveler's checks can be difficult and time-consuming to cash. USD is the second currency of Indonesia and is accepted in a pinch. Note that pre-1999 USD that is ripped, wrinkled, or stained will often be rejected. ATMs are common in the larger cities in Indonesia and are generally reliable.

You will need to budget spending money for gratuities, for any meals not included in the trip itinerary, and for personal items such as snacks, phone calls, etc.

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.

MEALS ONBOARD

We will do our best to accommodate special dietary needs, however, please keep in mind that certain cultural differences or limitations due to logistics and the remote nature of this trip, can make it extremely difficult and at times impossible to accommodate your restrictions. It is important to bring a flexible attitude and supplemental foods to ensure your dietary needs are met.

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 \$125-150 USD per trip member for the boat crew and \$125-150 USD per trip member for the Trip Leader. Bills that are crisp and of a larger denomination are preferred, as smaller denominations and wrinkled bills are generally not accepted at Indonesian banks.

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 Indonesia is 62. Please contact your cell phone company for specific instructions for international use. Cell service is very limited.

Email & Internet Access

Internet access is not available on the boat.

ELECTRICITY

Indonesia has 220-volt current and a variety of plug types. The voltage on the boat is 220, and plugs have two round prongs.

ABOUT OUR SHIP

The boat has steep stairs/ladders from the four cabins situated on the first deck up to the main deck; people staying in these cabins who have trouble climbing stairs may have difficulty moving around the boat. Arrangements can be made to situate them on the main deck. Cabin assignments have been pre-determined in the most democratic way possible.

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

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:

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. You may not be able to take the oral vaccine simultaneously with mefloquine (for malaria prevention).

MALARIA PREVENTION

Malaria is a serious but preventable disease spread by the bite of an infected mosquito. All travelers 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**(<http://www.cdc.gov/travel/malinfo.htm>): 888-232-3228.

STAYING HEALTHY

You can reduce your risk of getting a cold on the trip by washing your hands often and not touching your face with unwashed hands. If you arrive on the trip with a cold or feel the symptoms of a cold, avoid close contact with others and move away from people before coughing or sneezing. The CDC recommends coughing or sneezing into a tissue or into the crook of your elbow or upper sleeve, not your hands.

GETTING IN SHAPE

For maximum enjoyment of the trip, you must be in good health and be able to snorkel for multiple hours at a time. We highly recommend that you have previous snorkeling experience. There are a few optional hikes, and if you would like to participate you will need to be comfortable hiking up slippery, muddy jungle floors and steep limestone rocks using your hands for support.

MEDICAL ATTENTION AND EVACUATION IN REMOTE DESTINATIONS

The Cenderawasih Bay journey takes place in an extremely remote and uninhabited archipelago in the Pacific. In the case of serious illness or injury, medical attention and swift evacuation are not available. Once we sail from Sorong, we are far away from towns and medical facilities. In the case of serious illness or injury, we will make every effort to reach medical facilities as soon as possible, but be aware that it may take the boat days to return to the port of Sorong. If you have health or medical issues of concern, please discuss them with your physician before considering this trip.

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.

A NOTE ABOUT UNDERWATER PHOTOGRAPHY

Past clients have enjoyed taking photos of the underwater treasures and sharing them with other trip members after the snorkeling excursions. We recommend bringing a waterproof camera or waterproof housing for your camera. For more information, visit **Best Underwater Compact Cameras** (<http://www.toptenreviews.com/electronics/photo-video/best-waterproof-cameras/>).

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.

ENVIRONMENTAL CONCERNS

Please bring your own shampoo, soap, body wash, moisturizer, sunscreen, and any other toiletries you might need. These products wash off your skin while snorkeling, and can cause damage to coral reefs and wildlife. We HIGHLY recommend bringing products with natural and biodegradable ingredients. Dr. Bronner's comes in liquid and bar form, is environmentally friendly, and can be used as body soap, shampoo, hand soap, etc. We also like Wilderness Wash, Campsuds, and Acure Organics Biodegradable wipes. In general, try to stay away from products with phosphate, surfactants, triclosan, and antibacterial ingredients. For sunscreens we recommend mineral-based products with zinc oxide or titanium dioxide. Brands such as Honest Company, Badger, Raw Elements, and Alba Botanica are found in most sporting goods stores and drugstores. Avoid all sunscreens that contain oxybenzone and octinoxate, which are harmful to coral reefs.

Packing List

THE ESSENTIALS

- Air tickets (or E-tickets)
- Passport
- One other picture ID, such as a driver's license
- 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

- Sturdy duffel bag, preferably water-resistant nylon. Bring a small padlock to lock your duffel (must be unlocked for air travel). Soft suitcases are also acceptable, but please note there is limited storage space in the cabins. Hard suitcases are not appropriate because they are difficult to stow in small spaces.
- Daypack, large enough for a lightweight windbreaker, water bottle, camera, and other items that you want with you during the day

CLOTHING

Lightweight clothing is recommended for the warm, tropical climate. During the trip, most people will wear hiking shorts and a t-shirt during the day. Temperatures are in the 80s °F during the day, and there may be occasional showers. There are very limited opportunities to do laundry and limited drying space on board. Note: The Trip Leader recommends covering up while in the water both for sun protection and for protection from stinging plankton (most people are not sensitive to getting stung by hydroids but some people are). A light wetsuit, dive skin, or solar shirts/tights are recommended.

This clothing list is a guideline only; we encourage you to pack as lightly as possible.

- Light rain jacket
- Lightweight fleece jacket or sweater (the ferry ride from Sorong to Waisai can get very chilly)
- Lightweight long pants. Synthetic 'travel' fabrics dry easily. Jeans are slow drying.
- Hiking shorts
- Lightweight long-sleeved shirts. Sleeves offer sun protection. Quick-drying fabrics are ideal.
- T-shirts (one should be quick-drying nylon)
- Shade hat with a wide brim
- Lightweight walking shoes for shore excursions. Make sure your shoes have good traction for slippery, muddy areas.
- Teva sandals or footwear you can wear in and out of the water. Closed-toe Tevas can double as walking shoes if they give you enough support, but for the steeper hikes, sturdier shoes are a must.
- Underwear/socks. Synthetics dry faster.
- Bathing suits (two or three)
- Sleepwear
- Casual city/hotel attire for pre- and post-trip

EQUIPMENT

- Snorkeling equipment—masks, snorkel, fins. It is important to bring your own equipment to ensure a proper fit.
- We **highly** recommend you bring a full body wetsuit of 1mm neoprene, or "skins" (a Lycra jumpsuit with a zipper, available at dive shops; skins are worn over bathing suits for sun protection, extra warmth, and protection from jellyfish stings).
- Good quality sunglasses with a strap. A spare pair is invaluable if your first pair gets lost.
- Toiletries kit and soap (see section on environmental concerns)
- Flashlight, extra batteries
- Reusable water bottle
- Large plastic bags to keep items dry in your duffel

Note: Weightbelts and weights (for the weightbelt) are provided onboard the boat.

PERSONAL FIRST AID SUPPLIES

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

- Waterproof biodegradable sunscreen SPF 30 or higher. Bring a large quantity! The sun can be very intense. Be sure to bring enough. 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. Don't forget brim hat, bandanna, and sunglasses.
- Zinc oxide and/or lip balm with sunscreen to protect lips and nose is also recommended.
- Aspirin, ibuprofen, or Tylenol for muscle pain or headaches, Tylenol PM for sleeping
- Topical antibiotic (such as Neosporin) for cuts, bites, or sores
- Insect repellent. Repellents with DEET are recommended. DEET content of about 30-35% is ideal (higher DEET content is not recommended). Wipe DEET off your hands before touching plastic surfaces (such as binoculars) because it can damage the plastic. Aerosol repellents are useful for spraying on clothes.
- 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 caused by your fins.
- Anti-bacterial gel for hand washing
- Post-insect bite cream (antihistamine), cortisone cream, an antihistamine such as Benadryl for jellyfish stings
- Calamine lotion for bug bites
- Imodium for diarrhea. If you wish to bring an antibiotic for diarrhea prophylaxis, please consult your physician.
- Anti-seasickness medication; some travelers find medication such as Dramamine helpful.
- Prescription medications properly labeled
- Spare contact lenses or a spare pair of prescription glasses
- Eardrops to prevent "swimmer's ear" or ear infections from snorkeling

OPTIONAL ITEMS

- "Dry bag" or pelican case to carry cameras
- Good quality underwater housing for your digital camera (highly recommended)
- Rash-guard or solar shirts, such as those by Coolibar, with a high SPF rating, for additional sun/sting protection while snorkeling, swimming, and paddling
- Anti-fogging solution for your face mask, sunglasses, and camera lenses
- Neoprene snorkeling gloves and wetsuit hood
- Reading and writing material, sewing and repair kit, clothespins
- Voltage converter with plug adapter kit for appliance use. The voltage on the boat is 220, and plugs have two round prongs.
- Binoculars. If you are planning to purchase binoculars, visit eagleoptics.com for comparison of all major brands, from Nikon to Swarovski.
- Camera, spare batteries, spare flash cards
- Travel clock
- 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.
- Wine or liquor. Alcohol is illegal in Papua, where Sorong is located, and can't be purchased en route in Jakarta, Manado, or Makassar. If you want to bring wine or liquor, bring it from the US in your checked bag. The boat will have beer on board for purchase.

PROHIBITED ITEMS

E-Cigarettes: Please do not bring e-cigarettes (vaporizers), including e-cigarette refills. The countries of Thailand, Brunei, Cambodia, Indonesia, Singapore, and Vietnam have all outlawed the import and export of e-cigarettes (vaporizers), including e-cigarette refills. Travelers found with these items could be fined or sent to prison for up to 10 years if convicted. This applies for transit through the countries as well as entry into them.

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