



Pre-Departure Information

HIKER'S JOURNEY TO PORTUGAL



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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 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.
- Extra Services:** Request any Extra Services (hotel nights, transfers, extensions) with your WT office contact using the Extra Services Request Form sent with your confirmation packet.
- 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 three months after your date of exit from Portugal. 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 for countries visited on this trip. If you are a citizen of any country other than the US, check with a local consulate for entry requirements.

MONEY

The Euro is the official currency of Portugal. The most convenient way to obtain Euros is to use your debit card at ATMs in Portugal. If you plan to get cash this way, it’s wise to get a list of ATM locations in advance online or from your bank. Traveler’s checks are not recommended as they can be difficult and time-consuming to cash. Your Trip Leaders will advise you where and when money can be changed. Major credit cards are accepted in most shops in cities and larger 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, international and domestic airport departure taxes, and personal items such as beverages. Dinners in a middle-range restaurant can easily cost \$30.

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 \$120-140 USD per trip member for each Trip Leader and \$50 USD per trip member for the driver, which can be given in either USD or Euros. The Trip Leader takes care of gratuities for luggage handling, waiters at restaurants, and local guides and drivers who are with the group for only a short time.

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 Portugal is 351. Please contact your cell phone company for specific instructions for international use.

Email & Internet Access

Internet access is available at all of our hotels, but connections may be intermittent and slow.

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

No inoculations are required. However, it is easy to get a small cut, so a tetanus booster is strongly recommended (good for 10 years). If you take prescription medicines, be sure to bring enough for the duration of your trip.

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.

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.

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

- Soft-sided suitcase
- Daypack, large enough for a jacket or rain gear, water bottle, and items you want on the trail
- (Optional) Small roll-up bag to carry home purchases

NOTES ON CLOTHING

The clothing list below is provided as a guideline only. Dressing in layers is the best way to stay comfortable. We ask that you pack everything in one piece of luggage as this simplifies transportation of luggage en route. You'll want a change of clothes for the evening, but nothing dressy is necessary. Casual wear is fine, and coats and ties are not required. Note: In Europe, there are dress requirements to enter churches: Shorts and skirts should come to the knees, and shoulders should not be bare. Women can use a shawl or large scarf to cover bare shoulders; short-sleeved t-shirts are acceptable. The dress code applies to both men and women.

Although airline service to Europe is generally reliable, it is best to wear or carry your hiking boots with you on your flights in the event that your luggage is lost or delayed. Likewise, don't pack valuables, such as travel documents, camera gear, or prescription medicines in your checked luggage.

CLOTHING

- Lightweight rain gear, such as a Gore-Tex rain/wind shell jacket with hood, and Gore-Tex rain/wind pants
- Fleece jacket or nano-puff jacket
- Light fleece sweater or sweatshirt
- Long-sleeved shirt. Quick-drying “travel” fabrics like nylon are recommended.
- T-shirts or short-sleeved shirts
- Hiking pants. Lightweight synthetic hiking pants are a practical choice. Jeans are not recommended because they can be hot and they take a long time to dry if they get wet.
- Hiking shorts. Quick-drying fabrics are recommended.
- Shade hat with a wide brim—preferably a waterproof one you can use as a rain hat as well
- Sturdy medium to heavyweight hiking boots, well-broken in. Must be waterproof—either Gore-Tex or treated leather.
- Texas or walking shoes for sightseeing in towns
- Hiking socks. Some people like thick Thorlo-type socks with padded toes/heels, or an outer sock and synthetic liner sock.
- Underwear/sleepwear. Synthetics dry faster.
- Bathing suit
- Casual city/hotel attire

EQUIPMENT

- Reusable water bottle, one or two, 1 qt. capacity
- Collapsible walking stick or trekking poles (highly recommended)
- Good quality sunglasses with case. A spare pair of sunglasses is a good idea should your first pair be broken or lost.
- Flashlight and extra batteries
- Raincover for daypack (or rainproof dry bags for items in your daypack)
- Stuff sacks or plastic bags to compartmentalize items, Ziploc-style bags to carry small items during the day
- 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 and lip balm with sunscreen. 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.
- Aspirin, ibuprofen, or Tylenol for muscle pain or headaches, Tylenol PM for sleep
- 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.
- Prescription medications properly labeled
- Spare contact lenses or spare prescription glasses

OPTIONAL ITEMS

- Voltage converter and plug adaptor for appliance use in hotels
- Camera, spare batteries, memory cards
- Reading/writing material
- Bandannas (many uses)
- Lightweight binoculars
- Travel clock
- Small umbrella
- Laundry soap for hand-washing clothes
- Washcloth, if you like to use one (most European hotels do not provide them)

Reading List

ESSENTIAL READING

A Traveller's History of Portugal

Ian Robertson

2002, 352 PAGES

A lively, admirably concise survey from prehistory to the present, great for travelers to Portugal who would like an overview of the country's history and culture.

Eyewitness Guide Portugal

Eyewitness Guides

2016, 480 PAGES

Featuring hundreds of photographs and drawings, an excellent overview of the culture and history and good information about where to go and what to do.

Journey to Portugal, In Pursuit of Portugal's History and Culture

Jose Saramago

2002, 464 PAGES

Jose Saramago's richly detailed account of his journey across Portugal in 1979. He combines his vivid impressions of the Portuguese landscape and people with a dose of history, fiction and meditation.

Portugal Map

Michelin Travel Publications

2015

At a scale of 1:400,000, this fully indexed map also includes insets of Madeira and city maps.

ALSO RECOMMENDED

The Birds of the Iberian Peninsula

Eduardo De Juana

2015, 688 PAGES

This definitive book on the birds of Iberia covers the status and distribution of each species in the region and also includes photos and introductory chapters on climate, habitats and the history of Iberian ornithology.

The New Portuguese Table: Exciting Flavors from Europe's Western Coast

David Leite

2009, 256 PAGES

A whirlwind and informative culinary tour of Portugal that covers classic dishes and modern favorites in more than 130 rich and rewarding recipes.

Lonely Planet Portuguese Phrasebook

Clara De MacEdo Vitorino

2012, 320 PAGES

A handy pocket phrasebook for Portuguese basics, covering pronunciation, basic grammar and essential vocabulary for the traveler.

Oceans of Wine, Madeira and the Emergence of American Trade and Taste

David Hancock

2009, 632 PAGES

Hancock's unexpectedly engrossing book explores the culture of wine in Madeira and trade in 18th-century America.

Prince Henry "The Navigator," A Life

Peter E. Russell

2001, 448 PAGES

A complicated yet rewarding portrait and the first biography of this empire-minded Portuguese prince in more than a hundred years.

A Birdwatchers' Guide to Portugal, the Azores & Madeira Archipelagos

Colm Moore

2014, 152 PAGES

The first and only birdwatching guide to cover all of Portugal, this enlarged second edition features several new sites (44 in all) and includes the Azores and Madeira archipelagos.

Culture Smart! Portugal

Sandy Guedes de Queiroz

2005, 168 PAGES

A concise, well-illustrated and practical guide to local customs, etiquette and culture.

Lonely Planet Pocket Porto

Lonely Planet Publications

2015, 160 PAGES

A practical guide to the city of Porto that fits in your pocket, with the top sites, the best walks, food, art, shopping, views, nightlife and more. Includes pull-out city map.

A Book of Mediterranean Food

Elizabeth David

2002, 272 PAGES

A classic mix of lore, literary asides, recipes and enthusiasm for the food and culture of France, Italy, Spain, Portugal, Greece and the Middle East. Published in the gloom of post-WWII Britain, David's tribute brims with affection for the strongly flavored food of the Mediterranean.

The Stone Raft

Jose Saramago

1996, 300 PAGES

A geological fantasy from the Nobel Prize-winning author, in which the Iberian Peninsula becomes unmoored from France.

Bradt Guide Alentejo

Alex Robinson

2016, 224 PAGES

A comprehensive guide in the growing series by Bradt, noteworthy for its focus on culture, nature and responsible travel, with plenty of practical travel details.

DK Eyewitness Top Ten Lisbon

Tomas Tranaeus

2015, 128 PAGES

A compact illustrated guide in the popular series, featuring favorite attractions.

Wallpaper City Guide Porto

Phaidon

2016, 128 PAGES

A stylish, thin (it fits in your back pocket) city guide compiled by the design magazine Wallpaper's local reporters. Well-organized, with chapter tabs, many photographs and of-the-moment recommendations.

Authentic Portuguese Cooking

Ana Patuleia Ortins

2015, 332 PAGES

With over 200 recipes, this is the biggest and most comprehensive book available on Portuguese cooking. In delicious detail, Chef Ana Patuleia Ortins explains recipes like Madeiran Wine and Garlic Beef Kabobs, Mushroom-Stuffed Pork Tenderloin with Pomegranate Sauce and Sauteed Kale with Pine Nuts and Onions.

My Portugal, Recipes and Stories

George Mendes

2014, 256 PAGES

A showcase of 125 Portuguese recipes interwoven with tales and anecdotes by the author, a Michelin-starred chef. His 125 mouthwatering recipes include his signature Duck Rice and Garlic Seared Shrimp, Mozambique Shrimp and Okra with Piri Piri.

Lisbon, War in the Shadows of the City of Light, 1939-1945

Neill Lochery

2012, 306 PAGES

This well-researched chronicle of intrigue and espionage uncovers the backstage role Lisbon played in WWII as the conflict raged around neutral Portugal.

Cork Boat, A True Story of the Unlikeliest Boat Ever Built

John Pollack

2005, 291 PAGES

This endearing tale of family, loss and friendship revolves around a deliciously absurd childhood quest to build a boat of cork and sail it 133 miles on Portugal's Douro River.

Alentejo Blue

Monica Ali

2007

These short stories set in the Alentejo province of Portugal star a range of colorful expats and locals, including Teresa, a beautiful young girl from the village engaged to a suitable man who yearns to see the world and Vasco, a cafe owner losing business to the new Internet cafe down the road.

Letter to a Hostage

Antoine de Saint-Exupery

2009, 58 PAGES

This slim letter-sized book delivers a missive that acclaimed French aviator Saint-Exupery wrote during an interim in Lisbon. Having just escaped the terrors of war-torn France, Saint-Exupery reflects on the in-between place he finds himself as he waits at the edge of Europe for a passage to America.

Conquerors, How Portugal Forged the First Global Empire

Roger Crowley

2015, 384 PAGES

This epic narrative history by bestselling author Crowley chronicles the rise of Portugal in the 16th century as the small nation fought for a dominant share in the global spice trade.

The Portuguese, A Modern History

Barry Hatton

2011, 261 PAGES

An interesting portrait of the idiosyncratic, enigmatic country at the end of Europe. British journalist Barry Hatton confidently marches from the Age of Discovery through the 20th century, peppering Portugal's history with entertaining, personal anecdotes.

Small Memories

Jose Saramago

2012, 192 PAGES

In this contemplative memoir, the Portuguese Nobel laureate recalls a childhood both dark and magical, split between the growing city of Lisbon and the tiny village of Azinhaga.

Baltasar and Blimunda

Jose Saramago

1998, 343 PAGES

This tale of two unlikely lovers in Inquisition-era Portugal is arguably Saramago's masterwork: a philosophically charged, intellectually rigorous historical drama which is also a captivating read.

The Book of Disquiet

Fernando Pessoa

2003, 544 PAGES

Part intimate diary, part prose poetry, part descriptive narrative, this melancholic masterpiece by Portuguese poet Fernando Pessoa is a unique collection of short, aphoristic paragraphs comprising the "autobiography" of Bernardo Soares, one of Pessoa's many alternate selves.

The Year of the Death of Ricardo Reis

Jose Saramago

1992, 368 PAGES

Expertly evoking the melancholy (known as "saudade" by the Portuguese) of Lisbon's ports and hotels, Saramago builds his plot around the premise that characters -- like the poet Fernando Pessoa's Ricardo Reis -- live on nine months after their author's death.

Revised: January 22, 2019