



Pre-Departure Information

SOUTHWEST EXPLORER PRIVATE JOURNEY



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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 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 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

US citizens do not need a passport for this trip. You will need valid government-issued photo identification, such as a driver's license. If you are a citizen of any other country, check with a local consulate for entry requirements.

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

You will need to budget spending money for gratuities, any meals listed as "on your own" in the trip itinerary, and for personal items. There are ATM machines available at the Las Vegas airport and near the lodgings used on this trip.

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 5-10% of the cost of the trip. Your guide will take care of all tips for meals, local guides, etc.

SPECIAL DIETS

We will do our best to accommodate special dietary needs. 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

Cell phones work in most areas in Utah, but may be limited in the field.

Email & Internet Access

Most of the hotels and lodges have cell service and WiFi (WiFi not available at Stone Canyon Inn).

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. To prepare for the new realities of travel, we have worked diligently to set in place extra safety protocols. We will continue to evaluate and enhance these policies as time goes on and as public health recommendations are updated. Please read more information about our safety protocols: **www.wildernesstravel.com/toucan/travel-safely**

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 those travelers who plan to bring a DSLR, a lens with a zoom of at least 400 is recommended. Wide-angle lenses can be nice for those interested in landscape photography. Smartphones are recommended for getting shots through the spotting scopes of distant wildlife sightings. 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](#) on social media.

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)
- Picture ID, such as a driver's license
- Expense money
- Masks, for when you are in public places

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)
- Daypack, large enough for a light fleece jacket, rain gear, water bottle, camera, and other items you want with you during the day

NOTES ON CLOTHING

The clothing list below is provided as a guideline only. Try to keep your clothing and gear to a minimum.

Polypropylene, Capilene, fleece, and other synthetic fabrics are lighter than wool and have the added benefit of drying quickly while still keeping you warm. However, many people prefer merino wool for socks and base layers.

CLOTHING

- Light rain jacket with hood
- Lightweight rain pants, depending on the season
- Fleece jacket and warm layers. Mornings can be cold and damp.
- Lightweight long pants; synthetic “travel” fabrics dry easily; jeans are slow drying and not recommended
- Walking shorts
- Long-sleeved shirts, quick-drying fabric
- T-shirts
- Swimwear
- Warm beanie or cap
- Shade hat with a wide brim
- Lightweight hiking boots with good traction (for muddy trails)
- A spare pair of comfortable shoes for walking
- Water shoes or sturdy sandals for rafting and kayaking
- Underwear/ socks; synthetics and merino wool dry faster
- Sleepwear
- City/hotel attire

Note: All gear and equipment will be provided for the hike in The Narrows.

EQUIPMENT

- Reusable water bottle for the hikes
- 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

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
- Skin moisturizer
- Eye drops
- 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, cold remedy such as Sudafed, and 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

- Hiking poles (optional but highly recommended). Hiking with a collapsible hiking pole, such as those by Leki and REI, helps to distribute your body weight, takes pressure off your knees, and improves your balance. Some hikers like using one pole and others prefer hiking with two poles.
- Camera, spare batteries, spare memory cards
- Reading/writing material
- Small quick-dry towel

Reading List

ESSENTIAL READING

Fodor's Utah

Fodor's Travel Guides

2020, 336 PAGES

Guide to Zion, Bryce Canyon, Arches, Capitol Reef, and Canyonlands National Parks. Includes the top things to see and do, detailed maps, and historical and cultural insights.

A Complete Guide to the Grand Circle National Parks

Eric Henze

2017, 226 PAGES

Covers Zion, Bryce Canyon, Capitol Reef, Arches, Canyonlands, Mesa Verde, and Grand Canyon National Parks.

DK Eyewitness Southwest USA and National Parks

DK Guides

2019, 288 PAGES

Informative guide includes detailed maps and walks.

United States: Southwest (National Geographic Adventure Map)

National Geographic Maps

2019

Waterproof, tear-resistant travel map.

ALSO RECOMMENDED

Desert Solitaire

Edward Abbey

1990, 288 PAGES

The noted author's most enduring nonfiction work.

Beyond the Hundredth Meridian: John Wesley Powell and the Second Opening of the West

Wallace Stegner

1992, 496 PAGES

An account of the nature and soul of the American West by the "dean of western writers."

Photographing the Southwest

Laurent Martres

2015, 384 PAGES

A guide to the natural landmarks of southern Utah.

House of Rain: Tracking a Vanished Civilization Across the American Southwest

Craig Childs

2008, 512 PAGES

New light on the compelling mystery of the Anasazi civilization.

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