



Sailing & Multi-sport **TRIP PLANNER**

Congratulations! You are about to embark upon the vacation of a lifetime...ROAM's Galapagos Multi-Sport adventure. As you plan for your trip, many questions may arise. What should I pack? What equipment will be provided? What will the weather be like? What about accommodations before and after the trip?

Please use this Trip Planner as a resource for general information as it covers almost everything you'll need to know before your trip. Of course, if you have questions that are not answered in this planner, we are happy to help. Just call Brian at 250 229 2115 or email him at: brian@iroamtheworld.com

Pre-Departure Information

Getting There

Your trip begins and ends in Quito, Ecuador. You will need to arrange for your international flights. American, LAN and Continental airlines offer direct service into Quito via Miami or Houston. We will make the arrangements for your Quito-Galapagos flights and the cost will be added to your invoice. The round trip fare is approximately US\$390

Rendezvous

Upon arrival at the Quito Airport you need to clear customs and take a taxi to your designated hotel. A taxi will run between \$5-10 dollars US. We will advise you of the hotel prior to departure. We try to utilize the Café Cultura but will confirm the location with you.

After Your Trip

Following your nights in the Galapagos, we will return to Quito from Santa Cruz. Most likely, you will need to spend one final night in Quito before transferring to the airport the following morning for flights home.

What's Included?

- R/T Flights from Quito-Galápagos approximately US\$390
- Skilled professional guide service
- 7 nights sailing and accommodation onboard our catamaran (based on double occupancy)
- All meals as outlined in itinerary
- All activities, transfers and expedition equipment

What's Not Included?

- Flights to/from Quito, Ecuador
- International airport departure tax US\$31.50 per person
- Excess baggage charges
- National Park entrance fee US\$110 per person, US\$60 per child under 12 (cash only)
- Insurance of any kind, including travel and **mandatory** medical and evacuation insurance
- Gratuities

Essential Travel Documents

Your Passport—If you don't have a passport, apply for one immediately because the process can be lengthy. If you do have a passport, find it and check the expiration date. Make a photocopy of the photo page of your passport and carry it separately from your passport. If your passport is lost or stolen, a photocopy will help the local consulate speed up authorization for replacement.

Also check your passport for blank pages. If you do not have a least two blank pages in your passport, we recommend that you apply to have additional pages added.

Please do not pack your passport in your check-in luggage. You may be asked for your papers not only upon departure but a various times during your trip, even while checking into the hotel in Quito. If you are carrying a customs form, please keep it in a safe place at all times, perhaps in your pouch along with your other valuables. We do not recommend carrying it in the passport because we often must submit the passport at hotels, where the form can easily be lost.

Visas—Visas are not required for US or Canadian citizens to enter Ecuador. For others, please check with the Ecuadorian Consulate.

Travel and Evacuation Insurance—Travel insurance that includes medical emergency evacuation is mandatory in order for you to take part in this expedition. You must provide proof of purchase of evacuation insurance prior to the trip. Purchase information is included in your confirmation packet. You may call Travel Insurance Service at 800-937-1387 or visit their website at <http://www.travelinsure.com/what/imedhigh.htm?32931>. Coverage for baggage loss, medical protection, trip cancellation, trip interruption is highly recommended. When selecting a policy please make sure you are very clear about what it will and will not cover. No travel insurance covers all scenarios. Proof of insurance will be required prior to your trip.

Suggested Packing List

We recommend traveling as light as possible! Excess baggage can be a burden to you and to support personnel. On the international flight, you are typically allowed 2 pieces of luggage with a maximum weight of 70 lbs each. Restrictions vary according to airline—please check with your specific airline to determine luggage allowance. We recommend:

Equipment:

- ___ Duffel Bag: Bring your gear packed in a soft duffel bag rather than suitcase
- ___ Backpack/Daypack: For day hikes. It should be large enough to carry water, camera and rain jacket and can double as your flight carry-on bag
- ___ Spare soft duffel for purchases while in Ecuador (or purchase in Ecuador)
- ___ Plastic Bags: Large trash bag and Ziploc bags to separate clean and dry clothes from wet and dirty.

On the flight from Quito to the Galapagos, you will only be allowed 44 lbs. Excess luggage should be kept at your hotel in Quito.

Personal Items:

- ___ Sunglasses with securing strap
- ___ Towel (small, quick-drying) for beach
- ___ Toiletries
- ___ Earplugs: It will sometimes be necessary to motor through the night to make it to the next day's destination

- Sunscreen (Waterproof & SPF 15 or higher)
- Lip Protection (SPF 15 or higher)
- Moisturizing Lotion
- Insect repellent
- Personal First Aid Kit (Band-Aids, antibiotic ointment, ibuprofen, moleskin, eye drops, etc.)
- Spare pair of glasses and/or contacts
- Water Bottles: Heavy duty and minimum 2 quart capacity. For day hikes, hydration systems like a “Camelbak” are great too
- Headlamp or Flashlight, extra batteries and bulb
- Camera, batteries, film or memory cards
- Notebook and Pen
- Cash for National Park entrance fee, gratuities and souvenirs

Any clothing you bring should be synthetic, quick drying, and breathable. This is a sub-tropical multi-sport expedition, and you will be exposed to sun, wind, and water. Long sleeves, long pants, and wide brimmed hats are recommended for sun protection. In general, you will need loose fitting clothes for the hotter parts of the trip and some extra layering for evenings. Keep in mind that some of what you bring may get sweaty, wet and may possibly mildew due to the humid climate. You will also encounter dust, sand, and salt, and may feel a little grubby from time to time. No fancy dress clothing is required

Clothing:

- Long Sleeved Shirt: Lightweight and light color for sun protection.
- Long Pants: Lightweight and light color for sun protection (jeans not recommended)
- Shade Hat or Visor with tie and a spare
- Bandana
- Rain Jacket & Pants: A hooded jacket is recommended as well as good secure closures around your head, neck and wrists. Pants are optional
- Swimsuits: 2 plus
- 1 –2 rash guard tops
- Underwear: Quick-drying
- Shorts: 2-3 pair lightweight, and fast drying
- T-shirts or lightweight fast drying tops
- Sport Sandlas: *Teva, Chacos* or *Keen* brand
- Athletic Shoes or Lightweight Hiking Boots: 1 pair, comfortable and with good tread
- Spare Shoelaces
- Hiking Socks: 3 or 4 pair mid-weight
- Casual clothes for evenings and in Quito (Note: evenings are cool)

If you do not already own any of the items listed in the equipment list, feel free to call our office for suggestions. However, each item listed is available for purchase with our sister company OARS. Go to the OARStore at www.oars.com.

Optional Items:

- Walking Stick: collapsible
- Binoculars: compact
- Shortie wetsuit
- Personal snorkel gear (we provide gear but many prefer their own)
- Paddling gloves

Cameras

Bringing the right camera equipment and film will go a long way toward determining the quality of your photographs. If you're an avid photographer, we recommend bringing a good digital SLR camera that can be used on land and when aboard the catamaran. In addition to this, bring a smaller and less-expensive salt-water resistant camera that you can use while paddling.

Bring more memory card space than you think you'll need. And don't forget to pack spare camera batteries, as well if you don't have a charger. You should be ready for mostly bright sunlight, so you may want to bring a polarizing filter. Zip-Lock plastic bags help protect your camera against sand and salt. We strongly recommend you take out a rider on your homeowner's policy to cover your camera—especially if it's fine equipment.

For Women Only

Even if you aren't anticipating your menstrual period, come prepared for it. We recommend you bring some sandwich size zip-lock bags. They can be used during the day while you are on the water or hiking and can be disposed of when you reach your overnight lodging. (HINT for tampon users: o.b. [brand name] tampons are 1/3 the size of regular tampons, tuck discreetly into pockets and have less paper wrapping). Many women suggest bringing a small supply of baby wipes.

Extra Luggage

We recommend you take with you only what's absolutely necessary. Keeping gear to a minimum insures it will fit into your bags and reduces unnecessary packing and unpacking on your trip.

Weather

You may want to check one week prior to your trip for an up-to-date weather forecast. We recommend you check the following web sites: www.weather.com or www.wunderground.com.

There are two primary seasons during the year in the Galapagos. Each offers a good time for visiting, but the character of each season is somewhat different.

December through June is the warmer time of year, with the highs in the upper 80s to mid-90s. Although the islands receive relatively more rainfall during this time most of the lower elevations of the islands are quite arid and there is plenty of sunshine and blue skies. The sea is at its warmest, and it is usually calmer at this time of year. The drier garua season lasts from June or July through November. The garua is mist that forms in the highlands of the islands. Ironically, the garua season provides more moisture at the upper levels of the islands than the so-called wet season. There is plenty of sunshine during the day with generally cloudless skies. Air temperatures are lower, with highs in the upper 70s. The climate at this time is affected by the strong Humboldt Current, which comes from the south. The water temperature, therefore, is at its coolest during this time, about 68 degrees Fahrenheit.

In mainland Quito, which is about 9000 feet above sea level, the elevation greatly moderates the climate. The temperature ranges from 45 to 70 degrees, with lower temperatures from April to October. Daytime temperatures are warm and pleasant, evenings cool and comfortable.

Physical Preparation

This multi-sport adventure involves moderate exercise. Hiking, snorkeling and sea kayaking require a combination of cardiac and strength training. Jogging, swimming, and aerobic exercises will help increase endurance for the activities. Push-ups, sit-ups and other weight training

exercises that increase upper and lower body strength will ensure preparedness for getting the most out of your experience. Regular exercise prior to your trip will certainly add to your enjoyment.

- **Hiking**

The hikes are moderate and allow you to get up close and personal with the magnificent wildlife in the islands. We recommend that your hiking shoes be lightweight, with sturdy soles, and that they are well worn in. If you are buying new hiking shoes for this trip, be sure to walk them in well in advance to avoid blisters during the trip.

- **Sea Kayaking**

You will have daily opportunities to practice your sea kayaking strokes. This relatively low impact sport allows us to unobtrusively observe many of the various sea and shore animals found in the Galapagos Islands. We will provide all sea kayaking equipment. The boats we use are perfect for warm water kayaking and we will have opportunities to jump out and snorkel right from our kayaks.

- **Snorkeling**

Snorkeling will expose you to a new world. You may come face-to-face with baby sea lions as they dart playfully past your mask. Penguins flit by in a trail of bubbles and sea turtles glide beneath you. The ecological diversity characteristic of the Galapagos is on grand display beneath the surface of the ocean as much as it is on land. If you've never snorkeled before, you'll want to try it out here as the experience is not to be missed.

Special Considerations

Please let us know if you're having a birthday or anniversary on the trip. We'll also need to know of any medical or dietary requirements that you'd like us to consider in planning your trip (i.e. if you're a vegetarian or vegan, or if you have any food allergies.). Please note this on the Guest Registration Form (be specific as to what your needs are) and return it to our office at least 60 days before your trip. If you're booking your trip less than 60 days before departure, please make sure you've discussed any special requests with our office.

Money Matters

Ecuador uses US dollars as their currency. Each participant will be required to pay a park entrance fee for the Galapagos Islands (\$100 per adult, \$50 per child, 12 years and under). Having between \$300 and \$600 for souvenirs and meals in Quito should be more than adequate depending on how much you like to shop! In the Galapagos Islands, you will most likely need cash as ATM machines are limited and credit cards are not widely accepted. In hotels and shops in Quito you can use credit cards to charge purchases such as food, accommodations, and clothing. American Express, Visa, and MasterCard are widely accepted.

Medical Matters

The trip leader is responsible for the safety of all trip members and he or she may evacuate or disqualify a trip member in the field if anyone's safety is jeopardized. Please be aware that hospital facilities for serious medical problems may far away, doctors are not always available and that evacuations can be prolonged, difficult and expensive.

- **Medications**

If you are taking any prescription drugs, be certain that you bring a sufficient supply to last through the trip. Do not pack these medications in your checked luggage. You will

not find common American drugs in Ecuador. If you concerns about seasickness, we suggest that you speak with your doctor about available treatments. Scopolamine patches (prescription) or Bonine (over the counter) are common medications for preventing seasickness, while an electrostimulator worn on the wrist can also be an effective prevention.

- **Immunizations**

Currently, if you fly direct between the USA and Ecuador, no vaccinations are required. However, regulations and recommendations change frequently, so please check with the Center for Disease Control (www.cdc.gov/travel/tropsam.htm) for up-to-date information.

- **Drinking Water**

Complimentary bottled drinking water is available at the hotel in Quito. We will provide purified water while in the Galapagos. Do not drink water from the tap as it frequently contains bacteria that can cause stomach problems.

It is crucial that you stay hydrated while in the tropics, especially when we are hiking, biking and kayaking. Electrolyte powders make water taste better, while replacing salts and minerals lost to sweating.

- **Staying Healthy**

In hot climates, cuts and scratches can easily become infected and take a long time to heal. Prevent infection from coral cuts by immediately washing wounds with fresh water. Use an antiseptic like hydrogen peroxide and an antibacterial like Neosporin. Prickly heat, or salt/heat rash is a common ailment for tropical paddlers. It is caused by salt buildup in the sweat glands. The skin becomes soggy and small red blisters appear. At first sight of the rash, wash with fresh water and apply calamine lotion, dust with talcum powder and change clothes. Until the rash improves, avoid alcohol and caffeine.

Laundry

Laundry service is available at the hotel in Quito and in the occasional location in the islands. Before dropping any laundry check for turn-around times. We recommend lightweight, quick drying articles of clothing that can air dry on the boat.

Electricity

Ecuador is on the 110V AC system. Sockets are the standard US style, either 2 flat prongs or 2 flat prongs and a round ground. There are sockets on the catamaran for recharging batteries.

Time Zones

The Galapagos Islands are in the same time zone as California (PST). Quito time is the same as Mountain Standard Time (PST +1).

Gratuities

Guests often ask whether gratuities are appropriate, and in what amount. If you feel your guides have provided a very special trip for you, a gratuity may be left with the trip leader and it will be shared among the crew. Tipping is entirely discretionary and anything between “Thank you” and 15% of trip cost is a general tipping guideline.

Contact Information

Please keep in mind that it will be difficult for family and friends to reach you while you are in the Galapagos. Emergency correspondence should be directed to the ROAM, Inc. office.

ROAM

P: 888 639 1114

Contact person: Brian McCutcheon

E: brian@iroamtheworld.com

Our travel agency (who organizes domestic flights) in Galapagos, Aida Maria Travel, can also be of assistance in contacting you in an emergency:

Aida Maria Travel

Amazonas N23 31 y Veintimilla.

Quito-Ecuador

Contact person: Anabel Trujillo - Operations Manager

For location of the boat (Valkiria)

Land based phone: **593.22546028**

EMERGENCY CONTACT 24/7: **593.99720354**

Contact person: Christian Salvador

Hotel Information

Hotel Café Cultura

Robles 513 y Reina Victoria

Quito, Ecuador

P: +593 2 2224 271

info@cafecultura.com

In the event that you are delayed en route, please call the boat at **593.22546028**

A Few Important Details

Reservations & Deposit

- Deposit is required at the time of reservation. The balance is due 90 days prior to departure.

Payment Options

- We accept Visa, Mastercard, AMEX and cheques which should be made out to:

ROAM 7025 Beggs Road, Nelson BC, Canada V1L 6S5.

Cancellations & Refunds

- If you find it necessary to cancel your trip, notify us as soon as possible. You can telephone, but we also need a written notice. All payments are nonrefundable and we regret that we cannot make exceptions for personal emergencies. For this reason, we strongly urge our participants to investigate trip cancellation insurance (see Insurance).

Medical

- Under most circumstances, if you are of an adventurous spirit and in reasonably good health, you should have no problem enjoying this trip. Pregnant women and those with heart trouble should have their physicians' approval before taking an adventure travel trip.

- It is that vital for those with medical problems to make them known to us well before departure. The trip leader has the right and responsibility to disqualify anyone at any time during the trip if he or she feels this person is a danger to themselves or to the group.

Insurance

- Although every effort is made to insure a safe trip for all, **we require that you purchase medical emergency evacuation insurance** and also strongly recommend that you protect yourself, your belongings, and your vacation through the purchase of a short-term traveler's policy. A trip cancellation policy covers your non-refundable payments in most cases, should you have to cancel your trip at the last minute due to illness or injury. Trip participants should realize that in the event of illness or injury on a river trip, evacuation could be prolonged, difficult, and expensive. Personal belongings and cameras are carried entirely at the owner's risk, and we accept no responsibility for lost, damaged, delayed, or stolen property.

Liability Waiver

- Everyone is required to sign a standard liability release before the trip, acknowledging awareness that some risks are associated with the trip. Safety is of the utmost concern on our trips. However, due to the nature of the activities, a condition of your participation is that you will sign this form before the trip begins. Anyone who refuses to sign the form will not be allowed to participate, and consistent with ROAM cancellation policy, there will be no refund of the trip fees at that time. Copies available. Please call.

Responsibility – An Important Notice

- ROAM, Aida Maria Travel and cooperating agencies act only in the capacity of agent for the participants in all matters relating to transportation and/or all other related travel services, and assume no responsibility however caused for injury, loss or damage to person or property in connection with any service, including but not limited to that resulting directly or indirectly from acts of God, detention, annoyance, delays, and expenses arising from quarantine, strikes, theft, pilferage, force majeure, failure of any means of conveyance to arrive or depart as scheduled, civil disturbances, government restrictions or regulations, and discrepancies or change in transit over which they have no control. Reasonable changes in itinerary may be made where deemed advisable for the comfort and well being of the participants, including cancellation due to water fluctuation, insufficient bookings, and other factors.
- You could be swept overboard. Your guide will make every attempt to assist, but you must be strong and agile enough to "self-help" without further endangering yourself or others. We are experienced at accommodating people with various disabilities. Please give us an opportunity to make you feel welcome. We need to discuss any special requirements ahead of time. We may decide, at any time, to exclude any person or group for any reason we feel is related to the safety of our trips. On advancement of deposit the depositor agrees to be bound by the above recited terms and conditions. Prices and itinerary are subject to change without notice.

Aida Maria Travel:

- Aida Maria Travel, a travel partner of ROAM, Inc. will be booking our internal airfare on our behalf. However, a ROAM representative will be with you for the duration and escort you throughout the program. These staff members are the very best and will strive to ensure your complete satisfaction.

Contact Information:

- For more information on this or any of our rafting, sea kayaking or multi-sport vacations, please call us at **888 639 1114** or email us at **brian@iroamtheworld.com**