



## PRE-TRAVEL CHECKLIST

### What to bring?

- Your Digital SLR full frame camera
- A long telephoto lens preferably 300mm or more
- A wide-angle lens if you are interested in capturing landscapes
- You can also bring your flash with a flash bracket
- Pack a ton of memory cards
- A macro lens is highly recommended
- A sturdy tripod or monopod is required
- Batteries and Charging ports
- Travel-sized power bar and some extra travel adapter with you in case you have many electrical appliances to charge. Make sure the power bar or adapter is working.
- A Rain Jacket, a bug jacket ([See bug jacket](#)) and sturdy hiking boots are highly recommended.
- Laptop, memory card readers, bug-spray, sunscreen, silica gel sachets to keep your camera dry.
- Vegetarian food options are available, however may be limited in variety. It is advisable to carry some ready-to-eat packets and condiments.
- We provide individual tumblers at the start of the tour and portable mineral water can with dispenser is available to refill water whenever needed.

### What is the most appropriate type of luggage to bring?

- It is advisable that you pack light as you will need to carry them along with you. So, we just that you carry one bag for the camera gear, one bag for your clothes and other handbag or backpack to keep the essentials handy.
- You can also carry a small satchel to carry your personal items or important documents that you might need frequently.

### Vaccinations:

**It's is very important to check the CDC website and check for health and vaccination advisories before you travel to the rainforests for ZIKA, Yellow Fever etc.**

<https://wwwnc.cdc.gov/travel>

Any vaccinations required must be administered at least 10 days before the start date of your trip.



## What medicines do I need to take?

- We advise you to carry your personal medical kit along with a first aid kit.
- You can carry medicines that are for common illnesses like colds, cough, fever, diarrhea, headaches, heartburn or severe acidity and sore throats to name a few.
- **Some of the lodges and locations have high altitudes, please carry altitude sickness medicines if you are prone to high altitudes. Consult your local physician for prescription and suggestion.**
- Those who take regular medication for hypertension, blood sugar, allergy and asthma should carry an adequate supply of medicines. We tend to travel to remote places, it is best you have your medicines handy.
- Though most of our trips require moderate stamina, it is best if you are high on energy and stay fit to get the most out of the experience!
- Taking Vitamin B-Complex tablets a week before the start of the tour, are known to be effective in avoiding insect bite rashes while in the forest.

***Please note that this is a general information, it is recommended that you check with your physician and doctor to determine what medicines do you need to carry.***

## Visa Requirements:

### **Costa Rica:**

For more information, please visit: [Tourist Visa](#)

### **Brazil:**

For information on how to apply, please visit: [Brazil Visa](#)

eVisa (Electronic Visa) is available for Nationals of Australia, Japan, Canada and USA.

### [eVisa Brazil](#)

### **Colombia:**

For information on how to apply, please visit:

[https://www.cancilleria.gov.co/en/procedures\\_services/visa/requirements](https://www.cancilleria.gov.co/en/procedures_services/visa/requirements)

### **Peru:**

For information on how to apply, please visit:

<https://www.limaeasy.com/peru-info/peruvian-visa>



**Ecuador:**

For information on how to apply, please visit:

[https://www.ecuador.org/nuevosite/serviciosconsulares\\_visas\\_e.php](https://www.ecuador.org/nuevosite/serviciosconsulares_visas_e.php)

**Mobile Network:**

While most countries support International Roaming, local numbers can be procured from airports for voice calling. It is important to note that some of our birding area do not have networks.

**Guide Tips:**

**10 dollars per day each** in total is an appropriate amount to tip the helpful guides, drivers and other administrative staff. These are not included in your tour costs and should be handed to the tour leader at the start of the trip.

**Accommodation:**

Some lodges that we visit are in remote locations. They are equipped with simple, clean and basic necessities.

Internet is not available at most lodges and when available, are limited to the dining areas.

Laundry services are available at a personal cost in all lodges.

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More [FAQs](#)