



"The Grande Dame" of Women's
Adventure Travel Since 1982

DATE

April 30 - May 8, 2005 (Brazil)

May 8 - 11, 2005 (Optional Extension)

COST

\$4,195 (Brazil only) all inclusive from Miami
(\$800 deposit)

\$1,495 (Optional Extension) includes additional
internal air and return flight to Miami

ACTIVITY RATING

Moderate

ACTIVITIES

Birding, Wildlife Viewing, Walking, Natural
History, Cultural exploration, Sightseeing,
Photography

MAIN ATTRACTIONS

- One of the greatest opportunities for wildlife viewing in South America—encounter Giant Anteaters, Giant Otters, Ocelots, wild cats and more on Brazil's Pantanal.
- Observe spectacular birds—Hyacinth Macaws, Toco Toucans and Jabiru Storks in the lush Atlantic Rainforests. Fabulous opportunities for wildlife photography.
- Visit Iguazu Falls, one of the scenic natural wonders of the world and a World Heritage Site.
- Luxury accommodations on a private ranch where we meet the spirited pantaneira cowboys and learn about their traditional lifestyle. Outstanding hotel accommodations and fabulous Brazilian food.
- Experience the romance of Rio de Janeiro and explore the surrounding environs, including Poco das Antas, the last stronghold of the rare and beautiful Golden Lion Tamarin monkey.

AdventureWomen is the oldest
adventure travel company for
active women over 30.

THE BEST OF BRAZIL

The Pantanal, Grand Savannahs and Iguazo Falls With an Optional Extension to Rio De Janeiro and the Atlantic Rainforests

Over the years AdventureWomen has explored the jungles and rivers of the Amazon, the highlands of Ecuador, the enchanted Galapagos Islands, Peru's Macchu Picchu, rafted the Futalefu River in Patagonia, Chile, stood at the most southern tip of the world in Argentina on our way to Antarctica, and now we are ready to safari and discover three extraordinary and biologically diverse ecosystems (plus the romantic city of Rio de Janeiro) on The Best of Brazil!

From the tropical savannahs and wetlands of the Brazilian Pantanal, to the lush rainforests and scenic wonders of Iguazú Falls and the beautiful Atlantic rainforests, this exciting nature expedition offers one of the greatest opportunities for wildlife viewing in all of South America.

During our stay on the Pantanal we are guests at a traditional ranch where spirited pantaneira cowboys live in balance and harmony with prolific wildlife. Characteristic of the Pantanal are meandering rivers and lush gallery rainforests, flooded marshes and expansive savannahs punctuated by tropical palms. Giant Anteaters, Pampas Deer and herds of Peccaries are frequently seen. Even the elusive Jaguar still roams the savannahs. Paraguayan Caimans congregate at the water's edge by the hundreds, and large wading birds such as Jabiru Storks are observed in equally impressive numbers. Toco Toucans and colorful parrots, as well as beautiful Hyacinth Macaws add to the list of spectacular birds that are protected here.

From the Pantanal we explore the rainforests and wildlife of Iguazú Falls, a Unesco World Heritage Site and one of the greatest natural wonders on Earth. And for a grande finale, we'll travel to the romantic city of Rio de Janeiro with a stay on famous Ipanema Beach. From Rio we'll explore the endangered Atlantic Rainforests of the Serra dos Orgaos Mountains and the Poco das Antas Biological Reserve, which harbors more endemic species of flora and fauna than any other region in the neotropics. The Atlantic Rainforest is also the last refuge of the Golden Lion Tamarin monkey, one of the most critically endangered and beautiful primates in the world. It is here that we'll have an opportunity to encounter this rare species.

Join AdventureWomen for unsurpassed wildlife viewing as we explore the natural and cultural wonders of the Pantanal, Brazil's "wild west," Iguazu Falls and its surrounding ecosystem, Rio de Janeiro, and the endangered Atlantic rainforests.

WHAT'S INCLUDED

Brazil Only

- Round trip international airfare from Miami to Sao Paulo, Brazil;
 - Sao Paulo to Campo Grande;
 - Campo Grande to Iguazú Falls;
 - Iguazú Falls to Rio de Janeiro;
 - Rio de Janeiro to Miami.
- All ground transportation.
- All scheduled excursions accompanied by professional, bilingual experienced naturalist-guides.
- All transfers, portorage, service charges, and taxes.
- Outstanding accommodations in twin-bedded, double occupancy rooms.
- All meals beginning with dinner on Day 1 and ending with breakfast on Day 9.
- One AdventureWomen Associate to accompany the group.

Optional Extension to Rio de Janeiro and Atlantic Rainforests (3 days)

- Round trip international airfare from Miami to Sao Paulo, Brazil;
 - Sao Paulo to Campo Grande;
 - Campo Grande to Iguazú Falls;
 - Iguazú Falls to Sao Paulo and to Rio de Janeiro;
 - Rio de Janeiro to Miami.
- All ground transportation.
- All scheduled excursions accompanied by professional, bilingual experienced naturalist-guides.
- All transfers, portorage, service charges, and taxes.
- Outstanding accommodations in twin-bedded, double occupancy rooms.
- All meals beginning with dinner on Day 1 and ending with breakfast on Day 12.
- One AdventureWomen Associate to accompany the group.

NOT INCLUDED

- Round-trip airfare from your home to Miami.
- U.S. and Brazilian airport departure taxes.
- Fees for passports and Brazilian visa
- Personal items such as laundry, phone calls, beverages.
- Gratuities to your guides of approximately \$7 - \$10 per day per person.

HOW TO REGISTER

First, call (800-804-8686) or email (advwomen@aol.com) the AdventureWomen office to determine space availability. We will hold a space for you for 5 days while you are completing the application process and making personal and travel arrangements.

Next, complete and sign the Trip Application form included in all of our brochures. We can also fax or mail one to you, or you can get the Trip Application form on our web site. Include with the application the required deposit that can be made by credit card (Visa or MasterCard), personal check, money order or cashier's check. You can also register over the phone with a credit card. Once we have received your deposit, we will mail you a package of information verifying your registration.

Note: We will only hold your space for 5 days without a trip application and deposit payment!

After you register for the Best of Brazil, we will connect you with our representative who is handling the air for this trip so you can make add-on arrangements from your hometown to Miami. Add-ons are often much less expensive than booking your own air. It is also safer to book an add-on because if your International air schedule changes, your add-on schedule will change at no extra cost.

ARRIVAL, DEPARTURE, AND TRAVEL ARRANGEMENTS

Please Note: you must use the international airline flights (round-trip from Miami to Brazil) that are included in the package price of this adventure. There are no options for making alternative air arrangements to or from Brazil.

Our flight from Miami on TAM Brazilian Airlines departs on April 30, 2005 at 9:15 P.M. If you are booking your own add-on air, please make sure your flight arrives into Miami a minimum of 4 hours prior to your international flight departure time. International check-in is required 3 hours prior to flight time.

For Brazil only, you will arrive back in Miami on the morning of Sunday, May 8. With the optional extension, you will arrive back in Miami early on the morning of May 11, at 5:30 A.M.

PASSPORT AND HEALTH REQUIREMENTS

Citizens of the United States must possess a valid U.S. passport for travel to Brazil. It must be valid 6 months beyond your anticipated date of return.

Citizens of other countries should inquire from the Embassy of Brazil about requirements for entry. Please Note: you should always carry 2 extra passport photographs with you, in case of emergency (if your passport/visa is lost or stolen).

No immunizations are required at this time. Please consult your personal physician, local health department, travel clinic, or immunization center about any vaccinations you may need to update, or others that may be personally recommended for you based on your age, health, and past vaccination history. Bottled water is available at all lodging locations.

*Questions? 1-800-804-8686 ~ 1-406-587-3883 (outside the US)
~ advwomen@aol.com*

LIABILITY FORM

Part of what Adventure-Women hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. Please read the Liability Form carefully, sign it, and return it with the remainder of your balance due by JANUARY 31, 2005.

CANCELLATIONS AND REFUNDS

Full payment is due 90 days prior to departure, and \$300.00 of your deposit is non-refundable. Should you cancel less than 90 days before your trip, the following will apply:

60-89 days prior to departure: 50% of total trip cost non-refundable

1-59 days prior to departure: 100% of total trip cost non-refundable

You are highly encouraged to purchase trip cancellation insurance to cover emergency cancellations. (Information will be sent to you in your registration packet.)

SWITCH FEE

If you register for one trip and want to change your deposit to another trip within the same calendar year, there will be a \$75 fee to switch. You may not switch your deposit to a trip in another calendar year.

NO SMOKING POLICY

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

You MUST have your own health insurance, and have no physical problems or conditions that would be adversely affected by riding in 4 X 4 vehicles on rough, bumpy roads or walking 2-3 miles per day (on level ground). You must be in very good physical condition to participate in this trip.

THE EXCITING ITINERARY FOR THE BEST OF BRAZIL
9-Day Brazil Nature Expedition

DAY 1, Saturday, April 30, 2005 *Depart Miami*

Our Pantanal expedition begins in the Miami International Airport, where we check in for our evening international jet flight to São Paulo, Brazil. [Dinner in flight]

DAY 2, Sunday, May 1 *São Paulo / Campo Grande / Refúgio Ecológico Caiman*

Arriving in São Paulo this morning, we clear customs and connect with our jet flight to Campo Grande where we meet our guides. Together we continue overland into the heart of the southern Pantanal to Refúgio Ecológico Caiman, a private ranch and wildlife preserve and our home for the next 4 nights. Protecting over 145,000 acres, the ranch is a blend of tropical savannahs, gallery rainforests and meandering rivers. We proceed to the Lodge and deluxe accommodations complete with air-conditioned rooms, private baths and hot showers, as well as a beautiful swimming pool and patios. This afternoon we board safari vehicles for our introduction to the Pantanal, one of the richest wildlife habitats on Earth. During our outing we may observe Greater Rheas, Toco Toucans, Jabiru Storks, Giant Anteaters, Pampas Deer, and a variety of colorful parrots including spectacular Hyacinth Macaws. As the sun sets, the pantaneiros return their horses to the corrals, and we return to the lodge for a welcome dinner on our first night in the Pantanal. [Breakfast, Lunch and Dinner]

DAY 3, Monday, May 2 *Refúgio Ecológico Caiman*

After an early breakfast, we drive to a region located in the western reaches of the ranch. During our morning drive we may encounter a variety of birds and mammals, including White-faced and Plumbeous Ibises, Black-hooded Parakeets, Rufescent Tiger Herons, Maguari Storks, Capybaras, and Peccaries. Later we explore a lush gallery forest dominated by towering hardwoods mixed with tropical palms. Brown Capuchin and Black-and-gold Howler Monkeys frequent the forests, along with raptors, such as Great Black Hawks and King Vultures. After lunch back at the lodge and a short siesta, we enjoy an afternoon boat trip (in small skiffs, 2-3 women per boat) on the lake, relaxing in the tranquility of the setting while viewing a variety of wildlife in their natural habitat. Along the water's edge, observe Amazon Kingfishers, Black-collared Hawks, Southern Screamers, Capybaras and Paraguayan Caimans. As the sun sets we make our way back to the lodge, viewing wildlife in the twilight hours. After dinner we may do a spotlight night drive by safari vehicle. During our evening outing the night may reveal Tapirs, Crab-eating Foxes, Ocelots and other wild cats. [Breakfast, Lunch and Dinner]

**IMPORTANT INFORMATION
ABOUT TRAVEL ARRANGEMENTS**

Round trip airfare from Miami, FL is included in the cost of the trip package. We will be traveling together from Miami on TAM Brazilian Airlines to Sao Paulo, Brazil, and will be returning to Miami from Rio de Janeiro.

Not included is extra add-on airfare from your hometown to Miami. Unless you are using Frequent Flyer miles, add-on airfares are often much less expensive than if you were to ticket your flight to Miami separately. After you register for Best of Brazil, we will connect you with our representative who is handling the air for this trip so you can make add-on arrangements.

NOTE: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must often relinquish land space and air reservations up to 2 months prior to departure! Please keep this in mind when making your travel plans.

DAY 4, Tuesday, May 3 *Refúgio Ecológico Caiman*

This morning we visit pantaneira cowboys at nearby corrals to learn about their traditional lifestyle. Hyacinth Macaws frequent the trees around the corrals and, often, the morning air is filled with their calls and the lively banter of the pantaneiros. After a morning of exploring we have a traditional Brazilian lunch at the lodge followed by a brief siesta before an afternoon safari to a gallery rainforest of palms and towering hardwoods with their broad-buttressed trunks. During our explorations, troops of Brown Capuchin Monkeys and a variety of colorful parrots, hummingbirds and tanagers may be seen. Returning to the lodge in the late afternoon, we freshen up for a hearty dinner after our full day of exploring. [Breakfast, Lunch and Dinner]

DAY 5, Wednesday, May 4 *Refúgio Ecológico Caiman*

After breakfast, we visit the Center for Hyacinth Macaw Research to learn more about the dedicated biologists who are working to protect this beautiful and critically endangered species. We have lunch back at the pousada followed by a river cruise on the Rio Aquidauana. Along the river, Paraguayan Caiman line the shore, while Red and Green Macaws, Toucans, and Brown Capuchin and Howler Monkeys may be seen in the gallery forests that fringe the water's edge. With luck we may encounter the rare and endangered Giant Otter. As the sun sets we return to the pousada for a special farewell dinner on our last night in the Pantanal. [Breakfast, Lunch and Dinner]

DAY 6, Thursday, May 5 *Refúgio Ecológico Caiman / São Paulo / Foz do Iguazú*

After morning explorations, we have a light breakfast and depart Refúgio Ecológico Caiman for the return drive to Campo Grande where we meet our jet flight to São Paulo, connecting with our jet flight to Foz do Iguazú. On arrival we meet our guide and proceed to the Hotel Tropical das Cataratas, our accommodation for the next 2 nights, overlooking incredible Iguazú Falls. [Breakfast, Lunch, and Dinner in flight]

DAY 7, Friday, May 6 *Iguazú Falls National Park*

This morning we explore the scenic wonders of Iguazú Falls. Sharing the border with neighboring Argentina, Iguazú is a World Heritage Site and one of the largest waterfalls on Earth, with over 275 cascades cutting through rich Atlantic rainforest. Walking the trails surrounding the falls we are likely to observe a variety of wildlife including: Brown Capuchin Monkeys, Coatimundis, Plush-crested Jays, Red-breasted Toucans, Chestnut-eared Aracaris and a variety of colorful tanagers and tropical butterflies. We enjoy lunch at a local restaurant then continue our rainforest explorations. In the late evening we return to the hotel to freshen up before dinner on the town. [Breakfast, Lunch and Dinner]

DAY 8, Saturday, May 7 *Iguazú Falls National Park / Foz do Iguazú / Sao Paulo / Miami*

After breakfast we explore the Brazilian side of Iguazú Falls for a full morning of wildlife viewing and continued time to appreciate the spectacular scenery from a new perspective, including a bird's eye view of the falls as we are treated to a special, complimentary helicopter over-

Day By Day Itinerary (continued)

flight of Iguazú Falls, an unforgettable experience! After lunch at a local restaurant, we proceed to the airport for our jet flight to Sao Palo with connections to Miami. [Breakfast, Lunch and Dinner in flight]

DAY 9, Sunday May 8, Arrive Miami

Our jet flight from Brazil arrives in Miami this morning, where we clear customs and continue with connections home, our minds filled with memories from our incredible experience in Brazil.

Optional Extension to Rio de Janeiro and the Atlantic Rainforests**Day 8, Saturday, May 7 Iguazú Falls National Park / Foc do Iguazo / Rio de Janeiro**

Arriving in Rio from the Goz do Iguazo, we are met by our guide and proceed to the Ipanema Plaza Hotel, located on the beautiful Ipanema Beach, and our accommodation for the next two nights.

[Breakfast, Lunch and Dinner in flight]

DAY 9, Sunday, May 8 Rio de Janeiro Botanical Gardens and Tijuca National Park

After breakfast at our hotel, we have a morning visit with artisans and musicians, who reflect the local color and romance of this famed city. We enjoy a traditional Brazilian barbeque lunch at a restaurant on Copacabana Beach, and then explore Tijuca National Park, located in the heart of Rio de Janeiro. Waterfalls and thick Atlantic rainforests are part of the many attractions of Tijuca, and luxuriant vegetation blankets the mountains up to Corcovado, the statue of Christ that watches over Rio with open arms. From here we have an unprecedented view of the bays and spectacular natural setting of Rio in the twilight hours. This evening we dine at a traditional restaurant before returning to Ipanema Beach and our hotel. [Breakfast, Lunch and Dinner]

DAY 10, Monday, May 9 Rio de Janeiro / Poço das Antas Biological Reserve / Teresopolis / Serra Dos Orgaos

After an early breakfast at our hotel we begin our drive from Rio to the lowland rainforests of the Poço das Antas Biological Reserve. Poço das Antas is a stronghold for the Golden Lion Tamarin, one of the most beautiful and beloved of Brazil's primates, and a symbol for rainforest conservation worldwide. On the verge of extinction, the Golden Lion Tamarin has been part of an international effort to save the species. In addition to being given a priority status

for the protection of wild populations numbering in the hundreds, captive-born tamarins from around the world have been brought to Poço das Antas and neighboring private reserves for reintroduction to the wild. We have the unique opportunity to work with primatologists as they track the tamarins and observe these rare primates in their natural habitat. Midday we have lunch at a family farm, and then proceed to the small town of Teresopolis and the Hotel Urikana, our accommodation for the night.

[Breakfast, Lunch and Dinner]

DAY 11, Tuesday, May 10 Serra dos Orgaos National Park / Rio de Janeiro / Miami

After breakfast we depart our hotel for explorations

(continued ↓)

of Serra dos Orgaos National Park, which provides incredible scenery of granite peaks surrounded by Atlantic rainforest. The botany of Mata Atlântica is impressive--palms and giant tree ferns mix in the understory, while bromeliads, luxuriant mosses, orchids and other epiphytes blanket the towering trees. We walk the cobblestone paths and trails of the park where we also enjoy a picnic lunch. After a day of exploration we return to the Hotel Urikana to freshen before our return to Rio de Janeiro to meet our flight home.

[Breakfast, Lunch and Dinner in flight]

DAY 12, Wednesday, May 11 Arrive Miami

Our jet flight from Brazil arrives in Miami this morning. We clear customs and continue with connections home, our minds filled with memories from our incredible experience in Brazil. [Breakfast in flight]

CLIMATE

What is the weather like? April through June the Pantanal is very lush and green with expansive wetlands, becoming progressively dryer July through October, when the tropical hardwoods lose their leaves and bloom colorful flowers. In general, temperatures are beautifully warm, in the 80s during the day and the 60s at night. A light jacket during this time is useful for morning and evening excursions.

ELECTRICITY

Electrical current is not standardized in Brazil, mostly 110 or 120 V, though some hotels have 220 V; 60 HZ in Rio and Sao Paulo. Plugs are of the 2 pin (round) type. While on this specific trip, the current is almost exclusively 110 V or 120 V. If you plan on using an electric appliance, you will want to bring a universal plug adapter kit for the outlets. If you have 3-prong plugs, you will need an adapter to 2-prong round pin type sockets. You will also need a current converter if your electrical appliances, such as a hair dryer, do not have

ABOUT ADVENTURE TRAVEL TODAY

At AdventureWomen, we would like to ensure that all participants understand that our excursions are *adventure travel vacations*, and not "tours." We define "adventure travel" as travel in which one *actively participates*, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an *active, out of the ordinary vacation, and meet new friends*. Most of all, however, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a *good-natured realist* and have a *sense of humor!* *Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist.* The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. *Being on time is important, and contributes to the congeniality, success and well being of both individuals and the group.*

a dual-voltage switch from 110 to 220 volts.

Please Note: The electrical output in the lodges and in some hotels can surge and affect appliances that are plugged into outlets. We are not responsible for damage to appliances as a result of power surges. It is best to leave appliances plugged in only when in use or during the minimum time required for recharging. Actually, we think it would probably be better to leave all electrical appliances at home!

PHOTOGRAPHY

Brazil's Pantanal, Iguazú Falls, and the Atlantic Rainforests, with its magnificent scenery and diversity of fauna and flora, is a photographer's paradise. Bring a variety of film for the various conditions you will encounter. Despite the bright light of the tropics, for which ASA 64 or 100 is most appropriate, dense rainforests have very low light and you may want to use ASA 200 or even higher. The most useful lenses are a wide angle, and 135 or 200 mm zoom telephoto lens.

Any gear you carry on hikes, including cameras, should be carried in a backpack or in a bag that will leave your hands free. It is also recommended that a tight sealing camera bag be used to protect your camera equipment from moisture, dust, and dirt. Large Ziploc bags are especially handy. Bring plenty of film (and extra batteries), as film is difficult to find and quite expensive in Brazil.

For traveling through airports, X-ray film bags protect your film from the new, stronger airport metal detectors, which can seriously harm exposed film (especially high-ASA films). Always carry your cameras and film in your carry on bags, and never leave film in your checked-in bags. The X-rays that are used on checked in luggage will harm film.

Digital cameras do not have these film issues, and it is becoming increasingly easier and more convenient to bring digital than film.

WHAT TO BRING

Travel Light! Please limit your baggage to one medium sized checked bag, and one carry-on bag no heavier than 11 lbs. Soft-sided luggage such as a duffel bag is ideal. The new duffel bags with wheels are easier to manage than the old style duffel bags.

It is highly recommended that you hand carry (in your carry-on bag) all your important documents and schedules, all of your money, cameras, film, binoculars, medicines, and other irreplaceable items. Bring prescription medications in their original bottles. Also include a change of clothes and your toothbrush in your carry-on. We will send you special yellow AdventureWomen tags to identify your carry-on and your luggage.

Choose casual, comfortable, and breathable clothing. Lightweight cottons and washable linens are especially comfortable and the new travel fabrics such as Supplex and Coolmax are breathable, lightweight, and dry very quickly. The TravelSmith catalog, which we send upon registration, offers a nice selection of comfortable travel clothing and accessories. Lightweight pants and shorts are fine for daytime wear, and you may prefer to wear long pants and long sleeves for protection from sun and insects.

Proper footwear, such as lightweight hiking boots or good walking shoes/athletic shoes, is essential on rain forest trails, which can often be slippery. Don't buy expensive new boots as they will just get wet and muddy; an old pair of tennis shoes should be adequate.

Packing List

Most rainwear is too hot to be comfortable in the tropics. A lightweight, inexpensive poncho works best during brief, heavy afternoon showers.

Binoculars are a MUST for wildlife viewing! Experienced naturalists recommend that first-time binocular buyers select a brand such as Nikon or Minolta at a power of 7 X 30, 7 X 35, or 7 X 40. Small, compact binoculars are available at good camera stores, as well as many discount stores.

Clothing

- Fast drying short-sleeved shirts and a few t-shirts.
- Lightweight long-sleeved shirts for sun and insect protection.
- Shorts can be worn in most places (not short-shorts).
- Lightweight and fast-drying pants (zip off ones are great - no jeans).
- Sweatshirt, sweater, or lightweight fleece jacket.
- Lightweight waterproof rain jacket or windbreaker and lightweight rain pants.
- Sun hat with a brim.
- Sleepwear and underwear.
- Cotton athletic socks.
- One pair of tennis shoes / old athletic shoes to be worn on muddy trails.
- Comfortable walking shoes OR lightweight hiking boots for walking.
- Pair of Texas or sport sandals.
- Bathing suit(s).
- Smart but casual outfit, pants or skirt (to wear at a nice restaurant, etc.)

Miscellaneous

- Day pack that is water resistant for carrying rain jacket, camera, water bottle, etc., on hikes (you can use this for your carry-on bag).
- Money belt or fanny pack.
- Flashlight (small but has a good beam for spotlighting) with extra batteries and bulb and / or small headlamp for reading in bed.
- Pre-moistened towelettes or baby wipes.
- Tissue packs.
- Hand sanitizer (alcohol based).
- Sunglasses with securing strap.
- Sunscreen, sunburn relief products and lip balm with SPF - all fragrance free.
- Plastic water bottle and securing strap - we recommend the colorful Nalgene bottles that don't break or have a plastic taste in warm weather.
- Strong insect repellent (we recommend OFF's Skintastic) and insect-bite relief products that are fragrance free.
- Toiletries (Note: feminine hygiene items are not easily accessible in Brazil).
- Lightweight towel and washcloth.
- Small vial of Woolite to wash clothes if needed.
- Prescription medications in their original container and vitamins you might need.
- Medications for diarrhea, colds, upset stomach, motion sickness.
- Basic first-aid kit (band-aids, antiseptic ointment, aspirin, antacids, decongestants, Pepto Bismal, etc.).
- Sewing kit, rubber bands, Ziploc bags and garbage bags (protection for camera gear and wet and dirty clothes).
- Small travel alarm clock.
- Travel guide, bird books or other field guides.
- Notebook, journal, pens, and a lightweight book you've been dying to read.* Earplugs for snoring roommates or noisy frogs!
- Small tote for packing purchases on the return trip.
- Lock for the suitcase you leave in your room.
- 3 - 4 cotton bandannas for uses too numerous to mention!

What To Bring (continued)

Carry-On Luggage

- Use your day pack for your carry-on bag.
- Passport, airline tickets, frequent flyer card.
- 2 copies of "photo page" of passport and photocopies of your domestic and international air tickets. Put copies in different locations, i.e. carry-on bag and checked-in bag and also leave a set at home.
- Money: cash, credit cards, travelers checks.
- Medications - please carry all pertinent medications with you in your carry on.
- Spare pair of prescription glasses or contact lenses. If you wear contacts, be sure to bring along a pair of glasses. Bring plenty of re-wetting and saline solution.
- Cameras, film, extra batteries with a lead bag or container to protect film from airport x-ray machines.
- Other valuables not readily replaced. However, we recommend that you leave your expensive jewelry at home.

*Thank you for choosing to travel with AdventureWomen!
If you have any questions or concerns, please don't hesitate to call, write, or email us.*

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