



ADVENTUREWOMEN®, INC.

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The BEST of Costa Rica: A Multi-Activity Wildlife & Nature Safari – 2017

Trip Summary

Dates

August 12 - 20, 2017

Cost

\$4,195 from San Jose, Costa Rica (\$800 deposit)

Rating

Moderate

Activities

- Birding
- Boat Cruising
- Canopy Ziplining
- Hiking
- Horseback Riding
- Hot Springs
- National Parks
- Natural History
- Photography
- Sea Kayaking
- Swimming
- Whitewater Rafting
- Wildlife Viewing

You don't have to go all the way to East Africa or a South American rainforest to experience a unique wildlife and nature safari! Only 3½ hours south of Houston is Costa Rica, a tranquil little country that has all the elements for exotic adventuring: mighty rivers, lush rainforests and jungles, volcanoes, and steamy hot springs. Its landscape has the topographical variations of an entire continent - in miniature - with pristine Pacific beaches, Caribbean coastal banana plantations, acres and acres of coffee trees, incredible National Parks, hot tropical jungles, frosty cloud forests, volcanoes (at least three of them active), canals and rivers, and three separate mountain ranges.

Taking advantage of the plethora of adventure activities in all of these marvelous locations, we'll whitewater raft the Sarapiquí River, horseback ride or hike to a waterfall, explore the rainforests on a canopy zipline tour, relax in hot spring pools, enjoy a massage or spa treatment, float through a canyon by inner tube, and visit the Arenal Volcano area.

We'll sea kayak the lagoons and jungle waterways of Tortuguero National Park, called the "Venice" of the rainforest, and the most biologically diverse park in Costa Rica. Visit the Sea Turtle Conservancy and in the evening, walk to the ocean with headlamps to see these giant sea turtles nesting!

Traveling to Guanacaste in the Northwestern Province, we'll explore the dry tropical rainforest and white sand beaches, while we stay on a 600-acre private reserve featuring thermal canyons and hot springs of varying temperatures, hanging bridges, and landscapes of ancient volcanoes. At a rainforest ranch, learn about cacao and how to make chocolate, and enjoy a meal made with locally grown, organic produce.

Throughout our travels, stay in first-class hotels, extremely comfortable lodges, beautiful resorts, and eat food that is fresh and delicious.

Join us for one of the greatest adventures in Central America in the midst of flora and fauna unequalled in so small an area. When you consider all the natural beauty of Costa Rica, the gracious people who live there, and the assortment of exciting activities we have

planned for you, you'll see why this adventure travel vacation is REALLY HARD TO BEAT!!

Main Attractions

- Stay in luxury hot springs resorts, hotels, bungalows, and rainforest lodges.
- Experience an exciting array of activities, including canopy ziplining, whitewater rafting, sea kayaking, hiking, tubing, and spa activities.
- Explore and stay in Tortuguero National Park and learn about the nesting green sea turtles.
- View some of Costa Rica's 12,000 plant varieties, 237 species of mammals, 850 species of birds, and more butterflies than Africa!
- Discover the Guanacaste region of dry tropical rainforest and the spectacular 600-acre private reserve at Rio Perdido.

What's Included:

- All activities, excursions and entrance fees as included in the itinerary.
- Accommodations in hotels, luxury hot springs resorts, bungalows, and rainforest lodges.
- All meals as per itinerary (8 Breakfasts, 7 Lunches, 8 Dinners).
- Services of a professional naturalist guide and private driver throughout the trip.
- One AdventureWomen Associate.
- Land transportation and airport transfers.
- Tips for maids, porters and local guides.

What's Not Included:

- Round trip airfare from your hometown to Juan Santamaría International Airport in San Jose, Costa Rica, with departure from Liberia Airport, Costa Rica.
- Passport fees.
- Laundry, phone/fax/email, and other items of a personal nature.
- Additional activities not listed on this itinerary.
- Departure taxes (airport taxes of \$29. Sometimes included in the ticket price, but check with the airline).
- Soda, beer, wine and spirits with meals (you will need to pay the bar tab).
- Gratuities for guide and driver. Suggested gratuities are:
 - \$15/person/day for your guide
 - \$8-\$10/person/day for your driver

Passports

Citizens of the United States must possess a valid passport, which must be valid 6 months beyond your intended stay. No visas or special inoculations are required for travel to Costa Rica. You should have two extra passport photographs to take with you to use in an emergency.

If you do not have a passport, APPLY NOW! Please do not wait until the last minute. You should always carry 2 extra passport photographs with you, in case of emergency (if your passport/visa is lost or stolen), and always carry 2 sets of photocopies of your airline tickets and the first two pages of your passport.

Health Requirements and Health Insurance

You MUST have your own health insurance, and have no physical problems or conditions that would be adversely affected by hiking, horseback riding, rafting and other physical activities that are included on this trip. You must be in very good physical condition to participate in this trip.

How To Register

First, call (800-804-8686) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

Next, complete and sign the Trip Registration and International Passenger Information forms on our Web site by clicking "Sign Up for this Trip" on the trip page. We can also fax or email them to you. Include, with your forms, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also give us your credit card number over the phone. Once we receive **your deposit and BOTH forms**, we will mail you a trip confirmation/information packet verifying your registration.

Traveling to Costa Rica: Arrival and Departure

On August 12, 2017, you will fly into Juan Santamaría International Airport in San Jose, Costa Rica, arriving by 4:00, where you will be picked up and transferred to the Nuevo Hotel Balmoral in downtown San Jose.

For departure on August 20, we will leave Rio Perdido after breakfast for your international departures from the Liberia Airport. Driving time to the airport from the hotel is about 90 minutes.

Making Travel Arrangements to Costa Rica

We suggest you book your air reservations to Costa Rica with our travel consultant soon after registering for this trip.

You can call **Ciretta Green at Travel Café, Montana's Travel Agency:**

1-800-247-3538 OR FAX 1-406-586-1959
email: ciretta@travelcafeonline.com
CANADIAN RESIDENTS, please call 406-587-1188

When calling, please identify yourself as an AdventureWomen traveler. If you leave a message on Ciretta's voice mail, she will return your call promptly.

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 hotel space and air reservations up to 6 – 12 weeks prior to departure!

Please keep this in mind when making your travel plans.

Liability Form and Final Payment

Part of what AdventureWomen, Inc. hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. Please read the LIABILITY FORM carefully, return it with the remainder of your balance due by **MAY 14, 2017**.

Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. A brochure will be sent to you in your registration packet.

Switching Trips

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying 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.

Trip Itinerary

DAY 1

Saturday, August 12, 2017

Arrive in Costa Rica and Transfer to the Hotel in San Jose

Upon arrival at the Juan Santamaria International Airport in San Jose, Costa Rica, your guide will be waiting outside the Customs exit doors to meet you and transfer you to the hotel.

The Nuevo Hotel Balmoral is located in the center of San Jose, on Central Boulevard and within walking distance of the National Theater, the Culture Square and the Gold Museum.

After settling into our rooms, we'll enjoy a delicious Welcome Dinner at 7 pm in the hotel's Garden Restaurant, then introductions and orientation to hear about the exciting upcoming adventures for the week.

Welcome Dinner

2 Overnights at the **Nuevo Hotel Balmoral**

<http://www.balmoral.co.cr/>

The newly renovated Balmoral Hotel is a very special and unique hotel. It combines the essence of Costa Rican friendly and caring hospitality with a vast array of convenient and pleasant facilities and services. One of San Jose's favorite hotels for locals and international visitors alike, the Balmoral is centrally located right on Avenida Central, San Jose's most famous and visited pedestrian boulevard, and offers unmatched access to local attractions, shopping, dining and nightlife. Enjoy beautifully re-imagined accommodations designed to serve as a re-energizing urban oasis, and savor authentic Costa Rican dishes, international cuisine and drinks in the hotel's wonderful restaurants.

DAY 2

Sunday, August 13

Visit an Organic Farmers Market, Walking Tour of San Jose, and "Pub Crawl"

Rise and shine early today and depart the hotel at 7 am for a visit to the Feria Verde, an organic Farmers' Market, which has much more than fruits and vegetables. There are local artisans with hand-made clothes, artisanal jewels, medicinal herbs, hand-made aromatherapy oils, musicians, and plenty of places to eat. We'll have breakfast in one of the tents under the trees and then time to just wander around. The majority of vendors are women, and you'll have plenty of opportunities to talk with them and find out about their businesses and crafts.

In the afternoon we have a walking tour of the city of San José, visiting the Central Market, the National Theater and either the Gold or the Jade museum.

There's free time in the afternoon to do some exploring on your own. This is a perfect time for souvenir shopping, to enjoy the sights and sounds of San José or simply to do some people-watching.

At 6 pm we'll have fun experiencing a "Pub Crawl" and see San José by night as the locals do, walking to and visiting 3 different pubs.

Breakfast, Lunch, and Dinner

Overnight **Nuevo Hotel Balmoral**

DAY 3

Monday, August 14

Boat to Tortuguero National Park and Kayak the Canals

This morning we set out very early for our destination, Tortuguero National Park, the "Venice" of the rainforest. We'll drive through Braulio Carrillo National Park, seeing the vegetation change from rainforest to cloud forest and back to rainforest again. Breakfast will be in a local restaurant on the way. Reaching the riverside village of Caño Blanco, we'll board our boat to Tortuguero for our 90 minute ride on the Parismina river and on some man-made canals. We'll arrive at the Lodge in time for lunch.

One of the few Costa Rican National Parks where walking isn't necessarily the best way to see things, we tour the lagoons and jungle waterways of Tortuguero National Park this afternoon by sea kayak. The extensive network of freshwater creeks and lagoons behind the beaches of Tortuguero are home to seven species of river turtles, spectacled caiman, southern river otters, a number of crustaceans, and more than 50 species of freshwater fish. We might also see spider, howler, and capuchin monkeys and dozens of species of birds. If we are really lucky, we might spot an endangered West Indian manatee.

"Tortuguero" comes from the Spanish name for the giant sea turtles (tortugas) that nest on the beaches of this region every year from early March to mid-October. The exceptionally high rainfall and rich environment makes the beaches, canals, lagoons, and wetlands of Tortuguero areas of exceptional biodiversity. This is an incredible opportunity for nature lovers and there is no better way to explore this park than from the water.

NOTE: There is a limit on luggage of 25 pounds per person when traveling on local boats. Please take only what you will need for the next two days. Bring light clothes, bathing suit, hat, insect repellent, sunblock. Hot and humid weather!

Breakfast, Lunch and Dinner

2 Overnights at **Aninga Lodge**

<http://aningalodgetortuguero.com/>

Aninga Lodge is situated in a privileged location, right next to the Tortuguero lagoon. Exotic green vegetation, rainforest, and dense and alive gardens surround the rooms and as well as the swimming pool. Surrounded by a network of very scenic canals, this is considered one of the most exotic regions of the world, characterized by its rich flora and fauna. The Lodge offers private cabins connected by raised walkways. Teaming with wildlife, keep a lookout for birds, mammals, and other animals while we stay and explore from the Lodge.

DAY 4

Tuesday, August 15

Exploring Tortuguero National Park, Tortuguero Village, and the Sea Turtle Conservancy

This morning we'll explore the Park's winding jungle waterways by boat, looking for monkeys, sloths, crocodiles, and more.

After a delicious lunch at the Lodge, we'll spend the afternoon visiting Tortuguero Village and the Sea Turtle Conservancy. Tortuguero beach is the most important nesting site of the endangered green turtle in the Western Hemisphere. Giant leatherback, hawksbill, and loggerhead turtles also nest here. The green turtle population is believed to have come perilously close to extinction in the 1960s when nearly every female turtle arriving to nest in Tortuguero was taken for the export market for turtle soup. The Sea Turtle Conservancy was established in 1959 specifically to study and protect Caribbean green turtles. Working closely with the Costa Rican government, STC helped establish Tortuguero National Park in 1970, a move that offered protection to the turtles and strictly limited the number of turtles that could be taken.

Between June and September is the turtle nesting season in Tortuguero. There will be night hikes to the beach after dinner tonight in search of this wonderful sight. Please note that dates and times are on a lottery system, so there is no guarantee in which group each person will be.

Breakfast, Lunch and Dinner

Overnight **Aninga Lodge**

DAY 5

Wednesday, August 16

Whitewater Rafting the Sarapiquí River and Arenal Volcano Area

This morning we leave Tortuguero by boat on our way to Arenal, stopping in Caño Blanco, where our driver will be waiting (with the rest of our luggage) to take us to the Arenal Volcano area. But before arriving in Arenal, we stop at the Sarapiquí River for an exciting guided whitewater rafting trip! This 2 - 3 class rafting adventure takes us through more than 20 rapids in 2^{1/2} - 3 hours. We'll be briefed on safety, and wear a helmet and life jacket. Go AdventureWomen team!!

Originating from clear mountain streams, the Sarapiquí River runs from the Central Mountain Range just north of San Jose to the San Marcos River which runs along the shared border between Costa Rica and Nicaragua. The river is considered a national monument because of the vital service it provided in transporting arms, goods and soldiers in the 1856 war against the filibusters.

Finishing our adrenaline-packed raft trip, we continue to the spectacular Volcán Arenal area and Hotel Arenal Kioro, with its hot springs and uninterrupted views of the volcano. Once at Kioro Hot Springs, the rest of the afternoon is free to relax and enjoy the famous hot spring pools at the luxurious Hotel Arenal Kioro.

Breakfast, Lunch and Dinner

Overnight **Hotel Arenal Kioro**, Arenal Volcano, Costa Rica

<http://www.hotelarenalkioro.com/>

The deluxe Hotel Arenal Kioro is located on more than 65 acres of land with miles of foot trails. It is positioned on a hilltop directly below the Arenal Volcano and has breathtaking views of the valley below and the volcano above. Surrounded by two streams of spring waters flowing from Arenal Volcano National Park, the environment is truly spectacular. The property has its own thermal waters, the Kioro Hot Springs, and is the perfect place to relax in the mineral waters and hot springs which run at a soothing temperature of 39° C (102° F).

DAY 6

Thursday, August 17

Hike and Swim at La Fortuna Waterfall and Transfer to Rio Perdido in Guanacaste

Leaving Kioro Hotel, we stop to swim in the emerald pools beneath La Fortuna waterfall. You can choose to horseback ride or hike to the falls. La Fortuna waterfall emerges from dense jungle greenery before plummeting some 200 feet into a pool below. Bring your bathing suit!

Then we head to the Guanacaste region in the Northwestern province in Costa Rica. This is a dry tropical rainforest that creates a varied landscape. Popular white-sand beaches line the coast, and to the east, the Guanacaste Mountains feature fascinating National Parks and caldera volcanoes. Arriving late afternoon at Rio Perdido, there is time to enjoy a massage or spa treatment and spend some time relaxing and soaking in the surroundings.

Thermal canyons and springs are the centerpiece of this 600-acre private reserve, Rio Perdido, which means "Lost River." There is 150-foot thermo-mineral gorge, and along the riverbed there are 8 springs from which over 4,000 gallons of hot water emanate every minute. Spring water mixes with the river's flow and creates beautiful soothing pools of varying temperatures. It also has a trail circuit with a series of bridges, including a 200 ft hanging bridge that connects the hotel to the reserve.

Breakfast, Lunch and Dinner

3 Overnights at **Rio Perdido**

<http://www.rioperdido.com/>

This remarkable property is inspired in design: the hotel site is just north of an amazing convergence point. This means that two deep canyons flank it. One is a completely vertical gorge carrying cool waters with a peculiar white tint and the other is our thermo-mineral Rio Perdido. In the words of the developers, "We want guests to remain conscious of this magical setting and thus, designed bungalows that would allow most elements to permeate through the unit's four sides." The ever-present breezes, the crisp light, the sounds of the surrounding forest...these are elements that were sought to preserve while insuring comfort to guests. More importantly, these elements practically force peace upon guests!

The unique modular-style bungalows at Rio Perdido, all connected via elevated pathways and suspended above the ground, serve to insure minimal impact, as far as maintenance and footprint are concerned. The unit's shell is composed of steel and light walls of a strong and inert composition. Details include fine wood accents, stainless steel, nylon rope, and polished concrete floors. We have designed something special that is both clean and warm.

DAY 7

Friday, August 18

Adventure Day at Rio Perdido!

We begin our full day of adventure at Rio Perdido with floating down the river in a modified inner tube, through a gorgeous narrow canyon with the rainforest canopy above. Some parts of the river are very calm and slow, others are faster and very exciting! Sometimes you will need to carry your tube for a little while in order to get over rocks to the other side. Make sure to wear water shoes, sneakers or Teva sandals. No flip-flops! Life vests and helmets are provided.

In the afternoon there will be a zip-lining/canyoning tour. While Costa Rica has dozens of "canopy tours," with hundreds of zip-lines, Rio Perdido has truly innovated with their Canyon Adventure. Under the guidance of renowned adventure designers, they have created a sequence that will please

and surprise. Inspiring Rio Blanco canyon is the main stage for the awesome cable-based zip-line experience. Good walking shoes are a must! It includes:

- 15 platforms, 6 rock-based and 9 suspended on the canyon walls
- Zip lines with varying lengths from 260 to over 800 ft
- Departs right from the hotel property

Breakfast, Lunch and Dinner

Overnight at **Rio Perdido**

DAY 8

Saturday, August 19

Meet the Ticos, Visit a Farm, Cooking Class and Special Dessert

Today we get to meet some local Costa Ricans, or "Ticos" as they are called. We'll visit La Anita, a working farm in the small village of Colonia Libertad. Here we'll learn about different crops, have a short cooking class, visit the village and have coffee and prestiños at Doña Aracelly's house.

We begin our day at Anita Rainforest Ranch (www.laanitarainforestranch.com), where we meet the owners, Pablo and Ana, and spend time with Ana as she gives us a private tour of the property. We'll learn how they grow and harvest their crops, especially cacao, and how it's transformed from dry beans to paste and on to artisan chocolate. Of course, we get to try some too!

In a short cooking class, we'll enjoy delicious food - heart of palm ceviche, taro chips, beef in red wine and rosemary sauce, and fresh produce from their organic gardens finished off with homemade ginger spiced lemon and natural fruit juices.

Continuing to the small town of Colonia Libertad, we meet Aracely, a neighbor in the village, where she shares with us a wonderful and special dessert treat in her home.

Late in the afternoon we return to the hotel for a special Farewell Dinner, to celebrate all that we've seen and done, on this adventure that has been so full of wildlife, culture and exciting activities!

Breakfast, Lunch and Dinner

Overnight at **Rio Perdido**

DAY 9

Sunday, August 20

Good Bye Costa Rica!

This morning we depart Rio Perdido for our 90 minute drive to Liberia and the Liberia Airport (LIR). International flights depart through this airport.

Breakfast

Money and Currency Exchange

Costa Rican Colones (CRC), U.S. Dollars, and credit cards can be used in Costa Rica.

Electric Current and Adapters

120 volts. Same as in the U.S.A.!

What to Bring

The climate during our trip in Costa Rica ranges from pleasantly warm and sunny to hot and humid. 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. Lightweight pants and shorts are fine for daytime wear, but you may prefer to wear long pants and long sleeves for protection from sun and insects.

Three words of packing advice: LIGHT, LIGHT, LIGHT! It is best to condense your checked luggage into one manageable medium-sized suitcase or duffel bag with wheels and one daypack or backpack (carry-on size). Also, a spare, very light, duffel bag or day pack rolled or folded into your wheeled suitcase is useful for transporting souvenir items home. This list tries to incorporate everything you should bring to be comfortable for any of the activities in which you participate.

We suggest you use your daypack as your carry-on bag during your flights to and from Costa Rica. In it you should have all valuables and essentials: medications, passports and all important documents, cameras, memory cards and binoculars, a day's change of clothing, lightweight sleepwear, and toiletries.

Clothing

- Proper footwear, such as lightweight hiking boots or good walking or athletic shoes is essential on rain forest trails, which can often be slippery. A pair of sport sandals or water sandals (that can get wet), for whitewater rafting and tubing, is also important to wear during the day and in the evening. Another comfortable pair of shoes for dinners in nice hotels and resorts is recommended.
- Most rainwear is too hot to be comfortable in the tropics. A lightweight, inexpensive poncho works best during brief, heavy afternoon showers, or in the rainforest.
- Fast drying short-sleeved shirts and a few T-shirts.
- Lightweight long-sleeved shirts for sun and insect protection.
- 2 pair fast-drying river shorts and 2 pair regular shorts (not short-shorts).
- Lightweight and fast-drying pants (zip off ones are great – no jeans).
- Sweatshirt, sweater, or lightweight fleece jacket.
- Sun hat with a brim.
- Sleepwear and underwear.
- Socks to wear with hiking boots/shoes.
- Bathing suit(s).
- Casual outfit to wear to dinners.

Camera Equipment

For many women, photography will be a VERY LARGE part of this trip. The opportunities are endless, and the scenery spectacular! We suggest that you bring many more memory cards and batteries than you think you could ever use!

- Digital camera, memory cards, battery chargers. You will be able to charge all of your batteries in hotels.
- Costa Rica has magnificent scenery and diversity of fauna and flora. It is a photographer's paradise. The most useful lenses are a wide angle and a telephoto lens that zooms to a minimum of 200 mm.
- Any camera gear you carry during the trip should be 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, sand and dirt. Large Ziploc bags are especially handy.

Binoculars are a MUST for wildlife and bird 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.

Miscellaneous

- Day pack that is water resistant for carrying rain poncho, camera, water bottle, etc., on day trips (you can use this for your carry-on bag). If not waterproof, bring a garbage bag to line the inside of the pack.
- Money belt or fanny pack.
- Lightweight 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.
- Hand sanitizer (alcohol based).
- Sunglasses with securing strap.
- A spare pair of glasses (if you wear glasses).
- Sunscreen, sunburn relief products, and lip balm with SPF - all fragrance free.
- Water bottle and securing strap - We recommend the 24 oz. Nalgene Everyday OTG Tritan Bottle. Made of Eastman Tritan™ copolyester, the bottle is completely BPA-free. Tritan™ copolyester provides excellent impact resistance and is suitable for both warm and cold beverages.
- Ziplock bags in various sizes. For wet, dirty clothes and shoes, or to pack anything that might leak.
- Strong insect repellent (we recommend OFF's Skintastic, or something with DEET) and insect-bite relief products that are fragrance free.
- Toiletries (Note: feminine hygiene items are not always easily accessible).
- Washcloth.
- Small vial of Woolite to wash clothes if needed.
- Sewing kit, rubber bands, safety pins.
- 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. We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drugstores, or www.earplugstore.com. Good to 22 Decibels!
- Small tote or small duffel for packing purchases on the return trip.
- Lock for the suitcase you leave in your room.
- Bandanas. Bring 2 or 3 (100% cotton) for instant sweat bands and other uses too numerous to mention, some of which you have never even dreamed! Besides, it's a tradition at AdventureWomen!

Personal First Aid Kit (bring in small amounts and in small containers)

- Foot powder for moisture absorption; cloth, not plastic Band-aids; about 10 individually wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets, antihistamine, cough drops.
- Adequate quantity of sweat-resistant sun screen with at least an SPF 15 rating or higher, and lip balm with sunscreen.
- Tweezers.
- Ace bandage.
- Antibiotics (Cipro, or another systemic antibiotic).
- Prescription medicines in their original bottles.
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for "new" flora.
- Immodium, Lomotil, or similar anti-diarrhea medicine.
- Pepto-Bismol tablets and/or liquid (in leak-proof bottle).
- Emergen-C. Some people swear they get fewer colds on airplanes if they take this during flights.

Last Minute Reminders

- Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.).
- Bring 2-3 extra passport size photos to use in emergencies.
- Your valuables should be insured for the duration of the trip, but better yet, leave them at home.
- Remove extra credit cards, driver's license, and personal items from wallet or purse.
- Make sure passport and airline tickets are valid and in the correct name.
- Check with airline to reconfirm reservations and departure time (most airlines want to hear directly from the client for confirmations).

Some Extra Items to Add to your "What to Pack" List

We think these items help make your long airline flights much more comfortable and even more bearable:

- Neck pillow - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing.
- Sleep mask /Comfort eye shade - Ultra lightweight and comfortable, the Comfort Eye Shade screens out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.
- Travel compression socks - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that stops swelling and guards against (DVT). Made of coolmax®-lycra®-nylon. The TravelSox® cushion Walk Socks have extra-padded soles and are made of moisture wicking SoftPrim®.
- Noise canceling headphones - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.

About Adventure Travel Today - Please Read Carefully!

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, 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!

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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