

BIG FIVE

TOURS & EXPEDITIONS



BRAZIL

The following general outline offers practical information, suggestions and answers to some frequently asked questions. It is not intended to be the definitive guide for your trip.



“Half the fun of travel is the esthetic of lostness.”
Ray Bradbury

Rio De Janeiro ~ Elevation: 20 feet / Latitude: 22 49S / Longitude: 043 15W												
Average Temperature												
°F	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	83	84	82	79	75	73	72	73	74	76	79	81
Average Precipitation												
in.	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	5.3	4.9	5.3	4.3	3.1	2	1.8	1.8	2.4	3.2	3.9	5.4
Manaus ~ Elevation: 276 feet / Latitude: 03 09S / Longitude: 059 59W												
Average Temperature												
°F	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	81	80	81	81	81	81	81	82	83	83	83	81
Average Number of Days With Precipitation												
Days	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	20	20	20	19	16	10	10	6	8	9	11	18
Salvador ~ Elevation: 20 feet / Latitude: 12 54S / Longitude: 038 20W												
Average Temperature												
°F	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	81	82	82	81	79	78	77	77	78	79	80	81
Average Number of Days With Precipitation												
Days	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	11	13	15	20	21	21	21	19	17	14	14	13

WEATHER

There are five climatic regions spread across Brazil: equatorial, tropical, semi-arid, highland tropical, and subtropical. Plateau cities such as São Paulo, Brasília, and Belo Horizonte claim mild climates, averaging 19°C (66°F) while coastal cities such as Rio de Janeiro, Recife, and Salvador have warm climates moderated by trade winds. In southern Brazil, the subtropical climate is similar to parts of the U.S. and Europe with regularly occurring frosts. In this region, temperatures in winter can fall below freezing.

In general, March through November is the driest period and best time to visit. December to February can be rainy and humid. In southern Brazil, the evenings and winter days can be fairly cool, and sweaters or light coats are needed.

The Amazon region is always hot and humid, with temperature occasionally reaching 32°C (90°F). The best time to see it is July through August, when it's neither the peak of the rainy season nor the time when the river is lowest. There are only slight seasonal variations. Annual average temperatures Manaus, for example, range from 23-30°C (73-86°F) January through April to 24-33°C (75-91°F) August through October.

Northeastern Brazil is hottest, where temperatures above 38°C (100 °F) are commonly recorded during the dry season between May and November.

Temperatures along the Atlantic coast above Rio de Janeiro range from 23 to 27°C (73°F-81°F). Inland temperatures are a bit cooler, 18 to 21°C (64°F-70°F). South of Rio, seasons are more noticeable. Still, the average temperature is in the neighborhood of 17 to 19°C (63°F-66°F). Rainy seasons occur from January to April in the north, April to July in the northeast and November to March in the Rio de Janeiro /São Paulo area. Generally speaking, April to June and August to October are ideal times for touring Brazil.

TIME ZONES / FLIGHT TIMES / AIRPORT TAXES

Time Zone: Greenwich Mean Time -3 hours, which is about two hours ahead of Eastern Standard Time. The Amazon time zone, which includes Manaus, is Greenwich Mean Time -5 hours, and the state of Acre is -4 hours.

Flight Time: Flying time from Miami to Manaus is about 5 hours nonstop or 9 hours direct via Belem; from Miami to Rio de Janeiro/ São Paulo is approximately 8 to 9 hours. New York to Rio de Janeiro/ São Paulo flights are about 10 to 11 hours while Los Angeles to Rio de Janeiro/ São Paulo flights take between 12 and 13 hours.

Airport Departure Tax: Domestic departure tax is about US\$5; international departure tax is about US\$36. Taxes are paid in US dollars or local currency.

PASSPORTS / VISAS

You will receive an entry card on arrival, be sure to keep it safe, if you lose it, you may be fined upon departure.

Minors (under 18) traveling alone, with one parent, or with a third party, must present written authorization by the absent parent(s) or legal guardian, specifically granting permission to travel alone, travel with one parent or a third party. This authorization must be notarized, authenticated by the Brazilian Embassy or Consulate, and translated into Portuguese. Please note, for any document to carry the force of law in Brazil, it must be translated into Portuguese.

Passports: For international travel, a U.S. passport valid for at least six months from date of departure, containing at least two blank pages is necessary.

Visas: Many countries require that travelers obtain visas prior to arrival. Big Five Tours & Expeditions has appointed Zierer Visa Service (ZVS) to process required visas for our passengers. The Visa Application Kit is included with your pre-trip confirmation packet. You can also download the

necessary forms from the website: www.zvs.com. Click on the "members" section to log in. For user name, enter **bigfive**, and the password is **55509**. You will enter the visa section for Big Five Tours & Expeditions. Here you will find a list of country-specific forms. You will also discover useful hints such as how to obtain a passport, adding passport pages, and other tips.

Important: Please check your passport before you submit it for your visa to insure that:

- 1) Your passport is valid for at least six months after the date of travel.
- 2) You have sufficient blank pages for visa stamps that will be added as you travel in and out of various countries.

Please note: Pages reserved for amendments & endorsements cannot be used for visas.

CUSTOMS

Duty Free: The following goods may be imported into Brazil without incurring any customs duty: 400 cigarettes and 250g of tobacco and 25 cigars; 2l of alcohol; up to US\$500 worth of goods bought duty-free in Brazilian airports.

Prohibited Items: Meat and cheese products and other products of animal origin transported from Africa, Asia, Italy, Portugal and Spain; (contact the Consulate for further information) and narcotics such as hemp, opium, cocaine, morphine or heroin.

Regulations frequently change. For more information, you can check the Customs & Border Protection homepage at www.customs.gov/xp/cgov/home.xml or contact the Brazilian Embassy at 3009 Whitehaven St. NW, Washington, D.C. 20008; telephone (202) 238-2700.

U.S. CUSTOMS

Returning U.S. residents are allowed to bring back \$800 worth of merchandise duty-free. There are limits on some items. For more information you can write U.S. Customs Service at Box 7407, Washington, DC 20044, or check the Customs and Border Protection homepage at www.customs.gov/xp/cgov/home.xml.

HEALTH

Yellow fever vaccinations are recommended. A yellow fever vaccination certificate is required from all travelers arriving within three months from infected regions, including Peru, Ecuador, Bolivia or any other Amazon-region country.

An international certificate of vaccination against polio is a condition of entry for all children aged from three months to six years.

Please check the latest regulations with your local health office or the National Center for Disease Control in Atlanta, Georgia (website: www.cdc.gov/travel; Telephone 404-332-4559.).

Note: If you are on medication, be sure to bring enough for the duration of the trip.

SAFETY

When visiting Brazil or any country, common sense should be the guiding principle. Leave your jewelry at home. Be sure to guard your purse and wallet. Take only the indispensable in your backpack or fanny pack. Do not take your passport,

airline tickets, or all your money on day trips. Always leave these and other valuables in hotel safes. *But do carry identification with you at all times.* Take copies of your documents and only the amount of money you think you will need.

Pamphlets addressing safety are available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, or at the Bureau of Consular Affairs' home page at <http://travel.state.gov>.

LUGGAGE

Traveling light is always the first and best rule! We recommend passengers limit their luggage to one medium-sized soft bag per person or two small duffle bags. In this security conscious era, airline luggage restrictions may change without notice. Also, luggage limits vary depending on ticket class, plane size, destinations, etc. **It is always best to confirm with airlines for specific limitations.**

Generally speaking, from the US, economy class passengers are allowed to check in two (2) normal size pieces of luggage (each piece measuring no more than about 62 linear inches, which is length plus width plus height), and not exceeding 70 pounds per bag.

Scheduled flights from other countries and within foreign countries generally limit luggage to 44 pounds total, plus one carry-on personal item. Further restrictions apply for charter flights. Most airlines now allow only one carry-on bag in addition to one personal item such as a laptop or handbag. Most bags within the 22 x 14 x 9 (or, a total of 45 linear inches) size restriction will be considered legal carry-on size by major domestic U.S. airlines. Many US airlines check-in desks have sizing boxes within which your bag must fit. Obviously, no knives or cutting instruments are allowed in carry-on baggage.

All luggage should have identification inside as well as secure baggage tags on the outside. *Please note that the US National Transportation and Safety Board now suggests that you do not lock your checked luggage. If a screener has to open your bag, the locks may have to be broken. This applies to flights within the US and international flights originating in the US. This, however, does not address other international travel issues. We suggest that you lock your luggage and bring a couple of spare locks in the event, one or more are cut off. But the choice is up to each individual traveler to make.*

CAMERAS & FILM

Equipment: Bring cameras and lenses you are comfortable using. If you get new equipment before you go, do so as far in advance as possible. Shoot and develop at least a dozen rolls before departure to work out problems.

Lenses: A combination of fixed and/or zoom lenses with focal lengths from 28 mm to 200 mm is a good for general travel photography, although you can take excellent photographs with only a 50 mm lens. A zoom lens in the 70 to 200 mm range will help you capture the sights. A macro lens is helpful for shooting close-ups, but a good set of extension tubes will work very well. A 2x converter is also a handy. Bring a small cleaning kit and blower brush to keep equipment clean.

Film: While film is readily available in most towns, we recommend that visitors bring plenty of film. You will undoubtedly shoot more pictures than you planned. Even those not all that interested in photography will probably shoot one 36 exposure roll of film per day, and enthusiastic

shooters will double or triple that amount. Be sure film is fresh and, when possible, keep it refrigerated. A film speed of ASA/ISO 64 is an excellent choice for color slide film. Use this speed when possible rather than higher speed films. There is a noticeable difference in quality that it is worth the extra effort to keep your camera steady at a somewhat slower shutter speed than you would otherwise use. For color prints, there are several good choices, including Kodak and Fuji films (ASA/ISO 100 & 200) for daylight photography, ASA/ISO 400 & 1000 are good for lower light and nighttime situations. **Note:** Recent news reports warn that new explosive detectors used in more than 100 US airports to scan checked baggage will ruin unprotected, unexposed film. This technology will eventually be in place at all airports worldwide. Experts suggest either carrying your film in your carry-on luggage and/or placing film in safety, lead-lined bags to prevent X-ray damage.

Batteries: Put fresh photo-quality batteries in your camera and other electric equipment before you leave and bring at least two sets of spare batteries with you. Your camera will be useless without them, and batteries are expensive.

BANKING / CURRENCY

Currency: Brazilian currency is the real (R\$). R\$1 = 100 Centavos. Notes are in denominations of R\$100, 50, 10, 5 and 1. Coins are in denominations of R\$1, and 50, 25, 10, 5 and 1 centavos.

Credit cards: MasterCard & Visa the most commonly accepted but American Express & Diners Club are also accepted.

Traveler's checks: Exchangeable at hotels, banks and tourist agencies. Tourists cannot exchange US traveler's checks for US banknotes. They can benefit from a 15% discount when paying hotel or restaurant bills in foreign currency or travelers checks. To avoid additional exchange rate charges, visitors are advised to use traveler's checks in US Dollars.

BUSINESS & BANKING HOURS

Shops & Most Offices: Mon. – Fri. from 9 AM to 6 PM., and 9 AM to 1PM on Saturday.

Shopping Centers & Malls: Most remain open until 10pm.

Pharmacies & Small Stores: Many are open on Sunday.

Banks: Mon. – Fri. from 10 AM to 4 PM, however; some exchange departments may close as early as 1 PM. (2 or 3 PM is more common).

ELECTRICITY

Electricity varies. The current in Rio de Janeiro may be 110 or 220 volts, 60 cycles, AC. In Manaus in the north, the same is true: primarily 110 volts AC but some hotels have 220 volts AC, 60 cycles. Bring an adapter. Plugs have two round pins.

COMMUNICATION

Language: Brazil is the only Portuguese-speaking country in South America. In many large cities, English is spoken at 5-star hotels, some restaurants, a few downtown shops as well as some shops in major shopping malls.

Telephones: Good working system.

Fax: Facilities are available in the main post offices of major cities and some 5-star hotels.

Internet: Hotels generally provide Internet access to guests. Internet cafes can be found in main towns and cities, and there are often Internet booths at airports. In smaller towns, public access is sometimes available at post offices.

Post: Services are reasonably reliable. Sending mail registered or franked will eliminate the risk of having the stamps steamed off. Airmail service to Europe takes 4 to 6 days. Surface mail takes at least 4 weeks. Post offices are open Mon-Sat 9 Am to 1 PM.

CLOTHING

In general, Brazilians are less formal than other Hispanic countries. But note that shorts are not welcomed everywhere such as office buildings. Bring lightweight clothing with waterproofing for the rainy season (November-March), and warm clothing for the south during winter (June-July). Specialist clothing is needed for the Amazon region. The sunlight is extremely bright so sunglasses, a hat, and sunscreen are needed.

FOOD & DRINK

Drinking Water & Beverages: Do not drink tap water. All water used for drinking, brushing teeth or making ice should first be boiled or otherwise sterilized. Pasteurized milk and cheese are available in towns and are generally considered safe to consume. Milk outside of urban areas is unpasteurized and should be boiled; powdered or tinned milk is available and is advised in rural areas, but make sure that it is reconstituted with pure water. Only eat well-cooked meat and fish, preferably freshly prepared and served hot. Pork, salad and mayonnaise may carry increased risk. Vegetables should be cooked and fruit peeled. Coffee is only served with breakfast, and usually with milk. It is served after other meals. Brazilian *cafezinho*, after dinner coffee, is very strong and very sweet.

Local Cuisine: Regional dishes abound in this country that is almost as big as a continent. But one of the most popular dishes in Brazil is *feijoada*, a dish consisting of highly spiced black beans and assorted meats, and is served with rice, the main staple of national cuisine. This main dish is customarily presented with *farofa* (mandioca meal fried with a variety of ingredients that include bacon, garlic, onion and boiled eggs). Another side dish is *couve mineira* (collard or mustard greens cut in very thin strips and fried at the last minute in oil, garlic, and bacon). In addition, the presentation features *fatias de laranja* or orange slices. The citric acid in the oranges is also supposed to counteract the fat in the pork. The meal is then topped off with *Romeu e Julieta*, a side dish made up of *queijo mineiro* (a special soft cheese from the state of Minas Gerais, vaguely resembling our Monterey jack) and a slice of *goiabada* a dark sweet paste made with the guava fruit.

Note: If you have food allergies or are on a special / restricted diet, please notify your travel agent or our office in advance, so that we may try to comply with your needs. Also, please advise your travel agent or our office if you have any mobility restrictions, so that we may inform our representatives accordingly. They will always strive to accommodate you to the best of their ability.

CUSTOMS IN BRAZIL

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Greetings: Brazilians enjoy physical contact. Handshakes are often prolonged, and, if two men are well acquainted, may be accompanied by slaps on the shoulder, on the stomach, or sustained pats on the back. Brazilian women also shake hands upon meeting someone, but most commonly greet each other with kisses, usually twice on alternative cheeks. If a man gives a woman a kiss to a woman as a greeting, he generally only kisses one cheek.

In situations where North Americans may refer to a business associate as "Mr. Smith," Brazilians generally substitute first names such as "Senhor Ernesto," when addressing colleagues. There are exceptions that depend on the degree of formality of the individual.

Brazilians stand in close proximity to one another while speaking, and do not apologize for bumping or brushing against another person. In places such as public markets, no lines are formed; whoever pushes to the front is next served. Like many other cultures, Brazilians usually maintain steady eye contact during conversations that some North Americans might consider a stare.

Brazil is a tropical country where time is a relative matter so don't expect on-the-dot punctuality.

Tipping: Most restaurants and bars include a 10% service charge on the bill. It is customary to leave a bit extra for good services. When not included on the bill (as in the case of the beauty parlors), a 10% to 15% tip is the general rule. Taxi drivers do not expect tips, although most people tell the driver to "keep the change". Airport and hotel porters should receive the equivalent of US\$.75 a bag.

INTRODUCTION TO BRAZIL

The largest country in South America, and fifth largest in the world, Brazil shares common boundaries with every South American country except Chile and Ecuador. The area of Brazil is 8,511,965 sq. km. (3,290,000 sq. mi.), making it only slightly smaller than the U.S.

Landscapes range from dense forests in northern regions, including the Amazon Basin, to semiarid terrain along northeast coast. The country also encompasses mountains, hills, and rolling plains in the southwest and coastal lowlands. Brazil's coastline stretches 7,491 km.

Brazil has the largest population in Latin America and ranks sixth in the world. The majority live in the south-central area, which includes the industrial cities of Sao Paulo, Rio de Janeiro, and Belo Horizonte. Urban growth has been rapid. By 1991, 75% of the total population lived in urban areas. Rapid growth has aided economic development but has also created serious social, environmental, and political problems for major cities.

Four major groups make up the Brazilian population: the Portuguese, who colonized in the 16th century; Africans brought to Brazil as slaves; various other European, Middle Eastern, and Asian immigrant groups who have settled in Brazil since the mid-19th century; and indigenous people of Tupi and Guarani language stock. Inter-marriage between the Portuguese and indigenous people or slaves was common. Although the major European ethnic stock of Brazil was once Portuguese, subsequent waves of immigration have contributed to a diverse ethnic and cultural heritage.

From 1875 until 1960, about 5 million Europeans immigrated to Brazil, settling in the four southern states --

Sao Paulo, Parana, Santa Catarina, and Rio Grande do Sul. Immigrants have come mainly from Italy, Germany, Spain, Japan, Poland, and the Middle East. Sao Paulo is also home to the largest Japanese community outside Japan. Despite class distinctions, national identity is strong, and racial friction is a relatively new phenomenon.

Indigenous full-blooded Indians, located mainly in the northern and western border regions and in the upper Amazon Basin, constitute less than 1% of the population. Their numbers are declining as contact with the outside world and commercial expansion into the interior increase. Brazilian Government programs to establish reservations and to provide other forms of assistance have existed for years, but are controversial and often ineffective. (from *U.S. Department of State* resources)

HISTORIC OVERVIEW

Brazil is the only Portuguese-speaking nation in the Americas. It was claimed for Portugal in 1500 by Pedro Alvares Cabral. At that time, the royal family of Portugal fled from Napoleon's army and established the seat of Portuguese government in Rio de Janeiro. Brazil became a kingdom under Dom Joao VI, who returned to Portugal in 1821. His son declared Brazil's independence on September 7, 1822, and became emperor with the title of Dom Pedro I. His son, Dom Pedro II, ruled from 1831 to 1889, when a federal republic was established in a coup by Deodoro da Fonseca, marshal of the army. Slavery had been abolished a year earlier by the Regent Princess Isabel while Dom Pedro II was in Europe.

From 1889 to 1930, the government was a constitutional democracy, with the presidency alternating between the dominant states of Sao Paulo and Minas Gerais. This period ended with a military coup that placed Getulio Vargas, a civilian, in the presidency. He remained as dictator until 1945. From 1945 to 1961, Eurico Dutra, Vargas, Juscelino Kubitschek, and Janio Quadros were elected presidents. When Quadros resigned in 1961, Vice President Joao Goulart succeeded him.

Goulart's years in office were marked by high inflation, economic stagnation, and the increasing influence of radical political elements. The armed forces, alarmed by these developments, staged a coup on March 31, 1964. The coup leaders chose as President Humberto Castello Branco, followed by Arthur da Costa e Silva (1967-69), Emilio Garrastazu Medici (1968-74), and Ernesto Geisel (1974-79) all of whom were senior army officers. Geisel began a liberalization, which was carried further by his successor, Gen. Joao Baptista de Oliveira Figueiredo (1979-85). Figueiredo not only permitted the return of politicians exiled or banned from political activity during the 1960s and 1970s, but also allowed them to run for state and federal offices in 1982.

At the same time, an electoral college consisting of all members of congress and six delegates chosen from each state, continued to choose the president. In January 1985, the Electoral College voted Tancredo Neves from the opposition Brazilian Democratic Movement Party (PMDB) into office as President. However, Tancredo Neves became ill in March and died a month later. His Vice President, former Senator Jose Sarney, became President upon Neves' death.

Brazil completed its transition to a popularly elected government in 1989, when Fernando Collor de Mello won 53% of the vote in the first direct presidential election in 29 years. In 1992, a major corruption scandal led to the impeachment and ultimate resignation of President Collor. Vice President Itamar Franco took his place and governed for

the remainder of Collor's term culminating in the October 3, 1994 presidential elections, when Fernando Henrique Cardoso was elected President with 54% of the vote. He took office January 1, 1995.

President Cardoso has sought to establish the basis for long-term stability and growth and to reduce Brazil's extreme socioeconomic imbalances. His proposals to Congress include constitutional amendments to open the Brazilian economy to greater foreign participation and to implement sweeping reforms--including social security, government administration, and taxation--to reduce excessive public sector spending and improve government efficiency. (from *U.S. Department of State*)

DEALING WITH JET LAG

With the joys and adventures of international travel come certain unavoidable inconveniences such as occasional lost luggage or bouts of jet lag. In fact, studies reveal that as much as 90% of long distance travelers experience a degree of jet lag.

Jet lag describes that out-of-sorts feeling associated with long flights, particularly those across time zones. Symptoms and severity vary but may include drowsiness, fatigue, irritability, difficulty concentrating, headaches, insomnia, and swelling of the extremities.

The number of time zones crossed affects the severity of jet lag. The internal body clock follows circadian rhythm, which is controlled by the hypothalamus that processes nerve signals. That clock is designed for regular cycles of light and darkness. Depending on the number of time zones crossed, it may take several days for that rhythm to be restored. But that is not the only influence. Other factors include cabin pressure, stale air, lack of humidity, and your overall physical condition at the beginning of your trip.

Although jet lag can not be completely avoided, there are some simple things you can do to help minimize its affects.

Consider the following for your next scheduled trip:

- Start your trip well rested with a good night's sleep prior to departure. Getting adequate rest before starting on your journey will help minimize the amount of catching up you'll have to do when you arrive at the destination. Once home, try to schedule a day of rest before returning to work.

- Drink plenty of fluids -- water and juices will help you to stay well hydrated. Seasoned travelers recommend that you carry a bottle of drinking water with you and drink eight ounces every hour.
- Avoid alcohol and caffeine just before and during flights. Both possess diuretic properties that promote dehydration. Alcohol also causes drowsiness and contributes to feeling sluggish.
- Once settled onboard, reset your watch to the time zone to which you are traveling. This small act helps you begin adjusting to your destination's local time.
- As much as possible, create a dark environment during flight. Studies have shown that bright lights strongly affect individuals' body clocks. If necessary, try eye shades and earplugs to help block distractions and convince your body that it is nighttime. Closing window shades and turning off overhead lights may also help. Sleep on the plane if your flight has an early morning arrival time.
- Wear loose-fitting clothing and comfortable shoes that will help in the event you experience mild swelling. Experienced travelers often bring lightweight slippers to wear during flights.
- Although not always feasible, look for opportunities to walk around while in flight. Do simple isometric exercises (contracting and relaxing as many muscle groups as possible) in your seat. These will improve circulation, help promote increased alertness, and reduce chances of swelling.
- If you arrive in the morning, plan to stay awake. If possible, wait until the local bedtime to sleep. Many people swear that this is key in determining how quickly they adapt to local conditions. You will sleep better and will be less likely to suffer insomnia than if you nap upon arrival.
- During extended stopovers, showers are sometimes available. If you have the opportunity, shower. Trans-Pacific pilots report that taking a shower in Hawaii helps them recover more quickly from the general effects of jet lag after the flight.

CLOTHING/PACKING CHECKLIST

Check the items below to be taken with you on your trip. Additional items may be added in the blank spaces provided. This is not intended as an all-inclusive list, but only as a suggested packing guide.

CLOTHING – WOMEN

- Comfortable outfit for air travel
- Sandals or casual shoes
- Walking shoes or tennis shoes
- Rubber thongs (shower)
- Hat
- Windbreaker or jacket
- Pullover sweater or sweatshirt
- Long pants *
- Shorts *
- Socks
- Short sleeve shirts *
- Long sleeve shirts *
- T-shirts
- Pajamas
- Light-weight robe/cover-up
- Swim-suit/cover-up
- Casual slacks/skirt
- Blouses
- Belt(s)
- Underwear
- Scarves
- Costume Jewelry

CLOTHING - MEN

- Comfortable outfit for air travel
- Sandals or casual shoes
- Walking shoes or tennis shoes
- Rubber thongs (showers)
- Hat
- Windbreaker or jacket
- Pullover sweater or sweatshirt
- Long pants *
- Shorts *
- Socks
- Short sleeve shirts *
- Long sleeve shirts *
- T-Shirts
- Pajamas
- Light weight robe/cover-up
- Swim trunks
- Casual slacks
- Shirts
- Belt(s)
- Underwear

TOILETRIES

- Anti-malarial pills
- Vitamins
- Aspirin/Tylenol
- Motion sickness pills
- Short-acting sleeping pills
- Decongestant
- Antibiotic
- Lomotil / Pepto-Bismol
- Antacid
- Antibiotic ointment
- Insect repellent
- Sun screen/Sun block
- Lip balm
- Shampoo & Conditioner
- Prescription medications
- Band-Aids
- Deodorant
- Toothpaste & toothbrush
- Feminine Hygiene supplies
- Dental floss
- Mouthwash
- Hairbrush/comb
- Razor
- Q-Tips/cotton balls
- Nail clippers
- Nail file
- Tweezers
- Make-up
- Hand lotion

CAMERA EQUIPMENT

- Camera/Lenses
- Plenty of film
- Lead Protective Film Bags
- Camera bag
- Lens filters
- Cleaning Fluid/Tissues
- Lens Brush/Puffer
- Extra Batteries/Charger
- Flash & Flash batteries
- Zip-lock bags
- Camera instruction book
- Stick-on labels for film
- Video Camera/Charger
- Blank video tapes

SUNDRIES

- Passport
- International Certificate
- Vaccinations-Health Card
- Airline tickets/vouchers
- Money Pouch
- Credit Cards
- Travelers Checks
- Small calculator
- Sunglasses
- Prescription glasses
- Eyeglass case
- Small Alarm Clock
- Converter/plug set
- Binoculars
- Small flashlight
- Sewing kit
- Small scissors
- Kleenex
- Handi-wipes
- Zip-lock bags
- Travel clothes line
- Pillowcase for dirty clothes
- Small notebook or journal
- Pen
- Deck of cards
- Books/Magazines
- Address book for postcards
- Photocopy of passport and airline tickets
- Hard candy
- Bandana
- Extra sm. Collapsible bag
- Neck pillow for airline travel

OTHER

***Clothing should be comfortable**

