

## **Avenue of the Volcanos Information Pack**

### **Trip Insurance:**

All participants must have suitable travel and emergency medical insurance cover to embark on one of our events. This is a condition of participation mentioned in our T&C's. A policy from any insurer with the correct level of cover will be acceptable. Please send us a copy of the policy wording showing specific cover for your trip, along with the policy number for our records.

If you do not have suitable insurance cover, we recommended clients take a policy from **World Nomads**. Their insurance policies have been designed by travellers for travellers, with coverage for more than 150 activities as well as emergency medical, lost luggage, trip cancellation and more. Please use the World Nomads link at Step 3 of the Sign Up page on our website to be taken to your personal policy quote.

Please email us a copy of your policy certificate for our records.

### **Flights:**

You are responsible for booking your flights at the correct time. We normally check the flight status and details of our participants to monitor whether they are arriving for the event on time. However, you remain fully responsible for monitoring your flight status. PJS takes no responsibility for any customer errors that occur regarding arrival or departure times, dates, or other issues in connection with flight travel.

Please make sure you email us a copy of your flight itinerary as soon as possible, no later than 60 days before departure.

### **Visa & Passport:**

It is your responsibility to fulfil all passport, visa and other immigration requirements applicable to your itinerary. We can provide general information about the passport and visa requirements for your trip, but this is for guidance only.

Although we require your passport details for our Online Registration, your specific passport requirements are your responsibility. Please check your passport is valid for your dates of travel. Ecuador has a very lenient visa policy, and citizens from most countries can enter and stay without a visa – but only up to 90 days. Please check your visa status online if you hold a passport from any African, Asian or Middle Eastern (excluding Israel) country.

### **Vaccinations:**

Participants should all have up to date vaccinations for Tetanus, Diphtheria, Hepatitis A, Typhoid. It is optional to have vaccinations for TB, Meningococcal Meningitis, Hepatitis B, Rabies, Cholera. We highly recommend having the **Yellow Fever** vaccination.

### **Malaria Medication:**

Risk is present in all regions (cities and rural areas below 1500 m / 4921 ft), especially in the northwestern provinces of Esmeraldas and Carchi, and the Amazon provinces of Morona-Santiago, Pastanza, Orellana, Napo and Sucumbíos, including on river cruises in the Amazon. For all other areas, take meticulous anti-mosquito bite measures.

The cities of Quito, Guayaquil, and Cuenca, the Galapagos Islands, and high-altitude areas in the Andean valleys are risk free. High risk months for Malaria are January to December

### **Altitude Sickness:**

Most people experience some symptoms of Altitude Sickness (AS) at some point on the trek. This will normally be limited to headaches and nausea, as well as finding it a little more difficult to eat, drink and sleep. These symptoms are not severe but will make your journey a little uncomfortable for a short time. To prevent these symptoms as much as possible, we recommend going to your family doctor and asking for a script/prescription for Acetazolamide, usually sold under the trade name Diamox. This is a drug given for Glaucoma symptoms, but is also used for the treatment of AS.

### **Regular Medication:**

Our team are not medical experts. We encourage you to visit your family doctor to discuss you medication requirements.

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist
- These should be carried in your hand luggage when travelling on flights
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- When taking out an appropriate level of travel health insurance including repatriation, specify cover for any pre-existing illnesses

### **Pre-Existing Medical Conditions**

Please assess for yourself whether you are fit and able to take on this challenge. Please review this detailed Information Pack, our website and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the adventure more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures, we cannot guarantee that this will be possible.

### **Medical Support**

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the trip to support with medical matters related to the trip environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive for pre-existing medical conditions and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the trip leader.

### **Kit List:**

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. The benefits of a comfortable day sack cannot be underestimated, so make sure that you get one fitted in-store and train with this. Other essentials are high quality waterproof and windproof jackets and trousers, technical/wicking t-shirts rather than cotton shirts, and a light down jacket. Everything listed on the Kit List at the end of this pack is essential.

### **What to Wear for Your Outbound Flights:**

If your checked in luggage gets lost/delayed, it could take a couple of days to catch you up. You won't be able to start your trek without your boots and essential clothes, so wearing or carrying them for the flight is advisable.

- Walking boots
- Walking socks
- Trekking trousers/pants

**Communication:**

Wi-Fi is available at the Hosteria, however there will be little to no phone reception on the volcano hikes, you should assume that there won't be connection. Even known areas of connection are subject to weather and cloud cover.

**Local Staff Tips:**

We have a standard recommendation for staff tips. This amount is based on the total number of crew members and their job titles. We will notify you of the recommended tip amount for your trip approx. two weeks before departure. It will be collected from everyone on the final night, and then distributed to the whole crew. As we need to split the cash into each crew section, please try to bring small notes, such as \$10, \$5.

## KIT LIST

### RUCKSACKS AND BAGS

- Day Pack 20lt – 35lt

### FOOTWEAR

- Walking boots with ankle protection
- Hiking socks
- Sturdy comfortable shoe

### EQUIPMENT

- LED Head Torch (plus spare batteries)
- 3lt Water Bladder
- 2 x 1lt Water Bottles (Nalgene)
- Sunglasses
- Daily Snacks (tracker bars, dried fruit, chocolate, nuts)
- Walking poles

### CLOTHING

- Waterproof Jacket
- Waterproof Pants/Trousers
- Down Jacket – light 300 down fill
- Windproof softshell jacket
- Lightweight fleece tops
- Wicking long sleeve t-shirt
- Trekking Pants / Trousers (not jeans)
- Underwear (light and wicking)
- Neck Buff
- Sun Hat
- Thermal Hat
- Thin Liner Gloves
- Casual clothes and personal items for at the Hosteria and journey home

### **TOILETRIES**

- Toothbrush & Toothpaste
- Antibacterial Liquid Soap
- Baby wipes
- Lip Sun Protection Stick
- Deodorant
- Insect repellent containing DEET
- Malaria tablets (under advice from your doctor)
- Aftersun/Moisturiser cream
- Sun Cream/ Protection (min SPF30)

### **PERSONAL ITEMS**

- Camera
- Contact lenses (plus spare glasses)
- Small First Aid Kit
- Pain killers
- Band Aids
- Compeed blister pads
- Diarrhoea tablets
- Electrolyte Tablets
- Your own medication
- Knee support (if you normally need and use)

### **DOCUMENTS**

- Passport  
(Make sure you have at least 6 months left on your passport expiry date)
- Photocopy of passport  
(Keep a copy at home and a copy in your travel bag for emergencies)
- Travel insurance  
(Suitable insurance available from World Nomads, via the PJS Challenges website)
- Visa (please check in-country requirements)
- Flight Tickets (e-tickets)
- Cash (US Dollars)
- Credit card



### **Technical Kit**

**These items will be supplied by us for those taking part in the technical climbs**

- Plastic climbing boots
- Crampons
- Helmet
- Rope
- Climbing harness
- Locking carabiner
- Ice axe
- Thermal mittens