

## **Details for Guatemala AWLS Conference**

### **Weather**

We expect it to be warm during the day in the highlands and cold at night (5 to 10 degrees C) and then it'll drop to between 10 deg C and freezing at 4,000m. Bring appropriate rain gear / warm clothing. See gear list

### **Kit**

We'll probably travel with the majority of our kit in a duffle bag or holdall and breakout the backpacks as and when we need them. For the river rafting, you may want a small 5 litre waterproof canoe bag to put in some spare clothes, camera, snacks, etc. but the transport will be at the end to meet us and you'll be at the hotel soon afterwards.

For the Tajumulco trek, you may want to consider what you would normally carry for an overnight camp, plus group/team equipment (Pans, food, stoves, tents etc), which we supply and share out equally. A 50-65 litre rucksack may suffice but depending on the size of your sleeping bag and packing ability, you may opt for larger pack. There will be some extra mountain gear available for loan or rent - please ask if needed. (Waterproofs, warm clothing, hats, sleeping bags etc).

When we're out and about the bags will either stay in the vehicle (Attended by the driver) or in the local hotel. I would recommend putting a lock on your bags to deter the opportunist as an extra safety precaution.

### **Money**

The transport, accommodation and most main meals will be supplied by us, as will the packed meals etc for the mountain. You will really only need money for snacks on the road, a few meals, alcohol, tips to mountain guides, zip-lining (optional) and gifts/souvenirs. There are a plethora of Mayan crafts from miniature temples and hand crafted crockery to rugs, masks and woven clothes. Local beer is fairly cheap, whereas imported brands can be as expensive as US prices. We can exchange money once in Guatemala at most banks. However, you may want to exchange a small amount in the airport for convenience.

You may wish to tip your guides if you are happy with their service. Services you may wish to provide tips for might include: The local tour guide and river rafting instructor, the mini bus driver, and the mountain guides.

## **Snacks**

As we'll be either on the road or in fairly remote areas for parts of the trip, the choice of snacks will be limited. If you have any favorite snacks, energy bars, gels etc for the journeys or mountain trek, it might be worthwhile trying to bring some with you.

## **Comms/Internet**

I know most of you have busy schedules and are going straight on to other trips/work: there will be internet in most accommodation locations on most days or in adjacent restaurants. We'll have cell phone coverage in most places too, apart from the rafting trip and the top of Tajumulco.

## **iPAD**

We'll be running some realistic scenario based exercises and whilst there won't be any vertical mountain rescue going on, it may be beneficial to know some simple knots for improvisation techniques. We recommend bringing your iPad or iPhone along if you have one and we'll share some cool apps related to the course along the route. A useful one to start and download for the road might be 'Knots 3D' which costs \$0.99.

## **Flights Information and Application Forms**

Please download or print off the Registration forms from our website. I would be extremely grateful if you could send me those documents as soon as possible please so I can make copies prior to your arrival and work out any potential medical issues.

Please fill out medical forms, application (don't need references), global rescue information / policy number or equivalent rescue insurance information, and send us your flight details once flights are booked. Please either scan these and email to us or put in mail.

Wild Med Adventures  
138 Kennedy Road  
Belchertown, MA 01007

## **Medical**

If you have any concerns or needs regarding your stay here and you wish to discuss them, please feel free to let me know and I can call you to discuss (in confidence). Also, please be up to date on vaccines and bring malaria prophylaxis mainly chloroquine or doxycycline. You do have an opportunity to go inside some caves and other remote areas so I recommend Rabies Vaccine, but please discuss with your travel doctor.

[http://wwwnc.cdc.gov/travel/destinations/traveler/none/guatemala?s\\_cid=ncezid-dgmq-travel-single-001](http://wwwnc.cdc.gov/travel/destinations/traveler/none/guatemala?s_cid=ncezid-dgmq-travel-single-001)

## **Arrival and accommodation**

Someone from the team will meet you at the airport upon your arrival. It'll either be one of the Course Instructors or Max (our local tour guide) with a Wild Med Adventures placard. We will be there on time, however, in case we encounter a local problem (Random road closure, accident, natural disaster...) and we're not there... please A) Wait for us and/or email us to confirm the situation B) DO NOT take a taxi or public transport.

The hotel is a 5-10 minute drive depending upon the time of day and traffic, we'll help you check in and then leave you to relax for the evening before meeting at 0530PM that evening for introduction.

GEAR - please double check the gear list not everything is needed but please review closely and if you have questions let us know. The Gear List is listed below and will also be uploaded to our website.

All the best and look forward to our adventure.

Cheers-  
The Wild Med Adventures Team