

Best of South America

Supplemental Information

Additional Expenses:

If you budget \$15 for each lunch and \$30 for each dinner, you will know approximately how much you need for meals.

Keep in mind you are on land for 13 days.

Included: 13 breakfasts, 4 lunches, and 9 dinners

Not Included:

Lunch	9	x	\$15	\$135
Dinner	4	x	\$30	\$120
Total Meal Expense				\$255
Brazil Visa Fee				\$95
Optional Excursions (none planned)				\$0
Total Additional Expenses				\$350

Weather Information:

Day temperatures range between approximately 62° to 81°. The mornings and nights will tend to be cooler, at an average of 51°. It is very difficult to predict the weather, so be prepared for extremes – 30° to 90°. At our group briefing we will give you the most current temperatures

We found that layering your clothes works best. Start with an undergarment; add a shirt and then a jacket, if needed. Rain, as well as sun, protection is always recommended.

Special Notes:

If you plan to use electrical items, you must bring a **converter** and an **adapter** (*two round prongs - Type C*). A **money belt** is highly recommended. You can find them wherever luggage is sold. It's **not necessary** to buy foreign currency in Hawaii. Take your credit card, ATM card, and U.S. *clean & crisp* cash, and we'll be fine.

Medical Info:

Currently there are **no vaccinations REQUIRED** for our journey. There are medical risks in these areas and the **Centers for Disease Control (CDC)** does offer a list of recommendation. We strongly suggest you talk with your physician about any trip and/or consider visiting a travel clinic like Straub, Queen's Medical, Kaiser or Weinstein Pharmacy. Chances are it's covered by your health insurance.

I recently went to Straub's Travel Clinic recently and for this journey they recommended:

Yellow Fever (lifetime), Hepatitis A & B (lifetime), Typhoid, Influenza (flu), Measles, Rabies, & Malaria. If you travel or plan to travel to second/third world countries often, it's good to have many of these vaccinations. A number of these issues can be prevented by taking precautionary measures while traveling (see *What if I get sick on our journey?* In our Pre-Departure flyer.).

** I HIGHLY recommend **Altitude Pills** (*someone always faints or ends up in the hospital*).