



Galapagos 2015

FLIGHT SCHEDULES

<u>Airlines & Flight #</u>	<u>Date</u>	<u>From</u>	<u>To</u>	<u>Depart</u>	<u>Arrive</u>
Delta Airlines 2146	26 MAY	Rochester	Atlanta	12:00 PM	2:14 PM
Delta Airlines 673	26 MAY	Atlanta	Quito	6:05 PM	10:28 PM

Galápagos flights are booked locally

Delta Airlines 680	07 JUN	Quito	Atlanta	11:30 PM	5:45 AM
Delta Airlines 2146	08 JUN	Atlanta	Rochester	9:15 AM	11:22 AM

- All times are local. Ecuador does not observe daylight savings time, so Quito is one hour behind Rochester. Galápagos is in the same time zone as Chicago, so the islands are one hour behind Quito.
- You need to arrive at the airport in Rochester two hours before flight time.
- I will give you colored cable ties and to attach to the handle of your luggage. That will make it easier to find our luggage at the airport baggage claim. I will bring some extra cables with me to the airport.

ROOMING ASSIGNMENTS

Mark	Buckley + Rothman
Leslie	James + Solon + Blake
Laura	Emily + Brenna + Alia
Austin + Connor	Jordan + Katrina + Melody
Jessica + Kim	

MONEY:

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- The currency in Ecuador is the US dollar. Ecuadorians generally do not accept bills larger than \$20
 - All of the shops in the Galápagos and Quito accept major credit cards.
 - Street vendors only take cash (small bills preferred).
 - When I was there last, the kiosk at the Darwin station only took cash (but that may have changed). You may want about \$50 for official Darwin Station tee shirts and paraphernalia.
 - Meals are covered, but any food you may want in transit, or additional snacks, etc. are not.
 - Water, juice, coffee, tea, etc. are served at meals and are included. Other beverages (beer, mineral water, coke etc.) are not.
 - There will be ample opportunity for souvenir shopping in Quito and Galápagos. I have seen the extremes – nothing to hundreds of dollars. Your call on that. Plan Accordingly
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CLOTHING:

Mainland:

You should dress as in any city - shirts, slacks, or dresses for women. We will be going into several cathedrals so you should dress tastefully - women should not have bare shoulders. Shorts are unacceptable by Ecuadorian standards for both men and women. It may be cool, possibly drizzly, so you should have a jacket. Wear shoes or sneakers.

Galápagos:

tee shirts (one per day)
grubby tee shirt - to keep sun off while snorkeling
3 pairs of shorts
1 pair of jeans for the highlands
socks
underwear
1-2 bathing suits
sneakers or good walking shoes for the highlands
Teva - type sandals or thongs
sweat shirt or wind breaker
2 - 3 bandannas to keep sun off neck
sun hat (a hat with a brim is better than a baseball cap)

HEALTH:

No inoculations are required, but you may want to make sure that your tetanus vaccine is up to date.

The only major health problems involve eating and drinking. The most common problem is "turista", which is caused by drinking the water (or eating fresh vegetables washed in tap water). Bottled water or other bottled beverages are fine. With a little prudence, "turista" is completely avoidable.

Even without coming down with "turista" you may occasionally suffer some diarrhea because you are eating unfamiliar foods. You should consult your physician about over-the-counter anti-diarrhea drugs like lomotil or kaopectate, or prescription medications.

In the past few years, cholera has become a problem in Ecuador, but this usually occurs in poorer areas where hygiene is inadequate. If you exercise the same care as you would for "turista", you will have no problems.

The one problem that virtually everyone may experience to some degree is seasickness. Although we are going to spend most of our time on land, we will travel by speedboat between islands, which can be a very bumpy ride. In most cases, over-the-counter remedies like dramamine are effective (if you take them before the symptoms occur). Please note that the over-the-counter remedies carry a warning for asthmatics. You should consult your physician. The other option is a scopalamine dermal patch. This is by prescription. I have been told that there are some side effects to scopalamine, so you may want to try a patch for a few days before we leave. Many people swear by sea-bands. These are elastic bands that fit over your wrist and apply pressure, somewhat akin to acupuncture.

Quito is at an altitude of over 9000 feet. You will feel the lack of oxygen! Usually this is limited to feeling a bit dizzy or out of breath after some exertion (e.g. running up the stairs). The worst is at night when you are trying to sleep, and are conscious of your heart pounding away. Occasionally people suffer from altitude sickness - severe headache and nausea. This can be treated with diamox, which you can get from your physician.

In all of the times that I have done this trip, the only serious medical problems have been those that the passengers brought with them!

IF YOU TAKE ANY REGULAR MEDICATIONS, PLEASE BRING AN ADDITIONAL 1-WEEK SUPPLY!

PLEASE CONSULT YOUR PHYSICIAN ABOUT ALL OF THESE HEALTH-RELATED ISSUES!

Personal Items:

personal medications	insect repellent
toiletries	sun glasses
sun block (SPF factor 30 or greater)	motion sickness medication
chapstick (with sunblock)	diarrhea medication

Equipment:

Camera: The most important piece of equipment is a camera. Different people have different photographic goals. Some want photos of people, some want landscapes, and some want animals. If you are interested in photographing animals, a halfway decent camera, especially with a telephoto lens, will give you magnificent pictures. Make sure that you know how to use the camera you are taking. The strong equatorial sun, bright beaches, and dark lava rocks can make photography tricky and it would be a terrible disappointment to lose precious pictures because you were unfamiliar with your camera. You should take plenty of film along because it is not always easy to purchase. I can easily shoot 2-3 rolls per day in the Galápagos. However, it depends on your interests. Many people like to take photographs while snorkeling. It is possible to take reasonable pictures with disposable underwater cameras but the quality depends on the ambient light at the time. As you think about camera equipment, remember that we will be climbing in and out of boats and it is always possible to drop something. My camera equipment is pretty good but not so expensive that it would be disastrous if I lost it. I am pretty fatalistic about it and take it everywhere. I have never had anybody drop a camera into the ocean but **it could happen**. Do not bring anything that you cannot bear losing.

Binoculars: Binoculars are helpful but not necessary in the Galápagos. I have two, a lightweight hand-size Bushnell 8 x 23, and a larger 10 x 42. The first number is the magnification and the second is a measure of how much light enters the binoculars. The higher this number is, the more light enters the instrument. I like the Bushnell because it is light and easy to carry. If you are just bringing a "point-and-shoot", you will probably appreciate a pair of binoculars. They are especially helpful for observing small birds like Darwin Finches.

Snorkeling Equipment: We will be doing lots of snorkeling on the trip. Snorkel equipment will be provided, but if you wear strong glasses, you may want to consider purchasing a prescription face mask. Most people have no problem with the temperature, but if you chill easily, you may want to think about a wet suit or a wet vest. The snorkeling conditions vary from year to year, but there will always be lots of sea lions and beautiful fish, and maybe penguins, and sea turtles as well. This will be a memorable part of the trip and you should come prepared for it. If you are really brave, you may want to bring an underwater flashlight for night snorkeling!

Day Pack
Water bottle
Flash light

US embassies in Ecuador:

Quito:

Avenida 12 de Octubre and Patria (two blocks from our hotel)
Phone: (011-593-2) 256-2890, extension 4510, during business hours (8:00 a.m. to 5:00 p.m.)
256-1749 for after-hours emergencies
Fax: (011-593-2) 256-1524
Web: <http://www.usembassy.org.ec>

Guayaquil:

Corner of 9 de Octubre and Garcia Moreno
Phone: (011-593-4) 232-3570 during business hours (8:00 a.m. to 5:00 p.m.)
232-1152 for after-hours emergencies
Fax: (011-593-4) 232-0904
Web: <http://www.usembassy.org.ec>

Language:

The national languages of Ecuador are Spanish and Quechua; Quechua is an Indian language. Only some older Indians in isolated areas do not speak Spanish.

Your guides will speak fluent English. The receptionist at the hotel in Quito will speak English. The airline staff on international flights will also be bilingual but English is generally not spoken on domestic flights.

Your waiters, drivers, porters, hotel staff on the mainland, and crew members on the yachts in the islands do not speak English. It would add to the enjoyment of your trip if you took a small English/Spanish dictionary and tried to learn a few general key phrases before your departure. Ecuadorians enthusiastically welcome any attempt to communicate in their language.

SOME USEFUL SPANISH PHRASES:

Please:	POR FAVOR
Thank you:	GRACIAS (grah-see-ahs)
You're welcome:	DE NADA (day-nah-dah)
Hello:	HOLA (oh-la)
Goodbye:	Most Ecuadorians use the term CIAO
Good morning:	BUENAS DIAS (bway-nohs-dec-ahs)
Good afternoon/evening:	BUENAS TARDES (bway-nahs-tar-thes)
Good night:	BUENAS NOCHES (bway-nahs-no-ches)
How are you:	COMO ESTA USTED (koh-moh es-tah oo-steth)
I am fine, thank you:	ESTOY BIEN, GRACIAS (eh-stoy bec-en)
What is your name?:	COMO SE LLAMA USTED? (koh-moh say yah-mah oo-sted)
My name is :	ME LLAMO (May yah-moh)
I am Canadian:	SOY CANADIENSE (soy kah-nah-dee-cn-say)
I am American:	SOY ESTADOUNIDENSE (soy ch-stah-thoh-oo-nee-then-say)
Where is :	DONDE ESTA? (Don-de-stah)
Where is the washroom?	DONDE ESTA EL BANO? (don-de-stah el bah-nioh)
I am lost:	ESTOY PERDIDO (Eh-stoy payr-dee-doh) Women say PERDIDA
Please help me:	AYUDAME, POR FAVOR (ah-yoo-the-may, por favor)
I don't speak Spanish:	NO HABLO ESPANOL (noh ah-bloh e-spah-niol)
Do you speak English?:	HABLA USTED INGLES? (ah-blah oo-sted ecn-glcs)
How much does it cost?:	CUANTO CUESTA? (kwan-toh kway-stah)

Food:

I do not eat :	NO COMO (no koh-moh)	bread:	PAN (pan)
breakfast:	DESAYUNO (des-ay-oo-noh)	eggs:	HUEVOS (way-vohs)
lunch:	ALMUERZO (ahl-mayr-soh)	vegetables:	LEGUMBRES (lay-goo-brays)
dimcr:	CENA (say-nah)	cheese:	QUESO (kay-soh)
juice:	JUGO (hoo-goh)	fruit:	FRUTA (froo-tah)
milk:	LECHE (lay-chay)	meat:	CARNE (car-nay)
wine:	VINO (vee-noh)	bacon:	TOCINO (toh-see-noh)
beer:	CERVEZA (sayr-vay-sah)	ham:	JAMON (hah-mon)
tea:	TE (tay)	steak:	LOMO (loh-moh)
coffee:	CAFE (cah-fay)	fish:	PESCADO (pes-kah-th)
sugar:	AZUCAR (ah-soo-car)		
salt:	SAL (sal)		
butter:	MANTEQUILLA (man-te-kce-yah)		

NUMBERS:

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|-----|---------------------------|--------|-----------------------------------|
| 1. | UNO (oo-noh) | 20. | VEINTE (vayn-tay) |
| 2. | DOS (dos) | 30. | TR.ENTA (tren-tah) |
| 3. | TRES (tres) | 40. | CUARENTA (kwah-rcn-tah) |
| 4. | CUATRO (kwah-troh) | 50. | CINCUENTA (seen-kwen-tah) |
| 5. | CINCO (seen-koh) | 60. | SESENTA (say-scn-tah) |
| 6. | SEIS (says) | 70. | SETENTA (se-ten-tah) |
| 7. | SIETE (see-e-tay) | 80. | OCHENTA (oh-chcn-tah) |
| 8. | OCHO (oh-choh) | 90. | NOVENTA (noh-ven-tah) |
| 9. | NUEVE (nway-vay) | 100. | CIEN (see-en) |
| 10. | DIEZ (dcc-es) | 500. | QUINIENTOS (kccn-ien-tohs) |
| | | 1,000. | MIL (mcel) |