

Travel & Logistics

Wofford College Sea Kayaking Expedition

Welcome to NOLS Mexico!

The Quick Run-Down

- Fly with your group into Loreto, Baja California Sur, **Mexico** (Airport Code: LTO) on Friday, January 10.
- **Desert & Sea Transport** will pick you up at the Loreto airport on Friday, January 10.
- Fly out of Loreto with your group, Baja California Sur, **Mexico** on Saturday, January 25.
- You must have a **valid passport**.
- You must get a visa at the airport valid for at least 30 days.
- Questions? Call NOLS Professional Training at (800) 710-6657 x 2720.

Travel to Your Course

NOLS will provide ground transportation through “Desert & Sea Transport” (contact information below) to our facility near Mulegé, Baja California Sur on Friday, January 10, which is your arrival date to the Loreto airport, .

When you arrive at the airport, look for the “**Desert & Sea Transport**” booth as you exit Mexican customs. Desert & Sea is our transportation service, of choice and on the day before the start of your course, their representative will have a roster for your group and display a NOLS sign to help you locate them.

If you are delayed and will not make the pick-up at the Loreto airport, please contact the NOLS Professional Training at (800) 710-6657 x 2720. If your luggage is delayed, it will likely take more than one day to arrive in Mexico. When you fill out your baggage claim form at the airport, you should use the NOLS Mexico address so the airline can deliver it to you.

NOLS México
(Your name)
Rancho El Coyote
Carretera Loreto/Mulegé KM 107.5
Baja California Sur, México

Returning Home

You will finish your course at our facility. Students spend the last night of their course with NOLS, and leave early on the following morning. NOLS will provide ground transportation to the airport the morning following your course end date.

Inclement weather could delay the ending of your course. This is uncommon, but we will always choose safety before punctuality. NOLS will inform Wofford College if your course will be so late as to affect your travel arrangements.

Traveling in Mexico: You must have both a passport and a Mexican visa.

Passport

You must have a passport that will be valid for the duration of your stay. If you have a passport, check the expiration date. Passports are generally valid for a period of ten years from the issue date. If you do not have a passport you should apply for it immediately. U.S. citizens can get a passport application at your local post office or the U.S. State Department web site: <http://travel.state.gov/passport> We recommend that you leave a photocopy of the information page of your passport with someone at home. This will facilitate replacing the passport should you lose it.

Visa

To travel in Mexico legally during your course, you must have a Mexican FMM visa (“multi-purpose tourist/business card”) valid for at least 30 days. All students flying in will receive a visa form from the airline when they board their flight for México (the fee for the visa is included on the flight ticket). **Keep your tourist card safely with your passport. Mexican**



NOLS Professional Training
284 Lincoln Street, Lander, WY 82520
(800) 710-6657 ext. 2720

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Immigration will fine you \$40 upon leaving the country if you lose it.

Crossing the Border

To board all flights entering Mexico you must present the following documents:

- A valid passport.
- If you are **not a U.S. citizen**, you may need to apply for a visa in advance. Check with the Mexican embassy in your country of origin before leaving.

Mexican Customs Service may stop you during your border crossing for a routine inspection. If you are stopped, Customs will inspect your luggage. If you are carrying prescription drugs, we suggest you bring a copy of the prescription. If you have natural medicines or vitamins that are not in the original container, bring a written description of how they will be used, as this can help avoid misunderstandings.

Personal Belongings

NOLS can store a minimal amount of your personal belongings while you are on course. Keep your luggage to a minimum and avoid bringing anything that isn't on the equipment list. Items that you don't need will be packed up for storage. Although due care will be taken, there may be times during the course when your gear will be stored in remote regions with little or no supervision. **NOLS assumes no liability for lost, stolen or damaged personal property while in our care.** You will need to obtain personal insurance if you wish to be reimbursed for loss, theft or damage of your belongings.

Telephones

NOLS Mexico does not have telephone service. Emergency phone calls should be directed to the NOLS Professional Training at (800) 710-6657 x 2720. Nonetheless, if you are in the field, it may be days or weeks before we can get a message to you. **Once your course begins, there is no opportunity for you to make phone calls until you return to the Loreto airport at the end of your course.**

Do not plan to phone home to confirm your arrival at NOLS Mexico.

Internet

There is no student Internet access at NOLS Mexico.

Questions?

If you have any questions about traveling to and from Mexico, visa requirements, or other travel concerns, call the NOLS Professional Training at (800) 710-6657 x 2720. All correspondence should be directed to:

**NOLS Professional Training
284 Lincoln St
Lander WY 82520-2848
Fax: (307) 332-8811**

Health and Medical Information

International travel poses special health considerations. NOLS strongly advises that all students traveling to international courses carefully consider what vaccinations or inoculations are required, recommended or suggested for their specific travel itinerary:

- Consider what countries you are traveling through both to and from your course.
- Read the NOLS course description for information on where the course will be traveling within the country. Most NOLS courses do not follow customary tourist itineraries.
- Consulting with a physician, travel medicine specialist or other health care professional.

To guard against infection while traveling in a foreign country, **routine immunizations should be current.** These include tetanus and diphtheria, measles, mumps, rubella and polio. A series of inoculations can take months; we suggest you begin early.

Regulations and recommendations can change. NOLS suggests some specific inoculations based on information from the



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United States Centers for Disease Control (CDC), through consultation with health officials in the specific region of the countries where courses are conducted, and through our experience in the specific country. The final decision about which inoculations you receive is your responsibility. There are many sources of information and some of the information is contradictory. In addition to consulting with your health care provider, the following organizations provide useful information:

- U.S. Centers for Disease Control either via the CDC International Travelers Hotline (404) 332-4559 or their website: www.cdc.gov/travel/index.htm.
- International Association for Medical Assistance to Travelers (IMAT), 417 Center St, Lewiston NY 14092, (716) 754-4883.
- Shorelands Travel Health Online: www.tripprep.com.

Inoculations you receive should be recorded in the official document, *International Certificate of Vaccination*, available from the U.S. Public Health Service or from your doctor. This is also a good place to record your prescriptions, eyeglass needs, medical problems such as allergies, and any other information of a medical nature. Please record your blood type on the front page of this booklet.

Mexico-Specific Inoculations

There are **no inoculations required for entering Mexico**. We recommend that you are up-to-date on all vaccinations normally recommended in the U.S. Please be sure that your tetanus booster shot is current. The CDC recommends receiving the hepatitis vaccine or immune globulin. Immune globulin should be administered as close as possible to the starting date of your course. We recommend that you consult your physician regarding any specific medical questions that you may have about traveling in Mexico.

Traveler's Diarrhea

Diarrhea is by far the most frequent health problem of travelers to Mexico. Traveler's diarrhea is caused by a variety of infectious agents and the spectrum of clinical illness varies considerably. This illness in travelers, however, is usually not severe, and complete recovery often occurs even in the absence of treatment. We do not recommend prophylactic use of non-antimicrobial or anti-motility agents (Lomotil, Imodium) due to the possible troublesome side effects. Instead of using an anti-diarrhea prophylactic, we recommend that you be careful of what you eat and drink. If problems occur, your instructors will be able to recommend treatment, or assist you in getting medical treatment.

