



**Alaska Mountain Guides  
International Inc.**



## **MEXICO VOLCANOES PRE-DEPARTURE & TRAVEL INFORMATION**

### **MEXICO CITY**

Mexico City is the starting and ending place for our trip. It is a fascinating city, rich with history and culture. We stay here the first and last night of our trip.

### **AIRLINE TICKETS**

Make certain that your ticket matches the full name on your passport. Plan your arrival in Mexico City not later than the morning of the first scheduled day of the trip. If time permits, we recommend arriving one day early to provide leeway for any flight or baggage connection trouble. Please make certain that we have your flight and arrival information so that we can meet you at the airport! Make certain to reconfirm your flights.

### **TRAVEL INSURANCE**

*We highly recommend purchasing travel insurance for your trip.* Travel insurance policies frequently cover costs associated with plane tickets, personal or medical emergencies, rescue, evacuation, trip cancellation, and theft. Individual participants are responsible for any costs associated with leaving the trip early for any reason. Resources for travel insurance include:

**Access America** – (800) 284 8300 – Provides general travel insurance excluding: mountaineering, rock and ice climbing, treks and climbs to elevations above 9,000ft, and backcountry skiing. Visit the website for more information: [www.accessamerica.com](http://www.accessamerica.com)

**Travelers Insurance** – (800) 243 3174 – Provides general travel insurance excluding: technical mountaineering and rock and ice climbing. Visit the website for more information: [www.travelinsured.com](http://www.travelinsured.com)

**The American Alpine Club** – (212) 722 1628 – Worldwide rescue insurance is included with a club membership however general travel insurance is not. Visit the website for more information: [www.americanalpineclub.org](http://www.americanalpineclub.org)

### **VISAS**

No visa is required before arriving in the country.

### **IMMUNIZATIONS**

There are some suggested immunizations, but none that are required. We recommend that you check with your doctor for the most current immunization information. If you have received immunizations, either in the past, or for this trip, make certain to bring your immunization book/card. You can also contact the Center for Disease Control [www.cdc.gov](http://www.cdc.gov). For

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travel health information pertaining specifically to Mexico, you may want to link to <http://www.cdc.gov/travel/camerica.htm>.

### PHOTOCOPY ALL DOCUMENTS

Make certain to copy your passport, airline tickets, credit cards, traveler's checks, immunization book etc. This can be very helpful in the event that anything is lost or stolen.

### BAGGAGE

Flying to and from the U.S. you are allowed two 50 lb. bags. If you travel through other countries for a stopover you may be charged excess baggage fees for anything over 44lbs. (20 kilos) each flight. If possible, pack your backpack and gear inside a large duffel bag. This protects your equipment as you are traveling.

### ARRIVAL/DEPARTURE TAXES

Currently there is no arrival or departure taxes in Mexico.

### CURRENCY

Traveler's checks and cash are both easily exchangeable. ATM's with the Cirrus network are widely available and work well. You can usually withdraw up to \$300 a day from your account, check with your bank before traveling.

### CREDIT CARDS

Visa, Master Card and Diner's Club are widely accepted. American Express cards are also accepted in some places.

### SPENDING MONEY

We recommend bringing at least \$400 cash or travelers checks for Mexico City hotels, restaurants, gifts, and travel after our climb. Always carry a credit card for emergencies as well.

### HOTEL

If you are planning on arriving in Mexico City early, or, if you wish to extend your stay after the trip, we would be happy to assist you with hotel reservations. The hotel we use is <http://www.hotelcatedral.com/> Rooms are in the 40-60 dollar range.

### LOCAL TRANSPORTATION

From Mexico City we will take a private van and 4X4 Vehicles to the start of each climb.

### LANGUAGE

Spanish is the official language, but English is common.

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### TREKKING DIFFICULTY

All trekking is moderate, progressing to difficult at higher elevations. Trekking days are usually four to eight hours, in some cases climbing up to 2000 feet in a day. In general the weather is warm and sunny on the hiking days!

### CLIMBING DIFFICULTY

Crampon travel experience, the ability to self-arrest on a slope of 45 degrees and being comfortable using an ice axe are required.

### TRAINING

As with any strenuous trek or climb the appropriate training before hand will ensure you the best possible experience. In addition to your regular fitness routine, we recommend that you take day hikes carrying a 20-50 lb pack and wearing your climbing boots. Don't hesitate to contact us if you have any questions on specific training programs.

### FOOD

The food is nutritious, and carefully planned to provide the energy we need. Climbing and trekking at altitude require three to four times the caloric intake necessary to perform the same work at lower elevations. In order to meet these caloric demands we will be eating more high calorie food than usual. Please let us know if you have any dietary restrictions or foods that you will absolutely not eat.

### DRINKING WATER

All of our water will be treated with Iodine, water filters, or boiling. To be safe treat all water, or drink bottled water, before any big trip. The Polar Pure Crystal Iodine system is convenient and works well. Filters will not go above base camp because of their weight so Iodine tablets or crystals are essential.

### CLIMATE

Mexico is warm at this time of year, with daytime temperatures generally in the 80's and 90's. Trekking temperatures can vary from warm days to cooler nights, and temperatures high on the mountain can reach as low as -10F.

### MEDICAL

Please make certain to answer the questions regarding health on your registration form. We also recommend that everyone check with their doctor to learn about the possible effects of high altitude and hot climates. If you require any personal medications, or, have any pre-existing medical problems, make certain to re-confirm with your guide upon arrival.

*Do not hesitate to contact us if you have any questions, or, if you would like any additional information.*

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