



GUARDIAN

## The Northern Coast of Colombia 16-Day Expedition *Trip Packet*

### Course Overview

This backpacking expedition will include hiking, spending days with the Indigenous, and camping all while immersed in the beauty of the La Sierra Nevada de Santa Marta. We begin our cultural expedition on a multi-day travel and exploration of the North Western part of the mountain range. After acquainting ourselves with the jungle, we head deeper into the mountain range to learn from the “Guardians” of mother nature. We live with the Kogui, one of the four main indigenous groups that call the mountain range their home. All sections of our expedition include an aspect of service. We aim to work with the communities we visit to reforest part of the mountain range, install sustainable septic systems, and provide water transportation resources to remote areas. Lastly, we continue to the most northern part of South America --Punta Gallinas-- where we will have the opportunity to learn the traditions, culture, and beliefs of the Wayuu in one of the most spectacular locations in the Caribbean.

### Backpacking Skill Development

A major focus of this expedition is to have participants become familiar and competent in the necessary skills to backpack in the wild and around the world. By the end of the trip, participants should feel like they know how to plan a trip to another country or in the wilderness and how to travel to that place with only the necessary equipment.

***This is not an expedition for individuals that cannot hike for 3+ miles in a day.*** On certain days, especially while traveling in the jungle we may walk for 3+ miles to reach a destination. However, keep in mind that not every day is as intensive as this and there will be plenty of opportunities to rest and relax. Having a mile time to run can give you a more concrete idea of how hard it is to walk with a pack - we use a 11:30 mile (no walking allowed) to gauge if participants have the necessary aerobic fitness for our expeditions.

### Service Projects

A large component of our expedition is to promote a sustainable way of travel and tourism that uses our tuition money, group and community energy to leave lasting positive impressions. We believe tourism and experiences in nature that give us long lasting memories that shape our life depend on the longevity of natural and wild areas. Increasing tourism is inevitable in this area of Colombia, Guardian serves an avenue to actively install systems that improve sustainable and regenerative tourism. Without the ever abundant biodiversity nature provides, the resources we depend on like water and food would cease to exist. Instead of depending on another NGO or Non-profit organization to help in a positive way, we will take it upon ourselves to make the change we wish to see in the world.

For example, during our Quebrada del Sol section we aim to plant over +1000 native and fruit trees on degraded coca and marijuana farmlands that were active in the 70's and 80's. Fueled by the demand for illegal drugs in the US and Europe, these lands are now barren and provide very little to the community that lives near them. We will work with the community of Quebrada del Sol, and the neighboring indigenous communities to conduct a massive replanting project. A significant portion of participant tuition goes to acquiring the trees and tools needed to do a project like this.

In the same region, we also aim to install two composting toilet systems, one in Quebrada del Sol and the other in the Kogi village to serve as a method to dispose of human waste without causing further harm on the natural environment we visit. These toilets actively decompose human waste creating a rich fertilizer for the indigenous to use in their Cacao forest.

## **Indigenous Cultural Immersion**

During the trip, we will have a unique opportunity to spend days with the various indigenous tribes of La Sierra Nevada de Santa Marta, and the La Guajira regions. These people will give us insight into their creation stories, traditions, current beliefs and how current society has affected them. We believe in the transformative abilities a person undergoes when they spend time interacting and living with other cultures. The indigenous of the northern coast of Colombia are friendly, hardworking and kind people that seek to educate people of the world to learn how to protect the Earth. We value the creation and need for “Global Citizens” in a world with powerful forces of “Westernized Globalization” and the genocide of ethnic diversity.

*Every day, someone is speaking the last words of an ancient culture. When we ask “What does it mean to be human and alive?” there are responses from more than 3,000 different cultures around the world. **A major outcome of this expedition is to expand our perspective on this question.***

## **Accommodation**

Depending on where we are, we will use the most appropriate and comfortable housing option available. Expedition accommodation will range from tents, hammocks, entire home rentals, hostel dormitories, and hotel rooms. Due to the remote nature of some sections of travel, we will also be camping in 2 - 4 person tents. We use either MSR, Big Agnes, Mountain Hardware or Black Diamond tents designed to be lightweight and for all seasons. We will provide tents while traveling in remote areas, however participants are responsible for acquiring sleeping sheets and pads. All sleeping accommodations are gender-separated to reduce any complications between participants.

## **Food**

We acknowledge that dietary restrictions vary depending on the participant’s medical history or personal preference. Some of these restrictions can cause serious allergic reactions that require crucial medications for intervention. Currently, Colombia has begun to understand the importance behind vegetarian meals and will usually have a few options at every restaurant we visit. However, the variety of vegetarian and vegan meals is limited and will be supplemented by Guardian. We will offer different grains commonly found in the U.S., various local vegetables, exotic fruits, and trail bars/snacks from U.S. brands for participants to fit every dietary need possible. Our initial email communications focus on medical and dietary restrictions, we will work with every participant to ensure they are heard and their needs are met.

## **Safety & Risk Management**

Guardian Trip Leaders facilitate and work directly with local Colombian guides who have been certified and trained to handle any emergency situation that may arise. Our Trip Leaders have a Wilderness First Responder (WFR) or Wilderness Emergency Medical Technician (WEMT) certification that goes above and beyond any other tour/guide company in South America. We are trained medical care providers and have worked with individuals in remote areas of the world. Guardian is Licensed and Insured by Zurich American Insurance Company c/o Donald C. Pachner, Pachner & Associates, LLC, POB 140, Keene, NY 12942. **We also require additional travel insurance offered by World Nomads.** <https://www.worldnomads.com/usa/> for all participants before arrival.

In the event of a medical incident, we will assess onsite to determine if the incident is:

Class A). Requires immediate evacuation

Class B). In-field treatment can be managed and further evaluation by local doctors is needed.

For a Class A emergency, we will utilize all our resources to activate an immediate evacuation from the field to the local hospital. Travel insurance will be utilized for that participant in order for the patient to quickly return home for further medical treatment, if needed. In the event of a Class A or Class B incident, Guardian staff will serve as emergency First Responders to conduct any life-saving treatment, assist in evacuation and coordinate with designated “out-of-country” contact for that specific participant.

We utilize a network of local hospitals in our operating area to coordinate evacuations and use the best resources available in careful consideration of the injury/illness.

**The best hospitals we chose to work with are the following:**

Santa Marta Hospital - Cra. 19a #23-3, Santa Marta, Magdalena, Colombia, +57 5 4206465

Centro de Salud Guachaca - +57 318 2543506

Hospital Nuestra Señora de los Remedios - Cl. 9a #15139, Riohacha, La Guajira, Colombia  
+57 5 7270053

Hospital Our Lady of Perpetual Help a 6-59,, Tv. 8 #625, Uribia, La Guajira, Colombia

General Hospital of Barranquilla, Cl. 33 #33-09, Barranquilla, Atlántico, Colombia, +5753797582

**Covid-19 Risk Mitigation**

Due to an unprecedented pandemic, GUARDIAN - Cultural Expeditions & Wilderness Medicine will adapt to a new set of challenges while conducting an international expedition.

[PLEASE VISIT WORLD NOMADS PAGE FOR UPDATES HERE](#)

***Procedures to mitigate the spread and infection of COVID-19:***

**As of 11/11/2020**

**Total Cases - start of Pandemic:: 5,500,000      Current active Cases: 59,000      Total Deaths: 34,000**  
**Santa Marta Cases: 12,000**

- **HANDWASHING** - Please bring some personal hand sanitizer and soap. We will have enough to provide 1 bottle of hand sanitizer and soap to each person
- Please bring at least 1 mask or buff
- \*\*\*\*\*Please take a COVID-19 test **within five days of your departing flight**. This will give enough time for results before you depart. If possible get a test and its results as close to your departure date as possible.\*\*\*\*\*
- Do not get a rapid test, please get a PCR test to ensure accuracy, don't wait until the last minute to get a test
- \*\*\*\*\*Please quarantine for at least 14 days prior to the start of the expedition (December 16th)\*\*\*\*\*
- Quarantine, testing before leaving your home country, an additional test upon arrival to Colombia, facemasks and social distancing will be highly suggested so we can travel as a small “pod” while abroad.
- From 4 November, travelers no longer require a test to enter Colombia, however we will still take one
- Fill out an [\*\*immigration form online\*\*](#) between 24 hours and up to 1 hour before the flight

- Normal visa requirements apply. If you are a citizen of a country where a visa is required, you must obtain a visa before your trip. If you are flying from the US, no visa is required.
- Travelers have an obligation to report follow-up health checks via the mobile app 'CoronApp'. This is only if you end up having symptoms.
- We will try to take another COVID-19 test on arrival in Colombia however testing can be complicated and difficult.
- In the case of a participant contracting the disease COVID-19 we will ALL quarantine as a group until we can receive testing and clear ourselves of infecting others.
- In the event of an all group quarantine we will arrange all accommodation so we can easily quarantine together.
- You will not be able to travel on an airplane if you have symptoms of COVID-19.
- We encourage social distancing of 6ft from each other and the international community. However, due to the nature of our program we must accept that it may be difficult to maintain distancing.
- By signing the ASSUMPTION OF RISK & RELEASE AND INDEMNITY AGREEMENT you agree to any unforeseen risks we may encounter while on an international expedition including the inherent risks of contracting COVID-19.

## Deposit Policy

A \$500 deposit is required to hold your place on the program and is due no longer than two weeks after an acceptance decision is communicated. Once a signed Program Confirmation Form is received, participants are responsible for the \$500 deposit and other financial policies outlined in these Terms and Conditions.

## Tuition Refund Policy

In light of the uncertainty surrounding the coronavirus (COVID-19) outbreak, GUARDIAN is offering a modified refund policy for 2021 **international** program participants:

After the respective refund deadlines, should GUARDIAN choose to cancel any program due to changing circumstances participants will have three available options:

1. Transfer to a future GUARDIAN expedition or wilderness medicine course offered in 2021 or 2022 (space permitting).
2. Receive a full refund minus any unrecoverable flight fees

Should a participant choose to cancel for any reason after the refundable deadlines listed above, 20% of the program fees will be refundable up until 1 week before the scheduled departure date. Within 1 week of departure, all program fees become non-refundable. However, if a participant initiates a cancellation after the refund deadline and GUARDIAN later needs to cancel the program, the participant would receive a full refund minus unrecoverable flight costs (the same as a GUARDIAN initiated cancellation).

*\*The Updated Refund Policy is only for international programs. For US domestic semesters, our standard Refund Policy stated above applies.*

Because Guardian makes overseas commitments and other financial decisions on behalf of participants in advance of the program based upon enrollment, there are financial penalties which are applied in cases of participant cancellation. The following policies apply in all cases, regardless of the reason the participant chooses to cancel his/her participation in the program.

- All notification of participation cancellation must be received via email.
- If notice of participation cancellation is received within less than 7 days of scheduled program start, the participant will forfeit %50 of the tuition.
- Within 7 days of the program starting through the conclusion of the program, tuition is non-refundable for any reason, including but not limited to, physical or mental illness or injury, voluntary departure, personal emergencies, and participant dismissal. See "Guardian Rules and Regulations" below.

## Tuition Payment

*The full balance of program tuition is due 14 days prior to departure.*

Participants accepted within 30 days of departure must submit payment within 2 weeks of acceptance. Participants who are accepted within 14 days of departure must submit deposit immediately upon acceptance and full tuition before 7 days of departure. Please see below for full terms and conditions related to tuition payment.

## Program Itinerary

Our intention is to create a program that addresses the goals and program elements as listed in each program description. All participants and families are advised to note that program itineraries will change. When changes are made to incorporate participant goals and interests, adjust to the health of the group, or made necessary because of foul weather, problems with transportation, political unrest or any other unforeseen problem, we will work to structure the program so that it stays true to its original intent.

## Program Tuition Includes:

- All accommodation
- All meals
- All ground transportation
- Museum, park, and other entrance fees
- Donations to charitable causes in the host country
- Materials for service projects for areas we operate in
- Instructor, faculty, and extra guide fees
- On-site equipment rental (e.g. bike rental, snorkel rental, etc.)

**Not included** in tuition are personal expenses such as the cost of obtaining passports, visa fees, laundry, medical fees, cost of evacuation, airport taxes, email, health and travel insurance, extra baggage fees, phone calls, lodging before and after trip dates, academic supplies, etc. The cost of international airfare is not included in the tuition price.

## Air Travel

Participants will purchase their own airline tickets. Participants will receive specific information on how to arrive and depart dates/times to ensure we are all together at the start of the trip. Late arrivals or early departures are not allowed under any circumstances. **We suggest purchasing Flight Insurance with your ticket and arriving in Colombia during the morning or midday.**

Flights should be booked to either **Simon Bolivar International Airport (Santa Marta, Colombia)** or **Ernesto Cortissoz International Airport (Barranquilla, Colombia)**. The airport in Barranquilla is a 2 hour bus ride from Santa Marta and tends to have more frequent flights. *However, unless you do not have adequate Spanish language skills, we do not suggest you fly to Barranquilla.*

For flights to **Simon Bolivar International Airport (Santa Marta, Colombia)** - A Guardian staff member will meet every participant at the Santa Marta airport to assist with transportation to our designated meeting spot.

For flights to **Ernesto Cortissoz International Airport (Barranquilla, Colombia)** - Upon arrival to Barranquilla, you will need to take a Taxi to **Terminal Metropolitana de Transportes de Barranquilla S.A**, which is about a 8.5 km ride (22 minutes). From there you will need to take a bus headed for Santa Marta. There are various

companies including Berlinas, Brasilia and Copetran. We suggest taking Berlinas or Brasilia if possible, due to the less frequent stops these bus companies make. We can arrange pick up from Santa Marta Bus Terminal.

### **Program Cancellation and Rerouting**

Guardian reserves the right to cancel any program if there is insufficient enrollment or as a result of health, safety, or security concerns in the host country beyond our control. A full refund will be granted for canceled programs that arise out of insufficient enrollment, though Guardian is not responsible for other costs incurred by clients preparing for the program. For programs that we cancel due to any other event that is beyond our control, Guardian will refund all tuition less costs already incurred (Deposit/Tuition).

Guardian may choose to cancel or re-route a program that is in-progress if circumstances arise that, in Guardian judgement, make the continuation of a program no longer tenable. Circumstances that could result in a cancellation or re-route may include natural disaster, health epidemic, political turmoil, government recommendation, etc. In such situations, Guardian will explore reasonable alternative arrangements to re-route the program to another Guardian selected location or will cancel the program. Guardian will take reasonable steps to notify the participant of his/her options and otherwise limit the costs associated with the occurrence, to the extent possible. However, the participant agrees to be financially responsible for all costs expended on his/her behalf such as alternative international flight, travel, academic, and accommodation costs and to otherwise reimburse Guardian for any financial obligation incurred in this regard. Should a program be cancelled or a participant choose to not continue on a program that is re-routed, Guardian will determine what, if any, portion of unspent program fees may be refunded to the participant.

### **Special Trip Insurance**

Guardian is not responsible for costs associated with cancelled enrollment (such as cancellation due to a personal emergency), programs that cancel for reasons beyond our control or due to low enrollment, evacuations, and/or separations from programs. Examples of these costs are: tuition, non-refundable flights, and international flight costs incurred by program re-routing due to health, safety, or security concerns. We recommend that you talk with your insurance agent about special trip insurance that may cover these kinds of costs. As well, consult World Nomads at [www.worldnomads.com](http://www.worldnomads.com) for comprehensive Travel/Trip insurance at an affordable cost.

### **Medical and Evacuation Expenses**

It is the responsibility of the participant and his/her family to understand the limits of any medical and evacuation policy, and to provide up-front payment of emergency services when required. Consult World Nomads at [www.worldnomads.com](http://www.worldnomads.com) for comprehensive Travel/Trip insurance that covers Medical and Evacuation Expenses.

### **Guardian Rules and Regulations**

If a participant acts in a way that is injurious to himself or herself, people of the host country, other participants on the program, or generally conducts himself or herself in a way that is disruptive to the program or in violation of our policies, Guardian reserves the right to send the participant home without refund. Underage use of alcohol and the use of illegal drugs are a cause for dismissal. Participants sent home early or who voluntarily choose to return early for any reason, including but not limited to sickness, personal emergencies, or injury, will be responsible for all associated costs, such as medical costs, and related travel and logistical costs associated with an early departure.

### **Visa and Travel Documents**

Applicants must be in possession of a valid passport for international travel, complete with usable visa pages. The date of expiry must be beyond 6 months from the date of course departure. Upon admission to the program,

detailed instructions for acquiring appropriate visas will be sent to the applicant, however, participants are responsible for obtaining a visa specific to their nationality's requirements and restrictions.

For countries that require travel visas, Guardian can advise participants on the visa process and connect you with visa agents with whom we work, but we cannot guarantee that participants will be granted visas or directly provide services to obtain visas. Please research the visa process specific to your nationality and check in with the Guardian Admissions team as needed before finalizing travel plans for your program.

### **Health Requirements and Safety Considerations**

All Guardian programs are rugged, and all require good physical conditioning. If you have any questions regarding the physical demands of a program, please call or email our office. All participants will be responsible for submitting to us a completed health form that is signed by a physician, and that completely and accurately represents the current mental and physical well-being of the participant. Guardian staff have the right to disqualify any member from the group if considered medically necessary, and will do so if a participant or family member falsely represents the participant in interviews, the application, the participant's health form, or any other required paperwork. In the event of a medical emergency, Guardian will attempt to procure medical treatment; however, we assume no liability regarding provision of medical care. Participants are urged to check their insurance coverage for its adequacy when outside of their own country, or to purchase travel health insurance.

### **Limitations of Liability**

Participants and their parents will be required to read and sign an **"Acknowledgment and Assumption of Risk and Release and Indemnity Agreement"** prior to participating in our program.

### **Language Preparation**

We strongly urge participants to practice Spanish before embarking on the trip! While this is not a requirement, certain cultural elements are missed when a person cannot understand or speak the native language. We will facilitate our best with professional translators and guides that speak Spanish. To practice, we recommend these two programs.

[Rosetta Stone](#)  
[Duolingo](#)

## **ITINERARY**

### ***Days 1 - 2 Santa Marta Discovery and Backpack Skill Training***

#### **DAY 1: Arrival Day**

Participants arrive at Simon Bolivar International airport in Santa Marta, Colombia and are transported to the historical center of the city, Centro Historico. Our main objective is to share our intentions for the expedition, how we will develop group dynamics positivity and how we will work as a group. We will have food and accommodation provided with various dietary options available. Later that night we will have a group dinner at the "Welcome Restaurant" near our rented accommodation. Lastly, we will have an in-depth look at our itinerary for participants to understand our journey. There will be an optional video from famed Ethnobotanist and Anthropologist that has worked extensively in our course area, Wade Davis.

#### **DAY 2: City Discovery**

For the whole day we will focus on preparing for the expedition. We will check gear and make sure participants are physically, mentally and equipment ready for the expedition. After we square away these important logistics,

we will begin a city tour to discover more about the city of Santa Marta and the culture that exists there today. In the evening, we will have a prepared meal at our accommodation and have a dance party to set our intentions.

### **Day 3 - 10**

#### ***Expedition Section:***

#### ***Living with the Indigenous, Reforestation/Composting Toilet Projects, Solo Experience (Quebrada Del Sol)***

#### **DAY 3: Briefing and Preparation for Indigenous Village living and Community Project**

We depart in the morning to Quebrada del Sol from Santa Marta via 4x4 Landcruisers. It takes about 3 hours to transport the group to the community of Quebrada Del Sol. Here we will discuss and visit the project sites that we intend to work at. We will have a typical lunch in the town in the afternoon and then drive about 15 minutes to our base in the area, Hotel Bello Sol. In the late afternoon we will be able to enjoy the Rio Don Diego, a major river that begins from the 19,000ft peaks of La Sierra Nevada de Santa Marta. In the evening we will discuss the logistics for this section of the expedition and pack our equipment accordingly.

#### **DAY 4: Begin Projects, Group Split**

In the morning, the group will be transported back down to Quebrada del Sol. We will use Hotel Bello Sol as our main logistical hub to coordinate with both groups during this split section of the course. Emergency transport will stay in Hotel Bello Sol in case of an incident.

#### ***Group A:***

Half of the group will travel to the Kogui village about two hours away. An instructor, local guide and translator will hike with 5 participants to the village. This group will focus on the installation of a dry bathroom for tourists, distribute school materials and lanterns to the village.

#### ***Group B:***

Concurrently, the other half of the group with an instructor and 5 participants will begin projects in the town of Quebrada del Sol. We will focus on the community garden for the town and an installation of a dry bathroom for tourists that enjoy this region.

#### **DAY 5: Continuation of Projects**

We will continue our projects throughout this day in both groups to complete our set goals.

#### **DAY 6: Group Switch Day**

***Group A:*** Hikes back in late morning to Quebrada Del Sol, eat lunch in the pueblo, and talks about the progress the other group had on the community garden to plan for the next day. Group sleeps in Hotel Bello Sol.

***Group B:*** This group departs for the Kogi Village, determines what the project needs to be complete and sleeps in the village

#### **DAY 7: Group Split Part 2**

***Group A:*** Begins tree planting in Hotel Bello Sol

***Group B:*** Spend the day with the Kogi

#### **DAY 8: Jungle Reforestation**

Both groups meet early in the morning to begin our final large scale reforestation project. This is a big day where we have the whole group, the indigenous and community members working together to plant up to 1000 trees in

the area. We will end up sleeping in Bello Sol and debriefing our split group experience. We hope to be able to celebrate with the town later that night.

#### **DAY 9: Final Solo Experience in the farm of Gustavo**

The last day in this region we hike about 30 minutes into the jungle with our camping equipment to create a final memory of our experience here. The farm is the home of Gustavo, one of our guides that we work with for this section. We will sleep in tents on the beach in one of the most beautiful areas in the region. During this day, participants will eat exotic and fresh fruit from the jungle and have an opportunity to reflect in a place of solitude (solo). We believe an opportunity for participants to have some quiet alone time in a beautiful setting will help the experience become more fulfilling.

#### **DAY 10: Transport to Palomino/Beach Day**

**A much needed day of rest, relaxation, laundry, coconuts, turquoise water and white sand beaches. This is a picturesque Caribbean Beach day.**

#### **DAY 11 - 16**

##### ***Expedition Section:***

***La Guajira and the top of South America (Punta Gallinas), The Wayuu, Water in the Desert Project***

#### **DAY 11: Riohacha - La Guajira**

In the morning we depart from Palomino to Riohacha, a coastal city which is the gateway to La Guajira. Here we will stay in a nice hostel with pool accomodation. We will spend most of the afternoon purchasing food to give away to impoverished people as we travel up to the top of Punta Gallinas.

#### **DAY 12: Uribia - Punta Gallinas**

We leave Riohacha and pass through the indigenous capital of Uribia to refuel the vehicles. Along the route we will pass many "peajes" or indigenous tolls communities have put in the place to gather resources from the tourism industry that transports tourists to Punta Gallinas. Along this route, that travels through a variety of spectacular desert landscapes, we give away the food we bought in Riohacha in an attempt to help the communities we pass. We will arrive in Punta Gallinas, the northernmost point of South America late afternoon. We will spend the remainder of the evening discussing our service project and our itinerary while living in the area. Our service project goal is to help families of the region transport water from their wells to their homes.

#### **DAY 13: Bahia Hondita, Dunes of Taroa, El Faro - Punta Gallinas**

The following day we will begin with a boat tour for about 4 hours in the Bahia Hondita, a small bay secluded from the turbulent caribbean waters. During this boat tour we will see Caymans, migratory birds, flamingos of the desert, pristine desert beaches and desert islands filled with cacti on the backdrop of turquoise caribbean waters. After lunch, we will travel to the dunes of Taroa to experience the spectacular dunes on the caribbean coast created by the strong offshore winds. Afterwards, we travel to El Faro, the northernmost point in South America to conduct a ceremony of intention and reflection on our lives. Later on that evening we will learn more about the Wayuu and their various traditional dances of the area along with their cultural beliefs and connections to the "dream world."

#### **DAY 14: Service Project - Punta Gallinas**

Throughout this day we focus on our service project to help transport water from the wells to the families in the local area. Participants will have the opportunity to learn more about the struggles of the families that live in this area, the ongoing water project we intend to help create and the importance of potable water in a desert environment. While this day may be physically exhausting, the experience will give us insight into the relationship between how most populations interact with limited accessible water.

#### **DAY 15: Depart Punta Gallinas for Riohacha**

In the morning we say goodbye to this beautiful and remote part of Colombia to head back to Riohacha.. Here we will stay in another accommodation to learn more about the Wayuu culture and wrap up this section of our expedition.

#### **DAY 16: Riohacha to Santa Marta/Course End**

We start the morning with our last leg of car transportation from the Wayuu capital of Riohacha to Santa Marta. Along the way we will stop for lunch and will arrive at Santa Marta in the early evening. We will have a final dinner, conduct a course closure and debrief. The following day (Day 17) is to help participants get to their scheduled flights.

#### **DAY 17: Departure Day**

We will assist in transportation to the airport this morning to help participants catch their flights. We will have a small breakfast but technically the program food ends the day before.

### **GEAR LIST**

**This is a list of the individual equipment you need for your course.**

#### **Remember as you pack:**

- This list is extensive by design. Weather in our course areas is extremely variable so it is possible that not all items will be used. However, an otherwise well-planned outdoor program can suffer from participants having inadequate clothing and equipment, or unnecessary items not listed below.
- The outdoors can be unpredictable. It may be sunny one minute and windy/rainy the next. Consider the possibility of needing to wear all of your types of clothing at the same time: underwear, thermal underwear, shirt, fleece, warm jacket, rain jacket. Plan your clothing as part of a layer and be prepared to “layer up.”
- Wool and fleece hold their thermal properties better when wet than cotton. Avoid cotton layers. Jeans and other cotton items may be appropriate for some trips but should not be packed as replacements for the layering system outlined below.
- If you don't have gear, many shops rent and sell items on this list. We recommend the following retail stores for equipment purchase or rental: REI, SierraTradingPost.com offers reasonably priced mail-order camping equipment.

Why not cotton? Cotton fabrics soak up body perspiration and hold it next to the skin. Once cotton gets wet, it stays wet and can chill the wearer. Synthetic fabrics—for example, polypropylene and polyester fabrics—wick moisture away from the skin, keeping the wearer warmer and dryer. Inquire at your local outdoor retailer for further details or email [guardianmedicines@gmail.com](mailto:guardianmedicines@gmail.com) for more information.

#### **Guardian Equipment List : *all items are required unless otherwise noted***

	Quantity	Item	Description	Example
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□	1	BACKPACK 45L+ SIZE	<p>This is essential for our expedition. You will arrive, travel and live out of this backpack for the whole expedition.</p> <p>We recommend an internal frame backpack with at least 45 Liter capacity. Make sure this is fitted correctly, use link to help with fitting recommendations + sales. <a href="https://outdoorblueprint.com/outfit/backpacks/">https://outdoorblueprint.com/outfit/backpacks/</a></p> <p>Here is an example: <a href="#">Osprey 45</a></p> <p>You can get fitted for a pack at your local sporting good store. Make sure you remember the brand and size and put weight in your pack when fitting.</p>	
□	<u>1</u>	Daypack	<p>This is used for small hikes and day adventures where we do not need to carry everything with us. This can easily stuff into our large backpack.</p> <p>We recommend the REI Flash 18L. More info on day packs, use link. <a href="https://outdoorblueprint.com/outfit/backpacks/">https://outdoorblueprint.com/outfit/backpacks/</a></p> <p>Here is an example: <a href="#">REI Flash 18L</a></p>	
□	2	Stuff Sack/Travel Organizers	<p>A small bag or rectangular sack that will be used to organize clothing/food and important items needed at different times during the trip.</p> <p><a href="#">Stuff Sack</a> <a href="#">Travel Organizers</a></p>	
□	1	Headlamp	<p>Bring extra batteries in a Ziploc bag.</p> <p>Here is an example: <a href="#">Black Diamond Iota</a></p>	
□	2	1-Liter water bottle	<p>High-quality hard plastic bottles that will not leak or rupture.</p> <p>Here is an example: <a href="#">Nalgene Bottle</a></p>	
□	2	Pencils/pens/small journal	<p>For journaling or other activities.</p> <p>Here is an example: <a href="#">Rite in the Rain</a> Two pencils, one pen</p>	

<input type="checkbox"/>	1	Hiking Boots	<p>Sturdy and comfortable hiking boots that support the ankle. The brand does not matter. Must be broken in! Spend at least a week walking around in them. While water resistant would be nice, it is not necessary.</p> <p>Here is an example (women): <a href="#">Salomon</a> Men: <a href="#">Merrel</a></p>	
<input type="checkbox"/>	3-4	Socks	<p>Synthetic or wool blend. One warmer pair for nighttime warmth is recommended.</p> <p>We like Darn Tough because of durability and they have a lifetime warranty.</p> <p>Here is an example: <a href="#">Darn Tough</a></p>	
<input type="checkbox"/>	1	Camp Shoes	<p>Sturdy, lightweight and comfortable. Must be closed-toe.</p> <p>We like Crocs because of their ability to cross rivers, durability, and backstrap.</p> <p>Here is an example: <a href="#">Crocs</a></p>	
<input type="checkbox"/>	2-3	T-Shirts (long sleeve)	<p>Synthetic t-shirt long sleeve.</p> <p>Here is an example: <a href="#">Long Sleeve T-shirt</a></p>	
<input type="checkbox"/>	2	Sun Hoody	<p>Synthetic Long Sleeve Sun shirt with hood.</p> <p>Here is an example: <a href="#">Sun Hoody</a></p>	
<input type="checkbox"/>	1	Warmer jacket	<p>For night time warmth, synthetic warm jackets work great. A heavy fleece also works.</p> <p>Here is an example: <a href="#">R1 Fleece</a></p> <p>Here is an example: <a href="#">Capilene Fleece</a></p>	
<input type="checkbox"/>	1-4 pairs	Underwear	<p>Synthetic is great for daytime activity in tropical environments.</p> <p>Here is an example: <a href="#">Underwear</a></p>	
<input type="checkbox"/>	2	Hiking Pants	<p>Comfortable, loose fitting, lightweight, Zip-offs double as shorts. Jeans are not recommended.</p> <p>Here is an example:</p>	
<input type="checkbox"/>	1	Comfortable Pants	<p>Any pants that are comfortable and you</p>	

			like spending time in.	
<input type="checkbox"/>	1	Shorts	Quick-drying material, not cotton/denim for swimming.	
<input type="checkbox"/>	1	Sun Hat	Protection from sun, Baseball cap or broad-rimmed hat	
<input type="checkbox"/>	1	Bathing Suit	Anything you want to use for the beach	
<input type="checkbox"/>	1	Sunglasses	UV rated for protection from sun	
<input type="checkbox"/>	1	Synthetic Towel	Pack towel synthetic and for use in shower. Dries fast. NO COTTON  Here is an example: <a href="#">Towel</a>	
<input type="checkbox"/>	2	Bandanas	Cotton Ok. Used for Personal Hygiene and outdoor urination.	
<input type="checkbox"/>	1	Toothbrush/ Toothpaste	Small travel size	
<input type="checkbox"/>	1	Lip balm	Essential for protection from sun/wind	
<input type="checkbox"/>	1	Sunscreen	SPF 30 or higher. No aerosol.	
<input type="checkbox"/>	1	Bug Spray	Mosquito Spray, natural or deet	
<input type="checkbox"/>	1	Menstrual Products	Please bring menstrual products for a heavy cycle. Plan for the unexpected.	
<input type="checkbox"/>		Essential Prescription Medications	All meds collected at "Gear Check". Labeled properly (see below for details) At least two epi-pens or inhalers if you have an allergy that requires administration of an epi.	
<input type="checkbox"/>	1	Camera	This could be a cellphone, DSLR or point-and-shoot camera. We suggest waterproof/resistant protection.	
<input type="checkbox"/>	1	Travel Sheet	This is a <b>synthetic</b> sleeping sheet that will be useful when we are traveling on the Lost City trek to provide extra warmth and cleanliness.  Here is an example: <a href="#">Insect Liner</a>	
<input type="checkbox"/>	1	Backpacking Pad	A pad that insulates you from the ground and provides cushion while sleeping. Must be lightweight. There are inflatable or foam versions. Foam does not pop, lightweight, and can be used for a chair/yoga mat etc. An inflatable one is way more comfortable for sleeping but can pop and should not be	

			used for anything other than sleeping. Here is an example: <a href="#">Foam pad</a> <a href="#">Inflatable Pad</a>	
<input type="checkbox"/>		Clean Change of Clothes	Optional: Airport arrival or departure clothes for comfort. We will store these clothes in a secure spot in Santa Marta before departure on day 2.	
<input type="checkbox"/>	<u>1</u>	Cell Phone	We have satellite communication devices in case of emergency and have in-country cell phones to facilitate communication. You can bring a cell phone for use of WIFI during some parts of the trip. <i>Realize that service and WIFI will be very limited during the majority of the expedition.</i>	

### Additional Notes

Individuals are expected to pack their bags themselves so they are aware of the contents of their bag. It is extremely difficult to find these items once abroad, please take the time to adequately PLAN AHEAD and PREPARE.

This list is extensive by design. Weather in our course areas is extremely variable so it is possible that not all items will be used. However, an otherwise well-planned expedition can suffer from participants having inadequate clothing and equipment, or unnecessary items.

Packing extra items that are not on this list will make your bag heavy and unwieldy. Tent space is finite, so often less is more! Please follow the packing list and don't succumb to the tendency to overpack.

If you have any questions about this list please contact Guardian at guardianmedicines@gmail.com or at +17753012378

### Labeling Prescription Medications

1. All medications should be checked with Guardian staff at the trips "Gear-Check" day 1.
2. Each participant that requires medication should have this listed on their Medical Information and Release for Treatment form.
3. Each participant's medication should be in an individual plastic bag.
4. The plastic bag should contain the necessary medication and a specific description of distribution and administration. Including the following:
  - Participant Name
  - Name of medication

- Dosage
- Time(s) of administration
- Specific instructions (ie. Does the individual need to take with a meal)
- Specific storage instructions (ie. Does the medication need to be kept at a specific temperature)
- List any side effects
- Emergency contact name and number
- Participant's doctor contact name and number

### Do I Need Vaccines for Colombia?

Yes, some vaccines are recommended or required for Colombia. The CDC and WHO recommend the following vaccinations for Colombia: hepatitis A, hepatitis B, typhoid, yellow fever, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia and influenza.

See the tables below for more information:

#### Recommended Travel Vaccinations for Colombia

VACCINE	HOW DISEASE SPREADS	DETAILS
Hepatitis A	Food & Water	Recommended for most travelers
Hepatitis B	Blood & Body Fluids	Accelerated schedule available
Typhoid	Food & Water	Shot lasts 2 years. Oral vaccine lasts 5 years, must be able to swallow pills. Oral doses must be kept in refrigerator.
Yellow Fever	Mosquito	Required if traveling from a region with yellow fever including Brazil. Not usually recommended

for travelers to Barranquilla, Cali, Catagena,  
Medellin or areas over 7500ft. In elevation.

**Rabies**

Saliva of Infected Animals

Moderate risk country. Vaccine recommended for  
certain travelers based on destination, activities  
and length of stay.

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Mosquito-borne diseases are found throughout Colombia's climates. Be sure to bring repellents to avoid dengue, Zika, malaria and yellow fever. The exact infections in each region vary. Consult with a travel health specialist to learn more.