



GUARDIAN

The Northern Coast of Colombia 21-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 trek to “The Lost City” of the Tayrona. We will then 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 on Earth. Finally, we return to La Sierra Nevada to 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.

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 6+ miles in a day. On certain days, especially while traveling to the “Lost City” we may walk for 6+ miles to reach each camp. 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, our participants 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 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.

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

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.

- See above policies regarding the deposit. Note that the participant deposit of \$500 is non-refundable in the event that acts beyond our control intercede with our ability to operate the program.
- All notification of participation cancellation must be received via email.
- If notice of participation cancellation is received within less than 14 days of scheduled program start, the participant will forfeit the entire tuition.
- Within 14 days of program start 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.

Students accepted within 30 days of departure must submit payment within 2 weeks of acceptance. Students who are accepted within 14 days of departure must submit full payment immediately upon acceptance. 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 are requested to not purchase airline tickets before receiving flight instructions from Guardian Administration. Participants will receive specific information on arrival and departure dates/times. Late arrivals or early departures are not allowed under any circumstances. **We suggest purchasing Flight Insurance with your ticket and arriving to 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.

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 (i.e., flight fees, bookings, etc.) and less the deposit of \$500.

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 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 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 house. 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 students 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 local band play for us to show some of the traditional music of Colombia.

DAY 3 - 7:

Expedition Section:

the Lost City (Ciudad Perdida)

Total Hike Distance Round Trip: 29 Miles

Elevation Gain/Loss: 9000ft

Max Elevation: 3800ft

DAY 3: Machete Pelao/El Mamey to Camp 1 (Alojamiento de Adan)

Distance: 4.7 Miles

Participants will have the unique opportunity to backpack to some of the most important ruins in South American human history, the Lost City of the Tayrona. Built-in 800BC, this ruin was a central meeting point, hub for thousands of indigenous and spiritual sites of the ancient mega culture the Tayrona. After an early morning wake up (4:00am), we will depart from the village of Machete Pelao/El Mamey and the start of the Lost City trek. A certified national guide will accompany our instructor group and students to provide an authentic and informative trek to the Lost City of the Tayrona. The total time from Machete to Camp 1 (Alojamiento de Adan) is about 3 hours with about 500 meters (1500ft) elevation gain. We will arrive at midday to Camp 1, rest and prepare for a delicious lunch followed by fun activities. While on the hike we learn about past cultivations

in the area and how tourism has developed the region and people. The natural pools/waterfalls near the camp provide a great opportunity for participants to swim and learn about water protection in the mountain range.

DAY 4: Camp 1 (Alojamiento de Adan) to Camp 3(Alojamiento Mumake)

Distance: 4.6 Miles

From Camp 1 (Alojamiento de Adan) to Camp 3 (Alojamiento Mumake)) we hike for 4 hours. Along the way, we will pass by a few indigenous villages and talk with them about their interactions with tourists.

DAY 5: Camp 3 to the Lost City

Distance: 5.2 Miles

In the morning we hike to the Lost City and stop for lunch in Alojamiento Paraiso. We continue and ascend to the ruins to spend the afternoon and night at the archaeological site without other tourists around. This is a unique opportunity that many tourists never have the chance to do. We will spend the afternoon learning about the ancient Tayora, the uses of this archaeological site, and how archaeologists recreated the area. We will enjoy a nice meal and sleep either in tents or a rustic home adjacent to the ruins.

DAY 6: the Lost City to Camp 3(Alojamiento Mumake)

Distance: 5.2 Miles

In the morning, we will pack up our camp and visit the remaining parts of the archaeological site to learn about the continuing discoveries and excavations in other areas of the La Sierra Nevada. Before noon, we will embark and start our trek back to Camp 3. It takes about 4-5 hours to return to Camp 3. That evening we will learn how to toast coca, the sacred plant of South America.

DAY 7: Camp 3 to Machete Pelao/El Mamey, Embark to Palomino

Distance: 9.3 Miles

We leave early in the morning in order to arrive for lunch in Machete Pelao/El Mamey. While the distance is long for this day, we trend downhill for the majority of the hike and easily arrive back to our starting point for the trek. After lunch we will be transported to Palomino, a coastal beach town on the Caribbean. We will spend the remaining of the afternoon enjoying the beach, washing laundry and recuperating after our days of hiking. As well, we will debrief our experience on the Lost City trek and begin our briefing for the next section of our trip.

Day 8 - 14

Expedition Section:

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

DAY 8: Briefing and Preparation for Indigenous Village living and Community Project

We depart in the morning to Quebrada del Sol from Palomino via 4x4 Landcruisers. It takes about 2 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 9: 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 10: Continuation of Projects

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

DAY 11: Group Switch Day

Group A: Hikes back in late morning to Quebrada Del Sol, eats 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 12: Group Split Part 2

Group A: Begins tree planting in Hotel Bello Sol

Group B: Spend the day with the Kogi

DAY 13: 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.

DAY 14: Jungle Reforestation

We will continue the reforestation project as a large group to ensure we have finished all of the planting in Quebrada del Sol and at Hotel Bello Sol. We will celebrate with the town later that night.

DAY 15: 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 16 - 21

Expedition Section:

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

DAY 16: 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 17: 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 18: 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 19: 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 20: Depart Punta Gallinas for Uribia

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

DAY 21: Uribia to Santa Marta/Course End

We start the morning with our last leg of car transportation from the Wayuu capital of Uribia to Santa Marta with a total travel time of 5 hours. 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 22) is to help participants get to their scheduled flights.

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 for more information.

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

	Quantity	Item	Description	Example
□	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. https://outdoorblueprint.com/outfit/backpacks/</p> <p>Here is an example: Osprey 45</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. https://outdoorblueprint.com/outfit/backpacks/</p> <p>Here is an example: REI Flash 18L</p>	

<input type="checkbox"/>	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>Stuff Sack Travel Organizers</p>	
<input type="checkbox"/>	1	Headlamp	<p>Bring extra batteries in a Ziploc bag.</p> <p>Here is an example: Black Diamond Iota</p>	
<input type="checkbox"/>	2	1-Liter water bottle	<p>High-quality hard plastic bottles that will not leak or rupture.</p> <p>Here is an example: Nalgene Bottle</p>	
<input type="checkbox"/>	2	Pencils/pens/small journal	<p>For journaling or other activities.</p> <p>Here is an example: Rite in the Rain 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): Salomon Men: Merrel</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: Darn Tough</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: Crocs</p>	
<input type="checkbox"/>	2-3	T-Shirts (long sleeve)	<p>Synthetic t-shirt long sleeve.</p> <p>Here is an example: Long Sleeve T-shirt</p>	

<input type="checkbox"/>	2	Sun Hoody	Synthetic Long Sleeve Sun shirt with hood. Here is an example: Sun Hoody	
<input type="checkbox"/>	1	Warmer jacket	For night time warmth, synthetic warm jackets work great. A heavy fleece also works. Here is an example: R1 Fleece Here is an example: Capilene Fleece	
<input type="checkbox"/>	1-4 pairs	Underwear	Synthetic is great for daytime activity in tropical environments. Here is an example: Underwear	
<input type="checkbox"/>	2	Hiking Pants	Comfortable, loose fitting, lightweight, Zip-offs double as shorts. Jeans are not recommended. Here is an example:	
<input type="checkbox"/>	1	Comfortable Pants	Any pants that are comfortable and you 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: Towel	
<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 synthetic 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: Insect Liner	
<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.

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.