Pre-Trip Preparations Checklist

Annapurna Vistas Trek

☐ **[STRONGLY RECOMMENDED] Secure Trip Cancellation Insurance**: Purchase through Wild Women Expeditions, your travel agent or another provider. Wild Women Expeditions recommends that you obtain adequate coverage for cancellation and curtailment, and loss of luggage and personal effects. Your deposit and final trip balance can then be recovered via a claim to your insurance provider in the event you must cancel your adventure due to unforeseen circumstances within 90 days of departure.

☐ **Secure Medical and Travel Insurance (required).** Medical insurance is compulsory for all Wild Women Expeditions trips if you are travelling outside of your country or province of residence. Travel Medical Insurance must include adequate coverage for;

- ☐ Your transport to the nearest, appropriate medical facility in the event of injury. Where most of our trips take place in remote locations, coverage should include helicopter evacuation/air ambulance etc. and coverage for your medical repatriation for further treatment or returning your body home
- ☐ Emergency overseas medical treatment including treatment in a clinic or hospital, plus medicines as prescribed by your treating doctor to get you well and keep you travelling
- ☐ We recommend coverage of $200,000 USD

☐ Purchase plane tickets and/or make other transportation arrangements to the trip rendezvous location

☐ Make additional accommodation arrangements, if required

- [ ] Valid Passport: check passport expiration
- [ ] Check Visa requirements (if applicable)
- [ ] Schedule an appointment with a travel health professional, if required
- [ ] Review our Booking Conditions for details about cancelling your trip

Three months before your trip

- [ ] Final balances come due [90 days pre trip] (mark your calendar!) and will be autocharged to the credit card on file. Contact our Client Care Manager, Kyra at support@wildwomenexpeditions.com to make other arrangements or update your credit card info
- [ ] Submit your Travel Details Form (to be sent via email)

One Month

- [ ] Print your travel documents as per the “**Packing Checklist**”
- [ ] Review entry requirements to your destination

One Week

- [ ] Check the weather for your destination
- [ ] Pack trip clothing and personal items as per the “**Packing Checklist**"
- [ ] Review your travel details once more
- [ ] Review your trip rendezvous details on how to meet up with your group

- [ ] If you are en route, be sure to contact the emergency number listed in your final pre-trip bulletin as well as the Wild Women Expeditions Client Care team if you are delayed in your travels to the rendezvous location: support@wildwomenexpeditions.com