SOUTHERNCROSS
HUMANITARIAN

Humanitarian Expedition's
Frequently Asked Questions
See Humanitarian Handbook for more details on all of the following

What about Accommodations?

Southern Cross provides accommodations in line with 3 star hotels in the United States. Buses are clean and comfortable.

Who Do I Contact in case of Emergency?

Salt Lake City
Southern Cross Humanitarian Office: 801-285-7922
Southern Cross Humanitarian President's Cell: 408-806-5989

Are there health concerns of which I should be aware?

Basic Measures - Andean countries have high altitude concerns. Be sure you've been exercising before your expedition and develop a habit of drinking 6-8 glasses of water daily. Also, everyone should have their TB shots before traveling abroad.

Vaccinations -
We require the following immunizations:

Tetanus 10 year protection
Hepatitis A 20 year protection
Hepatitis B 12 year protection
All childhood vaccinations should be complete.

Traveler's Diarrhea
Many travelers take a couple tablespoons of Pepto Bismol daily to help with regularity concerns. For those who have encountered problems previously, consulting your doctor and obtaining a prescription of Cipro maybe advisable.

Do I need traveler's insurance?

Emergency Medical Insurance is required for all expedition participants and Southern Cross provides emergency evacuation insurance as well as loss by theft. Consult your own HMO or insurance carrier for additional coverage while traveling abroad. Agency name and 24 HOUR emergency telephone numbers:

Travelex Insurance Services
In the USA and Canada: 1-800-231-5857
Outside the USA, call collect: 905-523-7066
For claim inquiries call: 888-322-6776

How much money do I need to bring?

ATM's have made traveling more convenient than ever in South America and the conversion rates are about as good as anywhere on the street. Bring about $40 for airport taxes (with some international tickets this is included, but not with the domestic flights), food, souvenirs, and the unexpected. For current conversion rates, go to: http://www.x-rates.com/calculator.html

What should I pack?

Please pack light, taking only what you absolutely need, and share items such as shampoo sunblock, etc., with others in your group. Two suitcases in total are permitted and each is limited to 50 pounds. (Please check with your local carriers to confirm.) We ask each participant to carry one suitcase for Southern Cross filled donations issued at the packing meeting. Be sure and pack one change of personal clothes and essentials in your carry-on in case luggage is delayed or lost. For a detailed list of what to pack, please see your Humanitarian Handbook.

What documents do I need to travel abroad?

Passports – A valid passport is required for entry into Peru, Colombia, or Ecuador.
Visas – No advance visa is required, unless you are using a non-USA passport.
Customs - A customs declaration to and form Peru, Colombia, and Ecuador are handed out by flight attendants and must be filled out on the plane before landing.

What about Safety?

As a whole, the Sacred Valley is generally very safe, as well as Puno and Otovalo, however, you should not be out in the streets after 10:00 p.m. Cusco Cartagnea, Bogota, Quito, and Lima are large cities and can be more dangerous. Don't go out alone. Any crime committed against you is likely to be theft. Never let your possessions out of your sight or touch. Place suitcases between your legs while standing and hold bags and cameras while they hang from their straps over your shoulder. Keep money out of sight and in a money belt. Pick pockets run rampant in tourist areas. ALWAYS keep your airline tickets, passport, and credit cards in your money pouch. If you are robbed, do not resist.

Will I encounter airport taxes?

Upon leaving Peru or Ecuador, you will be required to pay an airport tax of approx. $30-$40 per person payable in cash and in U.S. Dollars. It always changes and varies in the countries. If you keep your visa entrance certificate for Colombia, you do not need to pay the tax upon leaving. You will be given a sticker as proof of payment, which will be placed upon your ticket. Leaving Peru airports for other Peru domestic destinations you will incur a $5 tax. This will happen 2-3 times on these expeditions. There is a $100 park entrance fee into the Galapagos Islands. This is due upon landing and passing through island immigration.