

WELCOME TO NCOAE PACIFIC NORTHWEST OUTDOOR EDUCATOR INSTRUCTOR! PACIFIC NORTHWEST — TRAVEL CONSIDERATIONS

Your course will begin when we meet inside the Portland International Airport. You'll find that locating your luggage is a simple process. Baggage claim is located on the lower level of the terminal. Check in at your airline ticket counter if any of your baggage does not arrive on time. Your bags will be out in a few minutes; relax.

The information below will help you organize your travel arrangements to and from your course. Begin your preparations as soon as possible as it can weeks or even months to obtain your passport, vaccinations, and secure your travel arrangements.

We recommend that you spend some time researching the geography, history, politics, culture, heritage, and culture of Oregon and California. For the most current information on Oregon and California, you might want to view the Oregon and California State Visitor websites:

<http://traveloregon.com>

<http://www.ca.gov/Visiting>

► LOGISTICAL INFORMATION:

WHERE: We will all meet at 1pm indoors at the Portland International Airport, at the baggage claim. The airport code is PDX. Your return airport will also be PDX.

WHEN: Plan to arrive at PDX before 10am (local time in Portland, OR) on the first day of the course, and plan to depart PDX no sooner than 6pm on the day your course ends. You can view the maps of PDX at:

<http://www.flypdx.com/PDX>.

BAGGAGE AND EQUIPMENT: Please check directly with the airline for baggage limitations and allowances. If any checked luggage does not arrive, please file a claim for lost luggage at the airport where it did not arrive. You can use the claim number to help track the luggage.

► IF DELAYED:

If it becomes evident that you will not arrive in Oregon on time, contact NCOAE at (910) 399-8090 immediately.

HOW: We recommend using multiple online airfare searches to get the price and schedule that best suits your needs to reach Wilmington on time. Tuesday through Thursdays often offer cheaper fares. There are a million flight search sites, but one of our favorites is <https://www.rome2rio.com>. It tells you everything about how to get from anywhere on the planet, to anywhere on the planet. If you choose to arrive more than one day prior to your training date, you'll need to arrange your own accommodations. You may not stay on campus before or after your course dates.

► ITINERARY:

Expedition travel requires some degree of itinerary flexibility due to unforeseen events and adverse conditions. Below is the intended beginning and ending itinerary for this course, subject to change as needed to account for unexpected events.

THE FIRST DAY: After a 1pm airport pickup, we'll drive you to our base of operations in California or Oregon where we'll check, distribute, and repack gear, eat a tasty meal, and share the final details about your course.

THE LAST DAY: The day before we return home, we will recuperate, reorganize, and enjoy our last day at Lost Cove. This is where we will de-issue gear and complete post-course formalities, final group meal and celebration, hugs, and high-fives! We will shuttle the group the next day back to PDX where your journey home will begin that evening.

► **PASSPORTS & VISAS:**

For ease of travel, citizens of all countries should have 2 forms of government issued identification, one of which being a valid passport, with them at all times for the duration of the time you are in Oregon and California. US citizens can find information on obtaining a passport at: www.state.gov/travel.

Foreign nationals should learn the requirements for entry and travel within the United States at:

[https://help.cbp.gov/app/answers/detail/a_id/572/~/-entering-the-u.s---documents-required-for-foreign-nationals-\(international\)](https://help.cbp.gov/app/answers/detail/a_id/572/~/-entering-the-u.s---documents-required-for-foreign-nationals-(international)).

► **OFFICIAL LANGUAGE :**

There is no official language in the United States. However, as of October 2014, 31 out of the 50 states have established English as their official language. English is the official language of the California, and the de facto common language of Oregon.

► **OFFICIAL CURRENCY, AND MONEY CONCERNS:**

The United States dollar is the official currency of Oregon and California. To find the current exchange rate from other countries, visit: <http://www.x-rates.com> , <http://www.xe.com> or visit your favorite currency exchange website.

Contact your bankcard and credit card security departments and let them know when and where you'll be traveling. Otherwise, you risk having them cancel your card while you're traveling.

An effective way to access cash when in Wilmington is through the automatic teller machines (ATMs). If you bring money in travelers' checks keep a record of when you exchange them in a separate location from the checks themselves. You cannot reclaim Travelers' Checks unless you know which numbers you have spent. Visa and MasterCard are accepted throughout the United States, with the rare exception of some merchants who only accept cash.

► **PERSONAL EXPENSES:**

Once your course is in the field, there will be little opportunity to spend money. Former students have recommended bringing a relatively small amount of travel money (20 to 100 dollars in small bills) for the drive to and from your course area. Once your course has begun, there won't be an opportunity for you to spend. Your personal expenses, pre- and post-course, depend entirely on your style of travel.

During your course — from the time we leave Portland until the afternoon of the final day of the course — NCOAE will cover the cost of food, transportation, and instruction, as well as the group equipment indicated on the equipment list. You are responsible for any cost of lodging on nights before the course start date, after the course ending date, and any personal expenses you incur. **You are also responsible for all personal medical bills, and evacuation expenses if you need to be evacuated from the field, and for bringing personal equipment listed as *not available* on the course equipment list.**

► **HEALTH CONCERNS:**

Hospital visits and prescriptions can be expensive. It is critical that you visit your doctor well in advance of your course to answer your questions and make specific recommendations for you. The best time to see the doctor is at least 4-6 weeks before your course. Advice on finding a Travel Health Specialist (if you prefer) is available on The Center for Disease Control website for traveler's health <http://wwwnc.cdc.gov/travel/page/see-doctor>

You must see a doctor to assess your physical health and be current on all appropriate vaccinations that are recommended for you for the areas we'll be visiting to be allowed to participate in your NCOAE course.

Vaccinations should be recorded in the official document “International Certificate of Vaccination” available from the U.S. Public Health Service or its equivalent in other countries, or from your doctor. This is also a good place to record your prescriptions, eyeglass needs, medical problems such as allergies, and any other information of a medical nature. Please record your blood type on the front page of this booklet.

ROUTINE IMMUNIZATIONS — It is advised that all international airport travelers have their routine immunizations up to date. These include:

- *Tetanus and diphtheria toxins*: You must have a current tetanus immunization for your course.
- *Measles, Mumps and Rubella*: Persons born after 1956 should have a documented history of immunization.

The CDC and NCOAE provide general vaccination recommendations, but only your doctor can give you specific advice that takes your personal factors into consideration. Recommendations for vaccines and medicines depend on many factors that are specific to each person. Be sure to give your doctor all needed information honestly and accurately so they can make appropriate recommendations. Follow the advice of your doctor by getting all the shots and medicines that are recommended for you.

DO NOT PET STRAY ANIMALS

We will be in remote areas where immediate medical attention is often many days away.

Echinococcosis or hydatidosis disease results from being infected with the larvae of the tapeworm *Echinococcus Granulosus* and is found most commonly in dogs that consume the viscera of infected sheep. Infection results in the formation of cysts in the liver, lungs, kidney and spleen. This condition is also known as cystic hydatid disease and can usually be successfully treated with surgery. In some cases it can be fatal.

Humans are usually exposed to these eggs in one of two ways:

1. By directly ingesting food items or drinking water that is contaminated with stool from an infected animal.
2. By petting or having other contact with cats and dogs that are infected. These pets may shed the eggs in their stool, and their fur may be contaminated. They may also contaminate other objects, such as harnesses or leashes, which can also spread infection.

Three steps can help prevent echinococcosis and other diseases as well:

1. After handling pets, always wash your hands with soap and warm water.
2. Do not eat wild fruits or vegetables picked directly from the ground without careful washing or cooking.
3. Treat or boil all non-tap water.

MEDICINES – You must bring a supply of all prescription and non-prescription medications that you take on a regular basis along with you on your NCOAE course. Your supply should include enough quantity to last for two to three weeks beyond the end date of your NCOAE course. Check the Transportation Security Administration: <https://www.tsa.gov> website for updates on permitted and prohibited items, including medicines that you are allowed to carry onto an airplane.

► **INSURANCE:**

TRAVEL INSURANCE — We highly recommend no-fault travel insurance for all NCOAE courses to avoid loss in the event of loss or cancellation. Some common travel insurance companies are:

Global Rescue, <https://globalrescue.com>

Travel Guard, <http://www.travelguard.com/>

World Nomads, <https://www.worldnomads.com/>

Insuremytrip, <https://www.insuremytrip.com/>

HEALTH INSURANCE — Many health insurance plans do not cover problems you may incur while traveling. Contact

your health insurance company to learn if you are 100% covered while traveling. If not, check with the travel insurance companies above to learn about their gap coverages for medical care and medical evacuation. If you do not have a regular health insurance policy, we strongly recommend that you check with the travel insurance companies above and purchase gap coverages for medical care and medical evacuation.

TELEPHONE SERVICE

To call a USA phone number from the USA, dial (1), the area code, then the number. To call an international phone number, dial (011), followed by the country code, then the area code, and then the local number. (011)

The USA has reliable phone service, though remote areas may have no service. **Phone calls may not be made while on course.** Any calls must be made on “in-town,” off-course days, such as when you are in the airport before and after the course. **Once the course leaves for the field, you will not be able to make or receive any phone calls until the end of the course.**

PRE- AND POST-COURSE TRAVEL CONSIDERATIONS

Pacific Northwest culture and history and heritage will be discussed specifically during the course, but the following guidelines will get you started with being sensitive to traveling in areas of different cultures. The USA is generally regarded as a safe country in which to travel, but there are thieves and con men worldwide. Avoid traveling alone at night.

LEGAL CONSIDERATIONS

The US Legal System is a complex organization of Federal and State governmental divisions whose laws and regulations are based on federal and state constitutions. Penalties for breaking laws can be severe. However, even if you run afoul of the laws, you are considered “innocent until proven guilty” in the United States.

The bottom line is, act appropriately and do not do anything which might be construed as illegal. When in doubt, ask. You are a visitor to Oregon and California, and guests are expected to act appropriately in that role. You are also a representative of your home state and country, and of NCOAE. **As such, we expect you to be an upstanding representative.**

► STILL HAVE QUESTIONS?

Call NCOAE at (910) 399-8090