



## TOMPOTIKA TRIP INFORMATION 2016 A Scientific Survey of Tompotika's Tarsiers

### **PRE-DEPARTURE NOTES:**

#### **Trip Dates:**

Trip dates are January 25 - February 10, 2016, but that includes a travel day for international travelers. Those wishing to join with the group in-country should plan to arrive in Jakarta (or Manado) no later than noon on January 26th. The trip will end on February 10 in Jakarta, and because of the international date line, travelers to the US will arrive back in the US on that same date.

#### **Cost and Cancellations:**

Trip cost is \$3200 per person, not including international airfare (usually \$1000-1600, and we will arrange it for you unless you tell us not to). A \$100 discount is applied to the final trip cost for those who have registered and paid their deposit prior to October 1, 2015. Trip size is limited to 10 people; expect to share a room with at least one other person. The trip price includes all domestic airfare, lodging, travel, almost all meals, and most recreation during the trip; also entrance fees for parks, services of professional guides, and all survey equipment. Visa, souvenirs, scuba diving, tips and other optional items are the responsibility of individual participants. AITo reserves the right to charge up to an additional \$200 contingency fee if domestic travel prices increase or the exchange rate changes significantly between Aug '15 and the time of the trip.

#### **Terms:**

- A deposit of \$500 and registration form should be submitted as soon as possible to hold your space.
- Trip leader must be notified prior to Oct 1, 2015 if you do NOT wish us to book your international flight. Cost of international flights, if applicable, will be announced as soon as they become available. Payment for flights must be made by 1 Oct or as notified and is non-refundable once tickets have been purchased.
- Cancellations: Up until Oct 1, 2015, deposit is fully refundable if another traveler is available to fill your spot. Cancellations between Oct 2 - November 30 receive full refund less \$500 deposit. No refunds after Dec 1, 2015.
- Total trip balance of \$2700 (\$2600 for early registrants) must be paid in full by Dec 1, 2015.

#### **Travel Insurance**

We do recommend that you purchase your own trip insurance (not included in trip package). There are various companies and policies; previous travelers have used Travel Guard International and other companies with good success. Look for coverage for travel

cancellation or delay, medical, baggage. Basic policy fee usually depends on age and runs \$150 - \$300 (No break for senior citizens here!).

NOTE: Some companies waive pre-existing medical conditions if insurance is purchased within 15 days of trip.

### **Inoculations & Prescriptions**

***It is essential that you notify trip leader of any special needs or health conditions, such as allergies, heart conditions, etc. and discuss any concerns or questions you may have ahead of time.***

You might want to look at Indonesia on the websites for the CDC ([www.cdc.gov](http://www.cdc.gov)) and WHO ([www.who.int/](http://www.who.int/)), but remember that they are not specific for Sulawesi. You will also want to consult your own doctor at least 6 weeks prior to the trip, and be sure you are current on standard vaccines: DPT (Diphtheria, Tetanus, Pertussis), MMR (Measles, Mumps, Rubella) and Polio.

For Indonesian travel add Hepatitis A, and Typhoid (oral available). Japanese encephalitis optional. For any answers or medications your doctor can't provide, go to UW Travel Health Clinic, or a County Public Health Clinic.

It is also advisable to ask your doctor for a prescription antibiotic such as ciprofloxacin to combat gastrointestinal problems.

Malaria is uncommon but does occur in the area, and you may wish to take a preventative. The choices are Malarone, Doxycycline or Mefloquine (Lariam). The latter works well for some people, but some experience negative side effects. Discuss which medication is right for you with your doctor, and he/she may recommend a few weeks' trial before departure.

### **Documents**

Passports must be valid at least 6 months beyond the dates of travel. A 30-day visa will be issued upon arrival in Indonesia (be sure to have US \$35 cash available for this). It is a good idea to make copies of all important documents -- passport photo and data, travel insurance policy, any tickets, credit card, travelers check numbers, etc. Carry a set with you in a different location than the originals; leave one set at home.

### **Reading**

Rayna Holtz (206-463-3153) has assembled a list of books which are available through the Vashon Library. Marcy Summers (206-463-7720) has a personal library which she is willing to loan. She does suggest looking at the Lonely Planet Guide to Indonesia for general information on history and culture, as well as the chapter on Sulawesi [she has one copy; Ellen Kritzman (206-567-4837) has another].

### **What To Take**

- Extra-Light sleeping bag or liner (e.g. fleece) for cool nights on the mountain.
- Light sheet or sarong.
- Mosquito net for sleeping if you want to be sure to always have one. AITo will provide

them in some but not all locations.

- Hammock for forest camping (such as Hennessy Hammock; Marcy can explain)
- Shorts (no shorter than a few inches above the knee) and at least 1 pr. long pants for forest walks.
- Short-sleeved shirts (women -- covering shoulders), and long-sleeved for forest or sun.
- Light sweater or jacket for after dark.
- Sturdy walking shoes, light, that can get wet and dry fairly quickly.
- Flip-flops (cheap, plastic type); sandals for everyday wear.
- Bathing suit (one piece for women, avoid tight styles for men).
- Socks and underwear of course.
- Light rain jacket or poncho.
- Camera equipment & binoculars.
- Snorkeling equipment if you have your own and plan to do a lot.
- Flashlight or headlamp & extra batteries – you will be using this a lot in Tompotika.
- Small battery alarm clock if you like.
- Notebook & pencil; airline reading material.
- Snack foods if you need energy boosts -- nuts, granola bars. Sometimes mealtimes are irregular. Note that sweet things (open fruit leather, candy) may attract ants.
- Water bottle, water purifiers if you want -- bottled water is always available for purchase.
- Hat & dark glasses (have copies of prescriptions if you wear prescription glasses).
- Day pack; waist or fanny packs if you like to use them.
- Washcloth and/or small towel.
- Bandana -- a variety of uses, like napkin or wiping bottle tops.
- Liquid soap.
- Essential toiletries such as toothbrush and toothpaste.
- Toilet paper and/or kleenex packs--it is not always provided in airports, etc.
- Hand sanitizer or handiwipes (in reclosable package).
- Sunscreen (at least SPF 30) & lip balm --not necessarily available for purchase.
- Insect repellent (Marcy keeps one herbal variety and one DEET for serious cases).
- Medical kit
  - Prescription meds, including anti-malarial and antibiotic
  - Anti-diarrheal such as Peptobismol (some folks use as preventative)
  - Oral rehydration packets, optional
  - Decongestant and/or antihistamine
  - Med of choice for headache, pain, fever
  - Cough suppressant/expectorant; throat lozenges
  - Antacid
  - Mild laxative
  - Antifungal/antibacterial – Neosporin and/or Tea Tree Oil
  - Hydrocortisone cream (1%) for bites
  - Basic first aid items such as bandaids
  - Motion sickness preventative such as Bonine or Dramamine
- Travel item purchases can, of course, be made at REI and like places. You may also like to check out Wide World Books & Maps in Wallingford. They have a wide variety of

items from toilet tissue and insect repellent to luggage. Mega-pharmacies (ugh!) usually have sections with small bottles and tubes, perfect for short trips.

- Small, light musical instruments are extremely welcome; we will have AlTo's guitar with us.

Clothing Note for Women: Rural Indonesians dress much more conservatively than Westerners. Out of respect for our Tompotika hosts, AlTo travelers should avoid spaghetti straps (wear t-shirts or tank tops with wide straps and full coverage), no short shorts or super low-cut pants, and no bare midriffs.

### **How To Pack**

Some folks find ziplock bags handy not only for items that might spill, but to organize and to keep things dry. We are likely to have rain, possibly a lot of it. You can try 1 1/2-2 gal. bags, putting short-sleeved shirts in one, long in another, etc. Other plastic bags or nylon stuff bags will do; bring a few extra larger bags for laundry, etc.

Luggage allowance for checking is two pieces (50lbs/ 22 kg each) on international flights, but only 20 kg (44 lbs) within Indonesia, and sometimes as little as 10 kg. You will be responsible for the charges if your bags are overweight. The total dimensions (length+width+height) of both must not exceed 273 cm (107 in) and the outside linear dimensions of each must not exceed 158 cm (62 in). Put knives or scissors in a checked bag. It is advisable to lock bags with TSA approved locks – these are available at luggage stores, travel stores, AAA, etc. Be sure all bags are securely tagged.

Carry-on baggage is limited to one piece, weighing not more than 7 kg (15 lb), with the sum of its three dimensions not exceeding 115 cm (45 in). For getting through US security, all liquids, gels, etc. in your carry-ons must be in containers not exceeding 3 oz. each and all bagged together in a quart-size ziploc bag. It is recommended that you put in your carry-on a change of clothes (in case of baggage delay/loss), camera gear and binocs, other breakables, medical kit, documents. It is not a bad idea to make a list of what went in checked luggage for insurance purposes, just in case ...

## **DESTINATION NOTES**

### **Climate**

Temperatures should be 80's-90's, somewhat humid, cooling a little in the evening. While camping on Mt. Tompotika, nights will be cool (60's). At least some rain is likely; rain usually comes in the form of a hard downpour for less than an hour, often in the afternoon.

### **Time Zone**

Sulawesi is 16 hours ahead of Pacific time; Jakarta is 15.

### **Communication**

You will receive a listing of contact numbers for emergencies. If you use a cell phone, it may or may not work in Indonesia, and be aware that there is very little cell phone reception in Tompotika. We encourage folks to leave electronics at home. Limited e-mail access will be

available at the beginning and end of the trip, but not in Tompotika.

### **Electricity**

Electrical items you cannot do without must run on 220 -240 current, or you need a converter, as well as the appropriate adaptor plug for Indonesia. You can use them at the beginning and end of the trip, but please be aware ***electricity is not generally available in Tompotika***. You may be able to charge a camera or batteries once or twice during the trip, but please do not expect to require daily access to electrical power.

### **Currency**

Unit is Indonesian Rupiah, or IDR. Right now USD1 = about IDR 13,000 or thereabouts--very favorable for Americans. You can change \$\$ when you get there, and we recommend the use of an ATM card. They are very fussy about the condition of cash bills, and traveler's checks are not useful. Keep in mind that there is an international airport departure tax of IDR 150,000 and various domestic ones of IDR 10 - 40,000. These must be paid in IDR cash. You may occasionally be able to use a credit card in the cities, but you should generally expect to pay cash in Indonesia.

### **US Customs**

\$800 worth may be brought home free; 10% is charged on the next \$1,000. Keep receipts for larger purchases. DO NOT attempt to bring back any plant or animal material, including fruit, skins, feathers, turtle shell, coral.

### **Note:**

The above is general information only. Please feel free to contact Marcy with any questions you may have: (206) 463-7720 or [marcy@tompotika.org](mailto:marcy@tompotika.org). We may have a pre-departure gathering and potluck for those in the Seattle area, to meet each other and go over any last-minute details.

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