

# Women's Baja Coastal Sailing - Adult

## Travel and Logistics

### Course Start

Arrive	The day before your course start date
Meeting place	Loreto airport (LTO)
Meeting plan	<p>NOLS will pick you up at the airport and transport you directly to the NOLS Mexico facilities. There are flights to Loreto either from Los Angeles (LAX) with Alaska Airlines or from Phoenix (PHX) or Dallas (DFW) with American Airlines.</p> <p>Once you've made travel plans, please submit your travel information on the <b>Required Travel Information Form</b> (see below).</p>

### Flight Destination

Airport	Loreto, Baja California Sur, Mexico (LTO)
Date	Arrive the day <b>before</b> your course start date

### Flight Return

Airport	Loreto, Baja California Sur, Mexico (LTO)
Date	Depart the day <b>after</b> your course end date
Time	You can expect to arrive at the airport around 10 a.m. or earlier, depending on your departure time

### Ground Transportation

From airport at arrival	NOLS provides transport to the NOLS
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## NOLS

	Mexico Campus (about a 1.5 hour drive)
From NOLS for return	NOLS provides transport to the airport on the day after the last day of course, or to the Plaza in Loreto if you are staying longer in Baja California Sur

## Accommodation

Before Course	You will spend the night at the NOLS Mexico campus the night before your course start date
After Course	On the last day of your course, you will return from the field, de-issue gear, graduate and spend the night at NOLS Mexico. Your course will be transported back to Loreto the morning after the listed end date of your course. Please arrange for lodging for any additional nights you wish to stay in Loreto after the listed end date of your course

## Prepare to Travel to Your Course

(Further details following)

1. Submit your health form on your [Dashboard](#) as soon as possible. Once NOLS clears it, you can start booking travel.
2. Read and acknowledge your Travel and Logistics information on your [Dashboard](#).
3. Book your travel.
4. Submit your travel plans on this [Required Travel Information Form](#).
5. Arrange accommodation only if you are staying longer in Mexico.
6. Consider Tuition Protection coverage (see [Dashboard](#), highly recommended)

7. Check your medical insurance coverage will be adequate for your travels and expedition activities
8. For International Travel:
  - a. Check that your passport is valid for the appropriate dates
  - b. Arrange visa and/or parent letter if needed
  - c. Notify your bank/credit card company that you will be travelling internationally
  - d. Get cash in local currency
  - e. Prepare for important cultural considerations
  - f. Get inoculations as required

**Minimizing risk of exposure to COVID-19 while travelling ([according to CDC recommendations](#))**

- Practice physical distancing (6 feet) when possible.
- Wear a mask when indoors or in close contact while out of doors
- Wipe down surfaces with disinfecting wipes before touching
- Practice meticulous hygiene with frequent handwashing and hand sanitizer use

**Please consider travel advisories issued by the [U.S. Department of State](#) and the [CDC](#) in making your decision to enroll on a course with NOLS Mexico.**

**Contact NOLS Admissions: 800-710-6657 / [admissions@nols.edu](mailto:admissions@nols.edu) (Save our contact info so you have it while you travel!)**

Further Details:

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## Key Information

- You will stay at the NOLS Mexico facilities the last night of your course. The following morning, the day after your course end date, NOLS will provide ground transportation to either the Loreto Airport or the Plaza in Loreto.
- You must have a **valid passport** for the duration of your stay in Mexico.
- You must get a visa at the airport valid for the duration of your stay in Mexico.
- Questions? Call NOLS admissions at (800) 710-6657.

## Airline Information

Presently, there are four air carriers that service Loreto. Due to the limited flight options, we recommend booking your flight as soon as your health form is cleared. Flights can be overbooked so seat confirmation is critical. **In order to streamline transportation from the airport to NOLS Mexico, please book the Alaska Airlines flight from Los Angeles to Loreto, or with American Airlines.**

- Alaska Airlines: flights from Los Angeles to Loreto and partners with many major airlines, [www.alaskaair.com](http://www.alaskaair.com)
- American Airlines: flights from Phoenix or Dallas: <https://www.aa.com>
- Calafia Airlines: Services Loreto from Cabo San Lucas and flies from San Diego/Tijuana to Loreto via the Cross Border Express [www.crossborderexpress.com](http://www.crossborderexpress.com) in San Diego. Their website is available in both English and Spanish, <https://www.calafiaairlines.com>

## NOLS

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- Volaris: services Loreto from San Diego/Tijuana via Cross Border Express. [www.volaris.com](http://www.volaris.com)
- West Jet. services Loreto by many major Canadian cities, [www.westjet.com](http://www.westjet.com).

You are responsible for organizing your own travel arrangements to Mexico, using a travel agent or airline of your choice.

### Delayed Luggage

If your luggage is delayed, it will likely take more than one day to arrive in Mexico. When you fill out your baggage claim form at the airport, you should use the NOLS Mexico address so the airline can deliver it to you (this is not the same as the address for student mail):

NOLS México  
(Your name)  
Rancho El Coyote  
Carretera Loreto/Mulegé KM 107.5  
Baja California Sur, México  
Email: [mexico@nols.edu](mailto:mexico@nols.edu)  
Baja California Sur, México

### Ground Transportation In Baja

The day before your course begins, NOLS will pick you up at the airport (please notify us of your arrival time). We will bring you to our campus an hour and a half north of Loreto near Mulegé, Baja California Sur, where you will stay that night. We will provide dinner that evening.

### Returning Home

You will finish your course at our Coyote Bay campus near Mulegé, Baja California Sur after a graduation dinner. Because it is late, **students spend the night at NOLS Mexico and we provide travel to either the Loreto Airport or downtown Loreto the following day.**

You can expect to arrive in Loreto around **10:00 a.m.** (or earlier depending on your departure flight.) Your return flight should be booked out of Loreto (LTO).

Bad weather could delay the ending of your course. This is uncommon, but we will always choose safety before punctuality. NOLS will inform your family if your course will be so late as to affect your travel arrangements.

If your family has travel changes for you while you are on course, they should be emailed to [mexico@nols.edu](mailto:mexico@nols.edu) with the subject: Course code and start date – (your name) Travel Change. There is no telephone service in our facility at Coyote Bay and you will not be able to make any calls on this day.

## Getting into Mexico

To board all flights entering Mexico, you must present the following documents:

- A valid passport.
- If you are not a U.S. citizen, you may need to apply for a visa in advance. Check with the Mexican embassy in your country of origin before leaving.

Please contact the Mexican Embassy, the nearest Mexican consulate or the State Department if you have any questions about these requirements and recommendations:

<https://mx.usembassy.gov/> <https://travel.state.gov/content/travel/en.html>

Mexican Customs Service may stop you at the airport for a routine inspection. If you are carrying prescription drugs, we suggest you bring a copy of the prescription. If you have natural medicines or vitamins that are not in the original container, bring a written description of how they will be used, as this can help avoid misunderstandings.

## Passport

You must have a passport valid for the duration of your stay in Mexico. If you have a passport, **check the expiration date**. If you do not have a passport you should apply for it immediately. U.S. citizens can get a passport application at your local post office or the U.S. State Department web site: [travel.state.gov/passport](https://travel.state.gov/passport).

We recommend that you leave a photocopy of the information page of your passport with someone at home. This will facilitate replacing the passport should you lose it.

## Visa

To travel in Mexico legally during your course, you must have a Mexican FMM visa (“multi-purpose tourist/business card”) valid for the full length of your stay in Mexico. All students flying in will receive a visa form from the airline when they board their flight for Mexico (the fee for the visa is included on the flight ticket). Keep your tourist card safely with your passport. Mexican Immigration will fine you ~\$40 upon leaving the country if you lose it.

## Personal Belongings

NOLS can store your personal belongings while you are on course. Keep your luggage to a minimum and avoid bringing anything that isn't on the equipment list (except for clothing you would like to wear when flying back home). Items that you don't need will get packed up for storage. Although due care will be taken, there may be times during the course when your gear will be stored in remote regions with little or no supervision. NOLS assumes no liability for lost, stolen, or damaged personal property while in our care.

## Student Mail

For this course, we do not recommend anyone send you mail to our NOLS Mexico facility because it will not arrive in time.

## Telephones

Emergency phone calls can be forwarded via the NOLS admission office at (800) 710-6657. If you are in the field, it may be days or weeks before we can get a message to you. Once your course begins, there is no opportunity to make phone calls until you are in Loreto after the course ends.

You should make any necessary calls before you are picked up at the airport in Loreto. Do not plan to phone home to confirm your arrival at NOLS Mexico. NOLS will inform your family if you fail to arrive by the time your course begins. Otherwise, no news is good news.

## Internet

There is no student Internet access at NOLS Mexico.

## Health and Medical Information

International travel poses special health considerations. NOLS strongly advises that all students traveling to international courses carefully consider what vaccinations or inoculations are required, recommended or suggested for their specific travel itinerary.

- Consider which countries you are visiting both before and after your course.
- Read the NOLS course description for information on where the course will be traveling within the country. Most NOLS courses do not follow customary tourist itineraries.
- Consult with a physician, travel medicine specialist or other health care professional.

To guard against infection while traveling in a foreign country, routine immunizations should be current. These include tetanus and diphtheria, measles, mumps, rubella and polio. A series of inoculations can take months; we suggest you begin early.

Regulations and recommendations can change. NOLS suggests some specific inoculations based on information from the U.S. Centers for Disease Control (CDC), through consultation with health officials in the specific region of the countries where courses are conducted, and through our experience in the specific country. The final decision about which inoculations you receive is your responsibility. There are many sources of information and some of the information is contradictory.

In addition to consulting with your healthcare provider, the following organizations provide useful information:

- U.S. Centers for Disease Control either via the CDC International Travelers Hotline (404) 332-4559 or their website: [www.cdc.gov/travel/index.htm](http://www.cdc.gov/travel/index.htm).
- International Association for Medical Assistance to Travelers (IMAT), 417 Center St, Lewiston NY 14092, (716) 754-4883
- Shorelands Travel Health Online: [www.tripprep.com](http://www.tripprep.com).

Inoculations you receive should be recorded in the official document, International Certificate of Vaccination, available from the U.S. Public Health Service 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.

## Mexico-Specific Inoculations

There are no inoculations required for entering Mexico. We recommend that you are up-to-date on all vaccinations normally recommended in the U.S. Please be sure that your tetanus booster shot is current. The CDC recommends receiving the hepatitis vaccine or immune globulin. Immune globulin should be administered as close as possible to the starting date of your course.

## Traveler's Diarrhea

Diarrhea is by far the most frequent health problem of travelers to Mexico. Traveler's diarrhea is caused by a variety of infectious agents and the spectrum of clinical illness varies considerably. This illness in travelers, however, is usually not severe, and complete recovery often occurs even in the absence of treatment. We do not recommend prophylactic use of antimicrobial or anti-motility agents (Lomotil, Imodium)



due to the possible troublesome side effects. Instead of using an anti-diarrhea prophylactic, we recommend that you be careful of what you eat and drink. If problems occur, your instructors will be able to recommend treatment, or assist you in getting medical treatment.

### **Questions?**

If you have any questions about traveling to and from Mexico, hotel accommodations, visa requirements, or other travel concerns, contact NOLS. If you have questions regarding course content, enrollment, college credit, or anything else related to your course contact NOLS Admissions.

#### **NOLS Admission Office**

1-800-710-6657

[admissions@nols.edu](mailto:admissions@nols.edu)