

Baja Spring Break Sea Kayaking

Travel and Logistics

Course Start

Arrive	No later than the day before your course begins - however, the Loreto airport doesn't operate daily, so you may need to arrive earlier
Meeting place	Oasis Hotel Loreto, Baja California Sur, Mexico
Meeting time	7 a.m. on course start date
Meeting plan	Desert & Sea Transport will take you from the Oasis Hotel to NOLS Mexico

Flight Destination

Airport	Loreto, Baja California Sur, Mexico (LTO)
Date	No later than the day before your course begins - however, the Loreto airport doesn't operate daily, so you may need to arrive earlier

Flight Return

Airport	Loreto, Baja California Sur, Mexico (LTO)
Date	The day after your course ends - however, the Loreto airport doesn't operate daily, so you may need to leave later
Time	You can expect to arrive at the airport around 10 a.m.

Ground Transportation

From airport at arrival	Take Desert & Sea Transport to your
-------------------------	-------------------------------------

NOLS

	Loreto lodging
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

Accommodation

Before Course	You arrange for the time before your course - at least the night before the 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. Book your travel.
3. Arrange ground transport - when your flight lands
4. Arrange accommodation for before and after course
5. Complete and submit Travel and Logistics form on your [Dashboard](#)
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
- 9. **Contact for NOLS Admissions:** 800-710-6657 / admissions@nols.edu (Save our contact info so you have it while you travel!)

Further Details:

[Prepare to Travel to Your Course](#)

[Welcome to NOLS Mexico!](#)

[Key Information](#)

[Arrival in Baja California Sur](#)

[Airline Information](#)

[Delayed Luggage](#)

[Ground Transportation In Baja](#)

[Hotel Oasis](#)

[Returning Home](#)

[Passport](#)

[Visa](#)

[Getting to Mexico](#)

[Money](#)

[Personal Belongings](#)

[Student Mail](#)

[Telephones](#)

[Internet](#)

[Questions?](#)

[Health and Medical Information](#)

[Mexico-Specific Inoculations](#)

[Traveler's Diarrhea](#)

Welcome to NOLS Mexico!

Key Information

- The Loreto airport doesn't operate daily, so you may need to arrive early or stay late if you fly out of Loreto.
- 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 can expect to arrive in Loreto around **10:00 a.m.**
- You must have a **valid passport** for 6 months after you enter 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.

Arrival in Baja California Sur

You are responsible for organizing your own travel arrangements to Mexico, using a travel agent or airline of your choice. Please wait to make travel arrangements until NOLS Admissions clears your health form. You must have both a passport and a Mexican visa to travel in Mexico; please see the relevant sections of this document (below) for more information.

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.

- Alaska Airlines: flights from Los Angeles to Loreto and partners with many major airlines, www.alaskaair.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 in San Diego. Website available in both English and Spanish: www.calafiaairlines.com
- Volaris: services Loreto from San Diego/Tijuana via Cross Border Express. www.volaris.com
- West Jet services Loreto by many major Canadian cities, www.westjet.com.

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

Baja California Sur, México

Ground Transportation In Baja

When you arrive at the airport, look for the “Desert & Sea Transport” booth as you exit Mexican customs. Desert & Sea is our transportation service, and on the day before the start of your course, their representative will have a roster for your group and display a NOLS sign to help you locate them. Desert & Sea can transport you to your hotel in Loreto for \$8 to \$10. Desert & Sea meets all incoming flights so you do not need a reservation. They accept US dollars.

NOLS will provide ground transportation from the Hotel Oasis (contact information below) in Loreto using Desert & Sea Transport (contact information below) to our facility near Mulegé, Baja California Sur on the first day of your course. You are responsible for making a hotel reservation and for the cost of your room.

On the first day of your course, Desert & Sea will meet you outside the Oasis Hotel at 7:00 a.m. to transport you to NOLS Mexico. Please ensure that you are ready to leave on time—your luggage should be ready to load and your hotel bill paid before 7:00 a.m.

Hotel Oasis

011 52 613 135 0211

Toll free Mexico: 01-800-624-9449

E-mail: loretooasis@prodigy.net.mx

www.hoteloasis.com

NOTE: You are not obligated to stay at this hotel, although it may be the most convenient choice. Other hotels are within easy walking distance of the Oasis. If you stay elsewhere, you must still be outside the lobby of the Oasis at 7:00 a.m., ready to travel.

Your travel plans should allow for the possibility of delayed flights or other contingencies. We recommend you arrive in Loreto at least the day before the course begins to allow extra travel time in case of cancelled or delayed flights. If you are

delayed and will not make the pick-up at the Oasis the day your course begins, please contact the NOLS admission office at (800) 710-6657.

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

Returning Home

You will finish your course at our Coyote Bay facility near Mulegé, Baja California Sur. Students spend the last night of their course with NOLS, and leave early on the following morning. There is no telephone service in our facility at Coyote Bay and you will not be able to make any calls this day. NOLS will provide ground transportation to the airport the morning following your course end date. You can expect to arrive in Loreto around **10:00 a.m.** Your return flight should be booked out of Loreto (LTO). If your schedule allows, we encourage you to depart a few days after your course ends so you will have time to visit more of Baja California.

Heavy 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 with the subject: SKB (course start date) – Your Name - Travel Change.

Passport

You must have a passport that will be valid until 6 months after the course end date. If you have a passport, check the expiration date. Passports are generally valid for a period of ten years from the issue 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 website:

<http://travel.state.gov/content/passports/en/passports.html>

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

Visa

To travel in Mexico legally during your course, you must have a Mexican FMM visa (a “Multipurpose Tourist/Business Form”) valid for the duration 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.

Getting to 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.
- If you are under 18 years of age, Mexican law requires that any non-Mexican citizen under the age of 18 entering or leaving Mexico must carry a notarized letter giving permission from any parent or guardian not traveling with the minor to or from Mexico. This permission must include the name of the parent, the name of the child, the name of anyone traveling with the child, and the notarized signature(s) of the absent parent(s) or guardian(s). The State Department recommends that the permission should include travel dates, destinations, airlines and a brief summary of the circumstances surrounding the travel. The minor must be carrying the original letter, not a facsimile or scanned copy, as well as proof of the parent/guardian/child relationship (usually a birth certificate or court document) and an original custody decree, if applicable.

Mexican Customs Service may stop you upon arrival to the airport for a routine inspection. If you are stopped, Customs will inspect your luggage. 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.

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>

Money

You are advised to bring enough cash with you to cover expenses while traveling to and from Mexico. We recommend that you bring at least \$250 to cover expenses. Expenses may include lodging, meals, and transportation to and from the Loreto airport. Most Mexican taxis and nearly all big hotels and fancier restaurants will accept U.S. currency and credit cards.

Smaller businesses require Mexican pesos, and it is worth your while to exchange some dollars for pesos. This can be done at major airports, banks, money exchanges, many hotels and other places of business. Loreto has a bank, but counter service can be slow. There is an ATM at the bank, which is the quickest way to get money. Using your standard ATM card and PIN number, you can withdraw pesos at the current bank exchange rate. Traveler's checks are not universally accepted; banks are the only reliable place to exchange them for cash.

Personal Belongings

NOLS can store a minimal amount of 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. Items that you don't need will be packed up for storage. Although due care will be taken, there may be times during the course when your gear will be with little or no supervision. NOLS assumes no liability for lost, stolen or damaged personal property while in our care. You will need to obtain personal insurance if you wish to be reimbursed for loss, theft or damage of your belongings.

Student Mail

Mail to Mexico can be very slow; allow three weeks for delivery. Since this is a very short course, we recommend against having mail sent to you.

Telephones

NOLS Mexico does not have telephone service. Emergency phone calls can be relayed via the NOLS admission office at (800) 710-6657. Nonetheless, if you are in the field, it may be days before we can get a message to you. Once your course begins, there is no opportunity for you to make phone calls until you return to Loreto at the end of your course.

You should make any necessary calls before you are picked up at the Hotel Oasis 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.

Internet

There is no student Internet access at NOLS Mexico.

Questions?

If you have any questions about traveling to and from Mexico, hotel accommodations, visa requirements, or other travel concerns, contact the NOLS admission office at (800) 710-6657. The admission office will also answer questions concerning course content, enrollment, college credit, or other subjects.

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 what countries you are traveling through both to and from 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; begin early.

Regulations and recommendations can change. NOLS suggests some specific inoculations based on information from the United States 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
- International Association for Medical Assistance to Travelers (IMAT), 417 Center St, Lewiston NY 14092, (716) 754-4883.
- Shorelands Travel Health Online: 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. We recommend that you consult your physician regarding any specific medical questions that you may have about traveling in Mexico.

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 non-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.