

# **Monte Roraima Venezuela Expedition**



## **Overview**

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## **Dates**

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## **Price**

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## **How to book**

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## **What's included**

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## **What's not included**

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## **Itinerary**

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## **Travel tips**

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- Recommendations: Most people traveling with Ecoglobal Expeditions are fervent lovers of nature, they are uncomplicated and "off-road" travelers, patients, tolerant, collaborators and
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enthusiasts. They like to travel in groups because they find in this experience an opportunity to learn from others, make friends and share experiences during the trip. Thinking about it, we wanted to propose a list of "Good Group Travel Practices" to help travelers to have a richer and more pleasant experience during the excursions. You can find the list by clicking here:

Good Group Travel Practices

Each expeditionary must purchase accident insurance covering helicopter rescue, for example: <https://www.worldnomads.com/>. In case of any eventuality all the medical expenses, transfer, recate, medicines, hospitalization, etc. In which they are incurred, are borne by the person concerned. Normally, the insurers ask the person to pay all the expenses and after a formal claim with all the necessary documentation, the insurance reimburses the paid less the corresponding deductible. It is therefore important to travel with a credit card with enough space.

Do not carry or consume liquor (no brandy, wine, whiskey, beer, etc.), or toxic substances, psychoactive or hallucinogenic in the mountains (marijuana, cocaine, heroin, ecstasy, fungi, etc., that combination is worse than The "gasoline with the liquor" !!).

Do not bring jewelry or valuables (the Rolex and the Cartier earrings please leave them at home)

During the walks do not separate from the group, do not go ahead, do not be left alone  
 Bring warm clothes, the place we go is very cold.

Consume a lot of liquid during your stay in the mountains, this practice helps improve the body's ability to adjust to height.

Pack your clothes in plastic bags inside the backpack, carry extra plastic bags for various uses. Protect your camera from moisture.

Carry spare batteries.

As far as possible carry the least amount of wrappers, cans or glasses. Please do not leave litter on the mountain.

Bring snacks, chocolates, peanuts, panela, etc. Packed in resealable plastic bags ("Ziploc"), remove the air when packing them to occupy as little space as possible inside your backpack. Light luggage travel, it is not necessary to bring a bag for each day.

The weather conditions in the mountains can change in minutes, always carry a raincoat.

Keep in mind that we will be staying in a very remote place, with basic services. Our hosts will do everything in their power to serve us as best as possible, within the conditions of the place and its culture.

Do you feel it is a very long plane trip to Kathmandu? Click here for recommendations to avoid the "jetlag"

What to bring: Sleeping bag (sleeping bag) for -15 ° C (optional if you wish to bring the staff, however the expedition includes them)

Waterproof mountain boots with thick soles of good grip, that protect the ankles. Please do not post them the day before !!!! Use them before and "give them".

One (1) feather jacket, polar fiber or synthetic material to protect against cold

One (1) quick drying towel

Sports sandals for use in camps (optional)

Three (3) pairs of specialized hiking averages.

One (1) suit of thermal underwear or polar fleece sweatshirt or coarse fabric to stay in the cabin and to sleep  
Waterproof jacket and trousers.  
Gloves with inner polar lining or ski gloves, hope they are waterproof.  
Leggings  
High-end sun block. Protection factor greater than or equal to 60SPF  
Lip protection.  
Sunglasses.  
Canteen, bottle or moisturizing bag.  
Walking sticks (poles / walking sticks), a pair is recommended (optional if you want to bring the staff, however the expedition includes them)  
Three shirts hopefully long sleeves, made of fast drying synthetic material (lycra, polar fiber, etc.). Avoid t-shirts, sweaters and cotton jackets.  
Small backpack (up to 20 liters) for carrying personal implements during walks.  
Flashlight with spare batteries, hopefully front.  
Photo camera.  
Hat or sun hat.  
One (1) wool cap or fleece covering the ears (can be balaclava)  
Fast drying trekking trousers. Please do not wear denim pants or jeans or general cotton, do not protect from the cold and if they get wet do not dry out during the whole expedition.  
First-aid kit.  
Toiletries including towel (toothbrush, toothpaste, deodorant, soap, toilet paper, bath towel, etc.)  
Cash for hydration, tips, souvenirs, additional drinks and personal expenses  
Personal documents (identification, insurance, passport)  
Plastic bags  
Sweets / chocolates / peanut / boc