



Colombia • Venezuela • Panama • Costa Rica • Pérou • Chili • Floride • Bahamas

## ADVICES BEFORE TRAVELLING TO LOS ROQUES

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- ◊ Take protection from the sun. Don't forget to add a lip balm with sunscreen to protect your lips.
- ◊ Use clothing for protection. Hats and sunglasses offer much needed protection for your face and eyes, but wearing a coverup with long sleeves can also offer protection.
- ◊ Accessories; Beach bag, Flip-flops, Glasses and/or contact lenses, if necessary (bring an extra pair, too), Sunglasses, Sun hat.
- ◊ Clothing; Swimsuit, Swimsuit cover-up.
- ◊ Equipment; Batteries for small electronics and cameras, Beach blanket, Cell phone, Chargers for your cell phone, Camera, Video camera, (and laptop if needed), iPod and iPod dock.
- ◊ Health and Beauty Items; Aloe Vera gel, Antibacterial wipes, Body lotion, Comb and brush, Deodorant, Face cleanser, First aid kit, including gas relief tablets, antacid, antidiarrheal medicine, antihistamine for allergies, bandages, candied ginger for motion sickness, mild laxative, non-aspirin pain reliever, thermometer in a hard case. Floss, Insect repellent (cream), Lip balm (choose one with SPF 15), Razors, Shampoo and conditioner, Soap, Toothpaste.
- ◊ Do not walk barefoot in rocky areas and where coral rests are abundant (you could injure yourself).
- ◊ Do not touch fishes, corals and other animals (they could cause you injuries).
- ◊ Coordinate with your posada in advance the cays you want to visit.
- ◊ Remember to preserve the environment and do not remove any kind of marine species. Your baggage could be checked by the competent authorities when leaving the National Park.
- ◊ Water and electricity is a scarce resource in Los Roques so posadas have a responsibility not to use more than necessary. Please measure water consumption during your stay in the island.
- ◊ There is a bank (the only one) in Gran Roque Island. The use of credit/debit cards is limited, we recommend you to carry cash.
- ◊ The different telephone companies do have mobile phone coverage in Gran Roque Island.
- ◊ Do not forget your camera and battery charger (electricity is 110 V).
- ◊ The official months to eat lobsters and botutos (sea snails) are October to April. It is important that you avoid consuming them after these seasons, doing so you will also contribute to the ecological balance of the Archipelago.
- ◊ The baggage has to be limited to a minimum (for security reasons most airlines allow max. 10 kgs per person) and preferably has to be used a bag or backpack (NO big rigid suitcases).