

SUMATRAN TRAVEL INFORMATION



ARRIVAL PROCEDURES

ARRIVAL AT YOUR DESTINATION CITY - MEDAN, NORTH SUMATRA

Upon arrival in Medan, please collect your checked luggage, clear customs & immigration (for International flights) and proceed through to the arrivals exit of the terminal. Here you will see and meet an Orangutan Odysseys representative waiting to greet you, he/she will be holding an Orangutan Odysseys sign with your name on it. They will then transfer you to your overnight accommodation.

DOMESTIC FLIGHTS WITHIN INDONESIA

Orangutan Odysseys use only commercial airlines. In Indonesia, our preferred airline is Garuda Indonesia and its subsidiaries, however, some of our domestic flight bookings are subject to flight schedules, availability and destinations. Therefore the selected airline may be different on occasions. bit of body text

TRAVEL DOCUMENTS

A valid passport with at least 6 months validity from your return travel date is required by ALL visitors. This is very strictly enforced for visitors to Indonesia. Entry visas are not required for citizens of Australia, USA, Canada, Germany and the United Kingdom, among other countries. Please carefully check the requirements for your country. Note: Visa's are the responsibility of each individual traveller. Orangutan Odysseys requires a copy be sent to our office and asked that you carry a photocopy with you at all times.

TRAVEL INSURANCE

Travel Insurance is mandatory for all Orangutan Odysseys trips, we strongly recommend that travel insurance is taken out upon booking your tour. Travel Insurance MUST include cover for Emergency Medical Evacuation. Orangutan Odysseys can provide an insurance quote for Australian residents, please click on the 'Book Travel Insurance' tab on the right of your trip page. We also recommend that your insurance also provides cover for trip cancellation, baggage loss and accident insurance. In the event that an aircraft evacuation is required, Orangutan Odysseys will undertake to help arrange the evacuation on the condition that the expenses are reimbursed by the passenger (or their insurance provider) before departing the country.



WEATHER

Sumatra is a tropical climate with high humidity and hot temperatures throughout the year.

Daytime temperature is generally

73F/23C to 86F/30C

and nighttime is 73F/23C to 80F/27C

The Wet Season is Sep- Jan

The Dry Season is Feb-Aug



HEALTH AND FIRST AID

No vaccinations are required for entry to Indonesia. However, you should consider cholera, typhoid and hepatitis vaccinations and make sure your tetanus cover is up to date.

Please plan ahead and consult your doctor regarding personal health requirements as well as vaccinations and anti-malarial medication recommended for the area you are travelling to.

Orangutans share 97% human DNA making them susceptible to our diseases like the common cold and flu



ELECTRICITY

Indonesia uses 220 Volt for its electricity. The electrical outlet has two round holes, similar to those in continental Europe. The voltage may be unstable in some places.



MONEY

The currency in Indonesia is the Rupiah (Rp). Money can be changed at the airport and some hotels. ATM's are also available in some areas while on tour. Credit cards such as Visa and MasterCard are sometimes accepted whereas American Express is limited in its acceptance. Orangutan Odysseys recommends spending money in local currency while on the expedition.

TIPPING

Tipping while not compulsory is encouraged to show your appreciation to our guides, drivers and assistants during your travel.

RECOMMENDED CLOTHING AND EQUIPMENT LIST

Please note that our experiences are very laid back. Pack all your gear into either a lightweight suitcase or backpack. Your baggage will always be left with the expedition crew or securely in a lodge when you go trekking and exploring.

- 1-2 pairs of lightweight long pants (required for jungle trekking)
- 2-3 pair lightweight shorts (can be combined with long pants if zip-off style)
- 1-2 long sleeve cotton shirts
- 2-3 t-shirts
- Underwear
- 1 lightweight polar fleece
- Hiking boots OR sturdy runners.
- Pair of thongs/sandals
- Socks. Longs socks to keep leeches out (required for jungle trekking)
- Hat
- Sunscreen
- Tropical strength insect repellent
- Torch or headlamp
- Rain poncho (something lightweight)
- Lightweight travel towel
- Water bottle
- A personal first aid kit, including, Band-Aids, blister dressings, cream for bites and grazes, paracetamol, Deep Heat or other muscle creams.

Another first aid kit will be carried by the guide. Please note: If you have something you are particularly prone to, ie. ear infections or sinus problems; please bring your required medications for this.

Optional items:

- Gaiters
- Snacks such as barley sugar, Mentos, chocolate, muesli bars etc.
- Bathers/swimsuit
- Sunglasses
- Notebook and pen
- Camera and spare batteries, lens cleaner
- Sarong
- Sleeping bag liner
- Camping gear: For camping components of your trip, we provide tents, inflatable mattress, pillow and blanket.

Note: If you have any questions regarding the above list or any other items that you want to ask about please contact us. We can provide you with additional information at any time.

CULTURAL CONSIDERATIONS

Please note that Sumatra is comprised mostly of people and locations of the Muslim religion. As such you should be prepared for: The 'Call to Prayer' at around 4.00 am each morning from the many mosques that are scattered around the towns where you might stay. Alcohol. Purchasing alcohol can be difficult to impossible (and expensive) once in Sumatra. Should you require any alcohol other than beer, we suggest that this be purchased ahead of your arrival. 1 litre of alcohol per person is allowed through customs in Indonesia. Please also make sure when flying domestically in Indonesia that the bottle remains unopened until your final destination and is carried in your stowed luggage only. Women are requested to dress modestly when walking through towns and villages. Head covering is not required, but covering of the shoulders and knees are suggested. a little bit of body text



THE ENVIRONMENT

Many of the places you will visit are pristine. We should try to have as little impact on these natural environments as possible. As such we recommend the following: We discourage the use of commercial soaps when washing both body and clothes. We recommend the use of biodegradable soap to wash hands to help protect the ecosystem. All rubbish taken into the park is taken out of the park. If you have rubbish, can you please leave it in rubbish bins provided or give it to your guide to be carried out. Please do not dispose of batteries in the country. They are extremely harmful to the environment. At campsites, use toilet facilities as directed by your guide. By abiding by these simple guidelines, you will be protecting the local environment for native wildlife and local people.

HEALTH PROTOCOLS, GUIDELINES AND SAFETY PROCEDURES

These guidelines have been prepared using the ICUN guidelines along with the expert advice of Leif Cocks, president and founder of The Orangutan Project (TOP), to inform visitors about their responsibilities during their visit to Bornean and Sumatran Eco-tourism Sites. We request that you read these guidelines carefully and understand the appropriate behaviour that is needed during your time in Indonesia. Your cooperation in adhering to these guidelines will ensure the well-being of the animals, their environment and yourselves, and help to maintain a stable and long term viable tourism facility for all. As you trek through the forests or visit the care centres it is important to remember that you are entering the habitat of one of the rarest great ape species on earth. The population of Sumatran and Bornean orangutans can generate from two different origins.

Ex-captive individuals who have been rehabilitated and released in the forest. Captive and rehabilitation experiences often result in released rehabilitant orangutans not fearing humans and even expecting to interact with them. Wild individuals, some of whom have become habituated to human presence, with the remaining being native (i.e. not used to people's presence in their forest habitat). Inappropriate behaviour by visitors may affect the behaviour and health of orangutans from both populations negatively, which places them at increased risk of becoming stressed, or the transfer of diseases. By following these simple guidelines, visitors are able to see the orangutans at all locations in a way which is both safe for themselves and safe for the orangutans, whilst at the same time, experiencing a more natural, unique experience in the forest.



Keep
them
safe

GROUP RESPONSIBILITIES

A maximum group size of visitors (varies depending on the location) is to be adhered to whilst in the forest. Research from other eco-tourist sites that allow great ape trekking has shown that visitor group size can affect the behaviour of the great apes encountered and (as a result), the visitor's experience. Where groups of visitors are too high in number, the animals become stressed and nervous and move away from visitor groups. Every member of a visitor group should maintain a minimum distance of 10 metres from the closest orangutan. The potential for disease transfer, both humans to orangutan and orangutan to human, is very high due to the close genetic relationship humans share with great apes. Pneumonia, influenza, tuberculosis, hepatitis A, B, C, and E, cholera, herpes, parasites, and even the common cold can all be passed between great apes and humans. If an orangutan moves towards a visitor group or any member of the group, it is primarily the responsibility of the guide to move the whole visitor group back (maintaining the minimum distance at all times). Every member of a visitor group should nonetheless move away from any orangutan that approaches, and alert others of the approach. Once in the presence of orangutans (less than 50 metres away, the distance at which orangutans are considered to be associating with one another), visitors may stay **NO LONGER THAN ONE HOUR**. The visit will be formally timed from the point of entering the orangutan's presence. When this period is over, the group is to leave the area that the orangutan is in. Timing is the guide's responsibility and the viewing period can **NOT** be extended. Remember that visitors are guests in the locations, which are the orangutan's home, and that what is best for the orangutans is to freely roam and forage naturally in the forest without excessive disturbance.

Orangutans share over 97% of its genetic DNA with humans and as a result, they are like us in many ways. It is important to remember that orangutans are highly intelligent, thinking, feeling beings and should be treated with due care and respect. Visitors are to observe the following orangutan etiquette guidelines.



Orangutan Viewing

- Visitors must not touch the orangutans under any circumstances. Touching is very dangerous, for various reasons: diseases, infections and even parasites can easily pass between orangutans and humans and physical contact makes the likelihood of this higher. Touching also gives the orangutans the chance to grab; some of them do, with all four hands, typically to steal food or other goods. A mature orangutan is more than four times stronger than a human and can inflict serious injuries if they feel threatened, irritated or upset. Binoculars may be useful because they allow close up views of orangutans from safe distances. Please do not use binoculars unless orangutans are relaxed, and stop using them if orangutans show signs of becoming uneasy. Binocular lenses pointed at an orangutan can look like "big eyes" and orangutans sometimes seem to find this uncomfortable. Camera usage must also follow the same guidelines for binoculars. Camera lenses may often be larger than those of binoculars and thus may irritate the orangutans. Also limit the use of flash photography as this may also affect the orangutans.
- Visitors must not feed the orangutans under any circumstances.
- Visitors should not under any circumstances move to or stay in a location that puts them between two orangutans, especially a mother and her infant or a male and his female consort. Orangutan mothers are extremely protective of their young and can become aggressive if they feel that their infant is being threatened. Male orangutans can become aggressive if anyone approaches their consort.
- Visitors or guides should not call out to the orangutans or otherwise lure them to change their behaviour. Calling or luring the orangutans can cause stress and it automatically disrupts natural behaviour.
- Visitors should refrain from making any sudden movements and should not attempt to gain the attention of the orangutans by waving their arms, etc., for the same reasons given above. In addition to disrupting their behaviour. Visitors should refrain from making too much noise within the forest and try to talk quietly. Loud noise can be interpreted as a threat by the orangutans. If an orangutan begins to make kiss-squeak vocalisations, throaty grunts or growls, or "raspberry" sounds, breaking and throwing branches, or shakes trees, these are signs of irritated disturbance and aggressive threats. It is best to move on and leave the orangutan alone.

VISITOR RESPONSIBILITIES

Visitors must not enter the forest if they are feeling unwell or recently had an illness. It is each visitor's moral responsibility to report any sign of disease to their guide before entering the forest. Spending time around the orangutans whilst unwell can seriously risk infecting them. Any orangutan infected by humans could potentially infect other orangutans as well. If the guide feels that a visitor is not well enough to enter the forest, it is within his/her authority to refuse entry to the visitor. Eating or having food visible whilst in the forest increases the risk of both disease transmission and attacks from orangutans. One of the main reasons that orangutans contact and attack humans is to steal food, and seeing food is, therefore, a major provocation. Visitors should take any litter they have out of the forest when they leave. This includes fruit skins, as discarded foods may later attract orangutans and allow for disease transfer. It is most preferable to bring only the essentials into the forest. Refrain from smoking in the forest. Smoking is NOT permitted when in the presence of orangutans.

FOREST RESPONSIBILITIES

Like any tropical forest, its surrounding areas represent a complicated and diverse (but above all, fragile) habitat. The whole forest system is a delicately balanced network of animal and plant species and many species are heavily dependent upon one another. We, therefore, ask visitors to follow these simple guidelines. Visitors should not remove, damage, or alter any of the vegetation within the forest. Leaves, seeds and shells all play a role within the forest ecosystem and should not be taken out. It is the responsibility of every person entering the forest to help ensure the survival of this critically endangered species and its habitat. Visitors should discourage other members in their party, including their guides, from acting in a way which contradicts these guidelines, and should express their disapproval and report to the management team any activity which puts either the visitors or the orangutans at risk.



WHAT DO OUR ORANGUTAN EXPEDITIONS INCLUDE?

DONATIONS TO HELP SAVE THE ORANGUTAN AND HABITAT

Your trip fee will include a donation for one Orangutan Adoption which will go fully and directly to helping save the orangutans and their rainforest habitat.

SERVICES OF AN EXPERIENCED LOCAL GUIDE

Orangutan Odysseys guides have been carefully selected for their ability and temperament. Each guide has training and proven abilities in eco-friendly methods, safety and careful trek operations as well as an understanding of the importance of keeping the health and happiness of the trekkers and crew a priority. Our guides are committed to making sure that all our trekkers have an enjoyable trek, come back safely and are overwhelmed by their experience. Your guide will be a friend and companion, who takes pleasure in showing you their country's specialities and perhaps their home and family too.

ACCOMMODATION

Our expeditions use tents, boats, hotels and guest houses, accommodations are always clean and comfortable. Orangutan Odysseys encourages the use of eco-friendly places where possible.

MEALS WHILE ON EXPEDITION

Meals included are as per itinerary (B,L,D) - Breakfast, Lunch, Dinner. We also often provide afternoon tea, tea and coffee as well as purified water in bottles and by dispensers.

TRANSPORT

Orangutan Odysseys expeditions include all domestic airfares, airport transfers in private air-conditioned vehicles as well as all forms of transportation during your expedition as per the itinerary.

CONSERVATION FEES, NATIONAL PARK AND TREK PERMITS

All trekking permits, National Park and Conservation Fees are included. **FINAL CHECKLIST:**
Please make sure you have the following items before you travel to the airport for your flight to Indonesia:
Luggage with personal clothing/equipment
Day pack/backpack as hand luggage
Valid passport (6-month validity)
Photocopy of the main page of your passport
Return air tickets
Medical/travel insurance papers/certificates
Credit cards and cash for expenses while in Indonesia

ADDITIONAL INFORMATION AND SUPPORT

If you have any questions or want more information please feel free to contact the Orangutan Odysseys office in Melbourne, Australia on +61 (0)417 973 355 or email Hayley at hayley@orangutanodysseys.com.

