

Tour Dossier Introduction

Tour Documents

 PDF Document  Web Page

 Portuguese Language Survival Guide

 Spanish Language Guide

 Inca Trail Passport Declaration Form

What's Included

What's not Included

- > Sleeping bag & sleeping mat
- > International flights and departure taxes
- > Tips on included excursions, visas, travel insurance, personal items and single rooms.
- > Airport transfers and pre and post tour accommodation
- > Spending money – budget for meals, snacks, drinks, limited souvenirs, laundry, tips and any extras
- > Optional excursions - Please see our optional excursions guide on the dossier page for a comprehensive list of optional activities and excursions available on this tour.

Detailed Itinerary

Day by Day Itinerary

Travel Style

This is an Overland Tour, travelling by custom built vehicle and camping along the route. There is a maximum of 34 travellers with an average group size of 15-24. Please read the Overland Tour travel style dossier to ensure you understand the style of travel you are undertaking:

<http://www.tucantravel.com/travel-styles/dossier/overland-tours>

Local Payment

The tour price is divided into a set amount paid in advance and a compulsory local payment which is due to your tour leader in US\$ cash at the group meeting on the first day of your tour. The local payment amount is found on the tour price page and will be printed on your invoice and tour voucher. Our brochures are updated in September/October each year and the local payment you will pay will be the cost published at the time of your departure. It can be very difficult to obtain US\$ in some South American countries and virtually impossible in others, so we recommend organising your local payment before you arrive for your tour.

In general your local payment will cover:

- Meals while camping and some lunches on travel days on the expedition vehicle
- Campsite fees and cooking gas
- Hotels and hostels when staying in towns/cities (and possibly lodges if bad weather on camping days)
- National park entrance fees when visited in the expedition vehicle

Rio Carnival - Feb 05-10 2016

Each year this tour meets the famed Rio Carnival. We offer a 4 night/5 day Add-on before/after tours that meet Carnival which includes accommodation in

designated Tucan Travel hotels as well as a ticket to the Samba parade at Sambadrome (sector 13) to see the main event. If you add Rio Carnival to your booking, you will stay in the same hotel as your fellow tour participants, enjoy the convenience of a helpdesk from 9-11 am and 5-7 pm, and attend the parade with your group. Over carnival dates, accommodation in Rio de Janeiro can only be booked as part of the Rio Carnival Add-on and cannot be booked separately. Read more about [Rio Carnival here](#).

Rio Carnival Supplement

If you are in Rio de Janeiro on a group tour or have pre or post accommodation booked in Rio de Janeiro on the Thursday night immediately before or the Tuesday night immediately after the Rio Carnival weekend you will be required to pay a supplement of US\$119 or equivalent per night. This is paid in addition to the cost of your tour, pre or post accommodation or local fund. The supplement is to cover the markedly increased cost of accommodation in Rio de Janeiro at this time. If you have booked a single supplement on your group tour, please be aware we cannot guarantee a single room on the night directly before/after Rio Carnival.

4-day Inca Trail Trek or Train to Machu Picchu

Inca Trail Trek

This tour includes the famous Inca Trail trek. The Inca Trail trek is a permit regulated activity which can have limited availability and sometimes sells out months in advance. It is closed in February for maintenance. Permits are booked with your passport details which must be provided to us in writing. We cannot guarantee permit availability until we have received your deposit, passport details in writing and have applied for your permit with the government-run office in Cuzco. You can view the current Inca Trail permit availability on our permit calendar: www.tucantravel.com/travel-highlights/inca-trail-trek/booking-and-inca-trail-permit.

If permits are not available over your dates we offer an alternative trek called the Lares Trail - www.tucantravel.com/travel-highlights/lares-trek/lares-trek-overview. Both treks involve high altitude and require a certain level of fitness. Please check this with your doctor before travel and contact us if you have concerns.

Train to Machu Picchu

If you prefer not to trek, you can take the train to Machu Picchu. This is included in the tour price at no extra charge.

Inca Trail Packing List

You will need a good warm sleeping bag and ideally a sleep sheet for added warmth and comfort. Sleeping bags can be hired locally for approximately \$10 but we cannot guarantee the quality of these, so we recommend bringing your own if possible. Roll mats are provided on the Inca Trail however for greater comfort and warmth, Thermarest style mattresses can also be hired in Cuzco for US\$10.

Additional advice on packing for the Inca Trail can be found here: <http://www.tucantravel.com/travel-highlights/inca-trail-trek/inca-trail-trek-packing-list>

Joining your tour

Unless your tour meets Rio Carnival, your joining location is:

Hotel Monte Alegre
Rua Riachuelo,
213, Lapa
20230-011

Tel: (+55) 21 2277 7300

Fax: (+55) 21 2224 0716

www.hotelmontealegre.com.br

If your tour meets Rio Carnival in February (regardless of whether or not you are adding the Rio Carnival package to your booking) your joining hotel may be different to the above and you will be informed of your joining hotel closer to the time of departure.

The hotel serve a continental breakfast consisting of bread, jam and tea/coffee or juice, or an American breakfast with eggs. The breakfast is included in your tour or accommodation costs. Please check with reception for serving times.

The hotel has safe deposit boxes for your use. Please leave all of your important documents, money and travellers cheques here when you go out but remember to carry some form of ID and a photocopy of your passport with you. It is advisable not to wear chains or expensive looking watches or jewellery while in major South American cities. You should also keep your camera concealed when not in use and carry daypacks on your front for extra safety.

The Hotel Monte Alegre is located in downtown Rio de Janeiro, near the popular Lapa district and with easy access to museums, theatres and other attractions. including Headquarters Petrobras, the Consulate North America, the Municipal Theatre, Santos Dumont airport and the Museum of Modern Art. The rooms are equipped with air conditioning, minibar, cable TV and telephone, as well as free internet access. A business centre, coffee shop, bar, restaurant and 24-hour reception are also available.

Arriving in Rio de Janeiro

On arrival in Rio de Janeiro, we recommend you change enough money into the local currency (real) for at least the first four or five days of your trip, especially if you are arriving on a Saturday night. (Those on the Manaus and Amazonia tours we recommend you stock up on as much local currency as you can as soon as you arrive in Brazil, because it is usually very difficult later on.)

The exchange rate at the airport is just as good as in the city centre. There is the 24-hour Banco do Brasil on the third floor which will give cash advances with visa cards (also has ATMs). Please note that this bank gives better rates than the Cambio on the first floor of the international arrivals area.

Airport Transfers

Airport transfers are not included in the tour price and must be booked separately in advance through Tucan Travel. If you have booked an airport/hotel transfer with us, please look out for someone with a sign which has your name, Tucan Travel, or both after exiting the customs hall.

If you have booked an arrival transfer with us and you are going to be delayed by more than two hours, you must advise us of the delay at least six hours before arrival. If we are advised in time, we will make every effort to reschedule your transfer and your driver will be asked to wait for two hours after your new expected arrival time. However, if we are not made aware of any change, the driver will only wait for two hours after the original scheduled arrival time and after this point it will be up to you to arrange transport to your hotel at your own expense. Please contact us on the emergency contact details below if you are likely to be delayed.

Making your own way

If you would prefer to make your own way to and from your hotel, you can either take a taxi from the rank outside or you buy a ticket at one of the pre-pay taxi desks just after you get out of the customs/luggage hall. You then hand your ticket to the driver rather than paying in the taxi. Licensed and unlicensed taxis are available outside but you will have to haggle for a good price which can be difficult if you do not speak Portuguese. It is also best to get them to write down the price (be clear on whether they are talking about Reals or US dollars). The airport is approximately 45 minutes from the city centre (depending on traffic) and the cost of a taxi to our hotel in Rio de Janeiro should be approximately US\$20.

Pre-Departure Meeting

When you arrive on day one of your trip, you should find some local information at the hotel lobby. Your tour leader will be staying in the hotel and should have put up a welcome note to let you know what room they are in. A pre-departure meeting is usually held in the afternoon or early evening of day one. You will need to bring the following important items to the meeting with your tour leader:

- Your passport, including any necessary visas and at least one photocopy to give to your tour leader
- Vaccination certificates if relevant to any destinations on your tour
- Travel insurance policy and a photocopy to give to your tour leader
- Your travel voucher
- Your local payment in US\$ cash (Budget Expeditions only)

Missing the tour departure

If you miss the start of your tour, please ask at the reception of the hotel for a message from your tour leader which will give you instructions on how to catch up with the group. Any associated costs will be at your own expense (although, depending on the reason, you may be able to claim these from your travel insurance so ensure you keep all receipts).

If you know in advance that you are unlikely to arrive on time, please contact Tucan Travel immediately so we can inform the tour leader. Tucan Travel cannot be held responsible should your airline/boat/coach be delayed and we are unable to refund any unused portion of your tour.

Time Keeping

Punctuality is very important and throughout the tour your tour leader will give you the time to meet in reception. Tour leaders will often post notes at reception with meeting times, so remember to always look out for these.

Although rare, delays can occur and we therefore advise you not to arrange your onward travel too close to the end of the tour. We take no responsibility for any missed flights or additional expenses if the group arrives late into the departure city at the end of the tour.

Emergency Contact Details

In the case of an emergency before you meet your tour leader, please contact Rolf Stanley, Latin American Destination Manager:

Tel: (+51) 984 76 21 64 (phone only)

Email: sacrew@tucantravel.com

In the unlikely event that you are unable to reach the number above, please contact Keiko on (+51) 984 65 3726

Please note that these numbers are a service for emergency calls only. We respectfully request that you consider the urgency of your enquiry. Non-urgent enquiries should be made during office hours. Please be considerate of time zones.

Opening Hours: Monday-Friday 9am-5.30pm; Saturday 9am-1pm (based in Peru)

Keeping in Touch

Your tour leader will point out internet cafes in all major cities and towns and Wi-Fi may be available in some hotels. Mobile phones may not work locally depending on your network. If you have an unlocked phone you may be able to purchase a local SIM card. Hotel details, apart from the joining hotel, are not given in advance and are subject to change, so if someone needs to contact you urgently during your tour the best method is to contact our office who can pass a message on to the tour leader.

Money

For personal spending money you should bring US dollars to use alongside the local currency (where applicable). Some countries do not accept US dollars printed before 2006 and it can be very difficult to obtain US dollars in Brazil. While bank cards provide a very good way to access funds overall, it is not recommended to rely on them as your sole source of funds as cash machines do not always work and may not be available in remote locations. Carry a mix of cards and cash with you, including notes in small denominations.

Your spending money should cover some meals, optional excursions, souvenirs, drinks, laundry, border and airport taxes and any visas obtained locally. We provide guideline prices for optional excursions in the itinerary to help you budget, but ultimately the amount you will need to budget for your trip very much depends on your individual requirements. We recommend bringing extra money to cover emergencies or unexpected situations.

Tipping

Tipping is a part of the life in South America, but you should not feel obliged or pressured to tip if you have not received good service. A gratuity of 10% of the total bill is recommended in restaurants. Gratuities are usually expected for local guides on included and optional excursions. Tips are also appreciated by Tucan Travel tour leaders at the end of your tour and we recommend an average of \$2-\$4 per person per day for the duration of your tour. This is only if you feel that their service was up to standard and is completely at your own discretion.

Packing List

The best advice when packing is to travel light and leave space for souvenirs in your bag.

Luggage

The majority of the time, your luggage will either stay in the overland truck or a few metres away in your tent. However, it is important to remember that in some major cities and towns, you will be staying in hotels and hostels and the overland truck may struggle to get down narrow or busy roads and you may need to walk from the parked truck to your accommodation, potentially down cobbled streets or dirt roads. Space is also an issue on the overland truck and with up to 34 other passengers, it is important to take a versatile and sturdy rucksack that can take wear and tear.

We recommend a frameless backpack or a sports type shoulder bag which fits comfortably on your shoulders, as they are less bulky and easier to handle than rigid suitcases or framed backpacks. Suitcases are not suitable for our tours and are not recommended. Tucan Travel takes no responsibility for damage to your luggage while on tour.

In addition to your main bag, you will need a small daypack for your everyday excursions. Try to keep this bag as light as possible and make sure that all main sections of your bags can be padlocked. This daypack should have enough room to carry food and snacks for long hikes and treks and space to carry belongings for overnight excursions.

Sleeping Bags and Mats

Sleeping bags and sleeping mats are essential. For all tours through Patagonia and areas of high altitude (such as the Inca Trail) we recommend a four season bag with side zip which can be opened out when you reach warmer weather. If you do not have a four season sleeping bag, you may be able to purchase extra blankets locally. If you are doing an 'Amazonia' Overland Tour, you do not need a thick sleeping bag as the climate will be warmer. However, please be aware that weather can change from region to region and quite suddenly.

Therm-a-rest self inflating mattresses are comfortable and provide protection against the cold ground, while foam roll mats are compact, inexpensive and

have similar features. Avoid air mattresses as these can be bulky and puncture easily.

Clothing and Footwear

We recommend packing lightweight and durable clothes. Nights can be cold at higher altitude (Peru, Bolivia and Ecuador) and in southern Patagonia, so it is a good idea to bring at least one pair of warm trousers plus several thinner sweaters / fleeces which you can layer. Please avoid military or camouflage-patterned clothing as it can cause problems and in some countries may be illegal.

Good, comfortable walking shoes are essential. These do not need to be expensive boots, but they should have good ankle support and grip, be worn in and ideally waterproof.

Essential items:

- A lightweight water/windproof jacket with hood
- Easy to pack wide-brimmed hat or cap
- Towel - you will need a towel for most overnight excursions
- Swimwear
- Sandals or thongs/jandals/flip flops

Suggested items:

- | | |
|--|---|
| <input type="checkbox"/> Money belt | <input type="checkbox"/> Plastic bags for waterproofing |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Inflatable pillow |
| <input type="checkbox"/> Small calculator | <input type="checkbox"/> Swiss army type penknife |
| <input type="checkbox"/> Small collapsible umbrella | <input type="checkbox"/> Binoculars |
| <input type="checkbox"/> Universal washbasin plug | <input type="checkbox"/> Travel plug adaptor with a USB port |
| <input type="checkbox"/> Head torch or flashlight | <input type="checkbox"/> Small sewing kit |
| <input type="checkbox"/> Travel alarm clock | <input type="checkbox"/> Insect repellent (DEET 35% min) and bite cream |
| <input type="checkbox"/> Lip balm, sun block with high UV factor | <input type="checkbox"/> Antibacterial hand cleansing gel |
| <input type="checkbox"/> Wet wipes | <input type="checkbox"/> Ear plugs and sleep mask |
| <input type="checkbox"/> Cheap plastic watch | <input type="checkbox"/> Travel sickness tablets |
| <input type="checkbox"/> Plenty of spare memory cards for your camera | <input type="checkbox"/> Spare pair of spectacles or contact lenses and solution |
| <input type="checkbox"/> Spare rechargeable batteries for camera | <input type="checkbox"/> Hard drive or USB stick to back up your photos |
| <input type="checkbox"/> Writing materials, address book and diary | <input type="checkbox"/> Pocket size phrasebook |
| <input type="checkbox"/> Travel games, cards and a couple of paperbacks | <input type="checkbox"/> Pegless washing line & travel laundry detergent (bio-degradable preferable) |
| <input type="checkbox"/> Toilet paper (best to carry a roll with you at all times and/or tissues) | <input type="checkbox"/> As gifts for local children - pens, coloured pencils, small notepads. To discourage a begging mentality we recommend that you try to give these gifts at schools or childcare centres rather than on the street. |
| <input type="checkbox"/> Small medical kit with diarrhoea remedy, rehydration salts, antiseptic cream, sterile dressings, plasters, bandages, pain-killers, safety pins etc. | |

Laundry

There are usually laundromats or laundry services in or near most of our hotels. Hotel services can be pretty costly however your tour leader will be able to recommend cheaper options. If you wash clothes yourself take care not to be too obvious where you hang them as most hotels do not like guests washing and drying their clothes in the hotel rooms.

Electricity Supply

The power supply and plug types in South America vary from country to country. The power supply in Peru, Argentina, Bolivia, Chile, Paraguay and Uruguay is 220-240 volts and uses either a typical European rounded two prong plug or North American flat pronged plug (Argentina also sometimes uses a 3-pronged plug such as that used in Australia). In Colombia, Ecuador and Venezuela it is 120 volts with North America flat pronged plug. Brazil has both voltages depending on the region and uses a number of different outlets. We recommend bringing a universal plug adaptor with you. You can also charge your iPods, MP3 players, laptops, cameras, etc using power boards aboard the overland truck, while travelling.

Health, Fitness & Safety

Vaccinations

It is important to consult your doctor or travel clinic in good time before your tour departs to determine what vaccinations you require. You may need several vaccinations and/or malaria tablets and you should be aware that some inoculations require more than one visit and can take several weeks to administer. Always carry your International Certificate of Vaccination with your passport.

For areas with malaria, make sure you pack sufficient prophylactics for the duration of your tour and the incubation period after. Some countries prevent entry for travellers without a valid Yellow Fever certificate. This must be acquired before departure and takes ten days for your body to build up a resistance. This certificate must be taken with you on your tour with a photocopy stored somewhere safe.

Pack a Medical Kit

A medical kit is handy for minor wounds and ailments. In areas with limited or dubious medical facilities, an emergency medical kit containing sterile syringes is also advisable. By law our staff are not allowed to administer first aid or give drugs to travellers, so please be prepared with your own supplies.

If you are taking medication, please ensure you bring an adequate supply and a letter from your doctor to avoid potential issues at border crossings.

Fitness & Suitability

This is a participatory tour involving camping and with basic facilities at times. Disruptions are likely, and while your tour leader will make every effort to ensure your trip runs smoothly, patience, a sense of humour and willingness to get involved are essential ingredients for a successful and happy overland group.

If you have any pre-existing medical conditions please let us know at the time you book or as early before departure as possible. Depending on the severity of the condition, you may be asked to produce a medical certificate from your doctor approving your participation in this tour. While this would only happen in very exceptional circumstances, if we consider you incapable completing this tour or you have concealed an existing medical condition which is affecting your ability to participate in the tour of Tucan Travel reserve the right to turn you away without reimbursement.

Safety & Security

South America is generally very safe, even more so in a group. Reasonable precaution is advised; do not bring valuable jewellery or watches (even fakes can catch the eye of a thief), do not walk by yourself at night, heed your tour leader's advice and always keep an eye and a hand on your camera and bags in public places.

Age Restrictions (Overland Tours only)

We have a minimum age on all our group tours of 12 years old. Children aged between 12 and 18 must each be accompanied by a legal guardian or parent and we recommend that children have a companion of a similar age to them so that they have company along the way. While we do not have an upper age limit, the nature of our group tours can be very fast paced and travellers might be required to walk long distances, often in the heat. Please read through our [Tour Suitability](#) page or contact a member of our Reservations Team if in doubt.

Bathrooms

In some countries it is customary to leave a gratuity of 20-50 cents when using public conveniences. An attendant may collect this or a dish/box will be left out. Our vehicles do not have toilets on board for hygiene and logistical reasons. This may mean roadside toilet stops on travel days and our crew always try and stop in isolated areas with as much privacy as possible if this is necessary. There will be some occasions where free camping is necessary. On these occasions there will not be any facilities available and you will have to use the facilities mother nature provided. On these occasions we recommend wet wipes while your Tour Leader will tell you about environmentally sound 'bush toilet' practises.

Travel Guides

If you would like to discover more about your destination, including history, geography, climate and language, please have a read of our country travel guides available here: <http://www.tucantravel.com/destination-travel-guides/south-america-travel-guides>.

Documents

Passport

Your passport should be valid for at least 6 months after you have finished your tour with sufficient blank pages for visas and immigration stamps. Photocopy your passport, leaving one copy at home and taking one with you on tour. If you lose your passport while on tour, you will be responsible for any expenses incurred such as extra accommodation and transport while replacing your passport and will not be entitled to a refund of any unused portion of your tour.

Tour Documents

Before you depart you will be issued with a voucher for your tour and separate vouchers for any extra services such as airport transfers and pre/post tour

accommodation. Please print these out and bring them with you. This dossier is updated regularly, so we recommend checking our website for the latest version just prior to the start of your tour.

Final Balance

The balance for your tour is due no later than 60 days prior to the start of your tour and no tour vouchers will be issued until this is received. In addition please send the following details at least 60 days before you depart:

- Passport number, date of issue, date of expiry, nationality and place of issue
- Your full name and date of birth
- Flight arrival details in your starting city
- Special requirements, e.g. special dietary requirements or allergies

Please let us know if you are travelling with another person on the tour but have made separate bookings and we will endeavour to make suitable rooming arrangements.

Visas

All countries have visa requirements that are subject to change at short notice. A general guideline for visa requirements is available here: <http://www.tucantravel.com/before-you-go/visa-guide>, but you must check with your local embassy or consulate for the very latest visa requirement information based on your nationality. It is your responsibility to ensure that you have all necessary visas for your tour. If you would like help applying for visas, we have recommended visa agencies on our visa page that we work with regularly.

Important things to check when applying for visas:

- Does the validity of the visa cover the duration of your time spent in the country?
- Do you require a single or multiple entry visa(s) for your tour?
- Are you required to show additional documentation when you arrive in a country? (Examples include proof of onward travel and travel itinerary)

Some visas are only valid for entry within three months of the date of issue which means on some of our longer tours the visa would expire before you are scheduled to enter the country. In these cases you must obtain the relevant visa during your tour. If it is necessary for you to obtain any visas en-route, please contact Tucan Travel or your travel consultant and inform your tour leader at the start of the tour. If you do not have the appropriate visas, Tucan Travel will not reimburse any expenses incurred in acquiring visas or any unused portion of the tour.

It is best to apply for visas in your home country if possible. If applying for visas by post, please allow plenty of time before departure and send your application by registered mail. Postal applications tend to be given a lower priority than in person applications and can take longer to process.

Special Note: If you have dual nationality it is advised not to obtain different visas in different passports. Although this may sometimes be cheaper, you may encounter problems at border crossings if your exit stamps from one country are not the same as your visa for the next.

Travel Insurance Policy

Travel insurance is compulsory for all tours. You must be adequately insured for medical, hospital, baggage and personal expenses, any necessary extra travel (rejoining tour or repatriation) as well as curtailment and cancellation.

We strongly recommend that all clients carry a copy of their full policy document with them at all times, together with any certificate showing the policy number and emergency contact details. Your tour leader will also ask for a photocopy of your insurance document, so please take this to the pre-departure meeting at the start of your tour. You will not be able to commence your tour unless you can provide proof of insurance to your tour leader.

Document Checklist

- Tour Voucher & Vouchers for extra services
- Passport (with photocopies of information pages and visas)
- Tour Dossier
- Cash & credit/debit cards (best to take a mixture and more than one card in case one does not work)
- Travel Insurance Certificate and photocopy for tour leader
- Travel consultant's phone number and email address
- Proof of onward travel, ie airline ticket

Optional Excursions

Optional excursions are not operated by Tucan Travel and while every effort is made prices may not be up-to-date and are intended as a general guide to help you budget for your trip. Prices for vehicle-based excursions such as game drives are approximate based on the optimum number of participants and the actual price may vary depending on group size.

Sufficient safety equipment such as helmets and life jackets are sometimes not available and Tucan Travel is unable to provide this equipment. If you intend to participate in an optional excursion you may like to consider bringing your own safety gear.

Excursions are run by a local operator or third party with both Tucan Travel and the Tour Leader acting as a booking agent only. Optional activities are not part of the tour and Tucan Travel's booking conditions do not apply to them. It is your responsibility to ensure you have the correct travel insurance for the excursions you intend to take part in and Tucan Travel is not liable for any injuries incurred.

Responsible Travel

We work hard to ensure our tours are sustainably and ethically run. You can read our responsible travel policy and advice on how you can travel responsibly here: <http://www.tucantravel.com/about-us/responsible-travel>.

Meet Up

Our free Meet Up app, available on Facebook, on iTunes and Google Play is an opportunity to chat with others passengers before you depart or keep in touch when you arrive back from tour. Information on the app is available here: <http://www.tucantravel.com/before-you-go/meet-up>

Add-ons & Extras

On many of our Group Tours, we spend one night in our arrival and departure cities. If you want to explore these cities more we can book pre and post tour accommodation, city tours and airport transfers for you. Price information can be found on the price page of each tour. We also have **Add-ons** - short packages that can be booked alongside a tour or on their own and have been carefully designed to ensure you don't miss out on popular highlights.

Illegal Drugs

The possession or use of illegal drugs will not be tolerated on our tours. When overseas you are subject to local laws and the penalties for breaking these laws can be harsh. In order to safeguard the interests of the group as a whole, our tour leaders have been instructed to insist that any person found with illegal drugs leave the tour immediately – without refund. The tour leader's decision on this matter is final. If you need to carry certain drugs with your purposes of medication, please inform your tour leader and ensure that you carry a copy of your prescription or letter from your doctor.