

# WILD GUANABANA WELCOMES YOU TO ALBANIA!



## ENTERING ALBANIA

### VISA

To apply for the Albania visa, you can get all the details of the documents needed for the visa application from this link here:

<https://goo.gl/rjeQZJ>

And then you call the Albanian Embassy in your country for more details on how to apply.

N.B.: US, UK, Schengen visa (multiple entry) holders can enter Albania without a separate visa.



### WEATHER IN SOUTHERN ALBANIA

*March- May*  
**HIGH 19 / LOW 9**

*September - November*  
**HIGH 23 / LOW 11**

### CURRENCY



**ALBANIAN LEK**  
*Exchange Rate*  
**USD 1 = 109.5 lekë**

### LANGUAGE

*Mirë  
Alo se vjen*

**ALBANIAN**

### RELIGION



**ISLAM & CHRISTIANITY**

### PLUGS & VOLTAGE



*Plug*  
**TYPE C**      *Voltage*  
**230 V**

### DIALLING CODE



**+355**

## STAYING SAFE!

*Albania is considered a safe country but normal cautious procedures should be taken into consideration.*

### EMERGENCY CONTACTS:

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# CONTENTS

<b>A GUIDE TO TRAINING FOR ALBANIA</b>	<b>3</b>
Getting Your Body Prepared	
A Potential 2-Month Training Program	
<b>ALBANIA EQUIPMENT CHECKLIST</b>	<b>4</b>
Climbing Equipment	
Footwear	
Technical Clothing	
Handwear	
Headwear	
Personal Equipment	
Traveling	
Medical & Safety	
<b>TIPS &amp; TRICKS</b>	<b>9</b>
Hiking Pack	
Duffel Bag	
Packing Tips	
Hiking Shoes	
Nails	
Blisters	
Snacks	
Bring a Joke!	
Bring Some Entertainment	
<b>EXTRAS</b>	<b>11</b>
Travel Green Tips	
Travel Insurance	



# A GUIDE TO TRAINING FOR ALBANIA

## GETTING YOUR BODY PREPARED

The southern highlands of Albania is a multiple day hike. In light of this, hiking and walking are ideal forms of preparation for your body. Hiking on rocky terrain and sloped landscapes is hard work and so the more preparation you do the better – but not to the point of over exerting yourself or stressing your body. Therefore, the best bet is to work exercise into your daily routine and where possible try to have extended walks (of hikes if accessible) where you can wear in your boots, carry your backpack and get used to some light weight on your shoulders and increase your aerobic ability. Remember that you will be walking for a number of days and so the fitter you are the more adapt your body is to this level of exercise.

## A POTENTIAL 2-MONTH TRAINING PROGRAM IS AS FOLLOWS:

### **Journey Date Minus 2 Months**

- Gym / fitness class / any selection of fitness session x 2 times a week: choose workouts that make you work hard and increase fitness rather than build muscle.
- Walking: walk whenever possible – short 10 minute walks are fine, go to the shops, see friends, short trips you might normally take a bus or taxi for.
- Diet: cut out soft drinks with sugar or sweeteners and junk food. Remember this is a once in a lifetime event – use it as a great excuse to get healthy!

### **Journey Date Minus 1 Months**

- Gym session x 3 times a week: again choose workouts that make you work hard and increase fitness rather than build muscle. No need to go crazy, but doing 3 workouts a week breeds discipline and mental stamina as well as improving physical conditioning. You can even substitute 1 gym session for an alternative activity such as Yoga (even better yoga session every morning!) or swimming .
- Walking: keep walking! – short 10 minute walks are good, but increase your distance to at least 1 hour once a week. That's only 4 x 1 hour walks for the whole month!
- Diet: keep healthy but remember to feed the fire! When you exercise you will burn lots of calories and so replace lost fuel and keep very well hydrated – water is life, drink, drink.

### **Journey Date Minus 1 Week**

- RELAX. No need for last minute blasts or burnouts. Take a good walk at the beginning of the week and then simply relax. If you haven't prepared up to this point then training one week from your arrival is not going to help (people that take that approach should expect to find the hike hard work and possibly be ready to fail). Being MENTALLY RELAXED is as important as physical conditioning. Even if you haven't managed to put in lots of training time the same applies.

*Note: wearing in your boots will avoid discomfort on the mountain – serious blisters can seriously affect your ability to walk and for this reason we also recommend carrying / wearing them on the plane.*

# ALBANIA EQUIPMENT CHECKLIST

*This list is only a guide. While you are required to bring everything on this list (unless otherwise stated), there are numerous options, brands, and versions of each piece of equipment. Please let us know if you need advice on what product to go with.*

## CLIMBING EQUIPMENT

**Adjustable Ski/Trekking poles.** 1 pair.



**Head torch.** Bring extra batteries (preferably Lithium).



## FOOTWEAR

**Running shoes and sandals.** 1 pair to wear at the end of every day for comfort.










**Light Hiking Boots or trekking shoes.** 1 pair of sturdy boots in which you can wear a light synthetic sock (optional) under a heavy sock comfortably, either wool or synthetic. Shoes should be very Water Proof and Warm.











**Liner Socks (optional).** 3 pair of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.










TECHNICAL CLOTHING		
<b>Thermal Underwear.</b> 1 pairs of Tops & 1 pair of bottoms, Capilene, other synthetic or wool for the extremely cold nights. <u><b>No Cotton.</b></u> Lightweight is preferable as it is more versatile. Zip-T-neck tops allow more ventilation options.		
<b>Synthetic Shirts.</b> Sweat wicker material. <u><b>No Cotton</b></u> Preferably 2 short sleeved and 1 long sleeved. Light colors preferred.		
<b>Fleece/Soft Shell jacket.</b> 1 Mid and 1 Heavyweight fleece. A full-zip version is easier to put on and has better ventilation than a pullover. Zip-T's are also good.		
<b>Hard Shell jacket w/ hood.</b> We recommend a waterproof breathable shell material with full front zipper, underarm zips, and no insulation. This outer layer protects against wind and rain.		
<b>Trekking Pants.</b> Synthetic pants to be worn every day.		
<b>Underwear.</b> Synthetic or cotton.		

HANDWEAR		
<b>Lightweight synthetic gloves.</b> Quick drying material. Should fit comfortably inside heavy gloves.		

HEADWEAR		
<b>Baseball cap/sun hat.</b> One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly but not necessary.		
<b>Bandana/Buff.</b> Used to shade your neck from continuous sun exposure.		
<b>Sun Glasses.</b> For the sunny days		

PERSONAL EQUIPMENT		
<b>Trekking Backpack.</b> A daypack big enough to carry water bottles, camera, lunch and extra clothing. Porters carry the rest. 40L is a good capacity.		
<b>Water Bottles:</b> 2 Wide mouth bottles with minimum 1 Litre capacity per bottle. 1 or 2L water bag or bladder systems is also good in the lower regions but tend to freeze higher up so not ideal on summit day. Total carrying capacity should be 2L.		
<b>Sunscreen.</b> SPF 30 or higher, Make sure that the sunscreen is not older than 6 months as it would lose half of its SPF rating.		
<b>Lipscreen.</b> SPF 40 or higher, again not older than 6 months.		
<b>Sports Drink Mix (optional).</b> Powdered electrolyte drink mix can help you rehydrate. Bring 1-2 Servings per day for 7 days.		



TRAVELING		
<b>Dry Sacks.</b> Keeps clothing and other items dry and organized.		
<b>Duffle Bag.</b> A small duffle can be nice for storing things at the hotel during the expedition and extra clothing while traveling. Maximum weight 15 kg		
<b>Transparent Dry Sacks.</b> To store food, tablets, documents, camera etc.		
<b>Trail snack food items (optional).</b> Bring your favorite energy bars, GU packets etc for the long days		
<b>Travel clothes.</b> Don't forget to bring clothing to wear after the hike on your return home. Otherwise, no one will want to sit next to you on the plane!		
<b>Toiletries.</b> Soap, wet wipes, toothbrush, towel, hand sanitizer, foot powder, dust mask, ear plugs etc.		
<b>Swimsuit &amp; Towel.</b> There are some places on the hike where you can take a refreshing dip in the water, so be prepared!		

*Please respect the wildlife, leave what you find, dispose of your waste properly and to be considerate with locals.*

## MEDICAL & SAFETY

**Small personal first-aid kit.** The guides will have a first-aid kit. Please let us know about any medical issues before the climb.



**Drugs/Medications/Prescriptions.** Climbers should bring Pepto Bismol, Ciprofloxin (Cipro) 500mg tablets for traveler's diarrhea and for urinary tract infections, Azithromycin (Z-pak) 250mg tablets for non-gastrointestinal infections, Acetazolamide (Diamox) 125 or 250 mg tablets for altitude sickness, Ibuprofen 200mg or Acetaminophen (Tylenol) tablets for altitude headaches, sprains, aches, etc.



*In regards to renting, we do gear rental from our Egypt office, below is a list with all the equipment and prices.*

*Please note that the items below are the property of Wild Guanabana and are on loan to you for the purpose of the trip. Should any of the items be damaged/go lost you will be charged the full cost of replacing them. If the item(s) is not available then a similar one will be chosen in its place. A 50\$ deposit will be returned to you once all items have been inspected.*

ITEM	PRICE IN USD
Balaclava	10
Sleeping Bag (-29C)	50
Sleeping Mat	10
Therm-A-Rest	25
Hiking Pole (single)	15
Gaiters	20
Head-Torch	15
Thin Gloves/Liner Gloves	10
Thick Gloves	20
Thick Gloves with Inners	30
Rain Jacket	30
Rain Pants	25
Mid-Layer/Convertible Pants	20
Water Platypus/Bottle	10
Mid-Weight Fleece	15
Heavy Fleece	20
Warm Hat	10
Sun Hat	10
Dry Sack	10
Synthetic/Down Jacket	40
Pair of Socks (4 season)	10
Pair of Socks (3 season)	10
Duffel Bag	30
Backpack	30

***Take nothing but memories and leave nothing but your footprint.***





# TIPS & TRICKS

## HIKING PACK

Your hiking pack should only contain in it your water, your extra sweater/gloves/sunglasses/etc., waterproofs, and camera, snacks. Everything else will be in your main duffel bag. You won't even see your duffel bag as the crew is much faster and they will get to the guesthouse probably before you.

## DUFFEL BAG

While packing your stuff in the duffel bag, **please note that all of your items in the duffel bag cannot exceed 15kg as per regulations.** Everything needs to fit in your duffel bag - the only items that should be in your hiking day pack are extra layers of clothing for the hike in case you get cold or feel hot, camera, snacks, medication, etc. - and that's all!

You don't want it to be any more than that or else it will be too heavy for you since you will be walking for long hours. Don't over pack! You will not be changing your clothes as often as you think! Just bring what is necessary and if you follow the checklist you should be okay.

## PACKING TIPS

The trick here is to minimize the amount of time you need in the morning and before you sleep. So you want to make sure you pack in a way that helps you find what you are looking for as fast as possible without having to dig too hard into your bag. The best way in our experience is to place everything in transparent dry sacks according to their category. The good thing about them is that they are see-through so you can see what's in them right away. Another good thing is that they are waterproof so in case it rains it will keep your items dry. For example, you can place all of your toiletries in one sack such as: soap, toothbrush, toothpaste, face wash, toner, cotton pads, etc. then you can place all of your underwear in another one, your passport and any important documents in another, your medicine and any medical supplies in another, your socks together, etc. That way you can always find your items quickly and it will also keep them dry.

## HIKING SHOES

We hope you are wearing them daily! Make sure they are high enough to support your ankles and made out of an insulated material so that they can keep you warm and they also need to be waterproof. They also need to be a half size bigger as sometimes your feet can swell at higher altitudes. It's important to wear them early on so you can loosen them up before the hike, especially if they are brand new.

## NAILS

Make sure you cut your toe nails really short. This is important especially when hiking downhill, as the pressure on your toes from the boots have caused some people to lose their nails when they get home. It's not fun so if you keep them short you should be okay.

## BLISTERS

Some people get them from the long hours of walking. The last thing you want on a hike is a blister as that can seriously make your life miserable when you are there. The trick we find best for this is «Pre-Emptive Behavior». That means you wrap your sensitive spots, like your heels, certain toes, etc. with gauze and medical white tape as soon as you start the trek. This will protect those areas from extra friction and save you from blisters. So you wrap them up like you already have a blister - before you get the blister. It works for us!

## SNACKS

The best snacks to bring are DATES - as they are small and packed with energy. We prefer these over the usual energy bars as sometimes they have not so friendly effects on your stomach and that's the last thing you want on the trail. Nuts are also a great option.

## BRING A JOKE!

The trail is long so sometimes it's nice to share a joke or two :)

## BRING SOME ENTERTAINMENT

Some people bring with them books or a journal - you're going to want to document this for your memories. Sometimes it will be cold to write so perhaps bringing a voice recorder is best to record your thoughts and memorable moments. Avoid bringing heavy items such as laptops as you won't get as much use out of those as you would think.



# EXTRAS

## TRAVEL GREEN TIPS

- Unplug your home and office appliances before leaving for the trip
- When researching your destination, try to go paperless and avoid printing unnecessary materials
- Pack lightly and leave the extra shoes and clothes at home
- Bring your own water bottle for filtered water instead of purchasing endless plastic bottles
- Pack a re-usable food container for snacks and meals on the go
- Bring a re-usable shopping bag to carry purchases made on the trip
- Bring rechargeable batteries and a battery charger
- Minimize your waste by not buying disposable items for which there are reusable alternatives
- Avoid pre-heating or pre-cooling your hotel room when you are not around
- Turn off the lights and appliances when you leave your hotel room
- Try to wash your own clothes as laundry service can waste a lot of precious water
- Eat local foods and order only ocean-friendly seafood
- Stay at small, locally owned and operated hotels
- Support sustainable tourism practices by forgoing certain comforts while on the journey
- Buy from local artisans and co-ops not department stores
- Do not purchase items made from endangered species
- Lend a helping hand to the communities you visit whenever you can - volunteer
- Stay on the trail - take only memories leave only footprints
- Respect the local culture and be mindful of cross-cultural differences when interacting with locals
- Plan your trip in conjunction with a local festival/event to get an insight into local culture and customs
- Try to fly with on-time airlines that fly non-stop whenever possible
- Consider offsetting your travel through carbon offset schemes or otherwise
- Share your knowledge and experiences with others

## TRAVEL INSURANCE

You have made a significant investment in your travel plans and while in most cases everything will run smoothly, situations may arise on or before your trip that are outside of our control and for which we cannot be held responsible. Travel insurance may help to make your trip more worry-free by protecting your investment and yourself.

Travel insurances can cover expenses resulting from situations such as:

- Trip Cancellation and Interruption due to sickness
- Emergency Medical Transportation
- Trip and Baggage Delay
- Lost or Stolen Baggage
- Doctor and Hospital Payments
- Travel Accidents
- Weather delays

There are plenty of options when it comes to travel insurance providers. We highly recommend World Nomad's single trip travel insurance.

You can buy it here: <https://www.worldnomads.com/travel-insurance>