



2021 TRAVEL TIPS & IMPORTANT TRAVEL INFORMATION

Please, Read the Following & View Your Enclosed Itinerary for Flight Times & Roommates Names

- ✓ You must arrive at the airport and check-in a **minimum** of 3-hours before the designated departure time on your itinerary.
- ✓ You must have a **valid Passport**, to check in at the airport.
- ✓ **Make sure that you have emailed in your signed copy of the MANDATORY IST Spring Break Release Waiver** (form included in this packet), to info@istours.com before your departure date or you will be denied check-in.

Getting Ready! - Your passport cannot expire within 6 months of your trip's return date. If you are **not** a **U.S. Citizen** but you are a permanent legal resident, locate the closest Mexican Consulate office, go online to www.mexonline.com/consulate.htm. You will be denied boarding at the airport if you do not have the correct required travel documents and all charges to change your flight will be at your expense. ****For boarding and travel procedures requirements regarding Coronavirus, please refer to the COVID-19 insert.**

Packing Your Bags! - Be aware that most airlines charge to check luggage and the costs do vary so try to pack light and **visit your airline's website to see baggage fees and weight restrictions**. The enclosed flight itinerary indicates the airline you will be traveling on, flight check-in info and roommates for the trip. **Be aware of your item restrictions for carry-on bags (i.e., liquids, medications, etc.) by going to the TSA website at www.tsa.gov**. It is highly recommended that you make a photocopy of your passport, put your name and phone number on it and put a copy inside your checked luggage, but make sure your actual passport is securely in your carry-on. To help you know what essentials to pack, check [Cabo San Lucas, Mexico's](#) weather forecast online a few days before your trip.

Spending & Exchanging Money in Mexico - Your best option is to take a debit card and withdraw money in "**Pesos**" once you arrive. It is always advisable to let your bank know when you will be using your debit card outside of the US. If using credit/debit cards, please be aware that most banks charge a service fee, plus a currency conversion fee when traveling outside of the US; so, check with your bank or credit card company prior to travel. Getting around is typically done by Taxi (Uber and Lyft **do not** operate in the Mexico) so plan to have cash on hand for this. Traveling in groups is the safest and most economical way to go. How much money you take is up to you, but \$350 to \$500 is recommended for souvenirs, events/activities, transportation, and meals.

Day of Departure - **Do not be late! You are 100% responsible for your transportation to the airport and must arrive and check-in at least three hours before your scheduled flight time**. We recommend checking the airport's website in advance for directions to the correct terminal to ensure you arrive with plenty of time. **You are required to go to the check-in counter of your listed airline to obtain your boarding pass (online check-in not available for group flights) and check-in any luggage you are not carrying on**. You can be denied boarding if you are late and/or do not have the required documents, and you will be responsible for any charges due to changes in flights. If your flight itinerary requires that you change planes, you will not be required to retrieve your checked luggage until after you arrive at your final destination ([Cabo San Lucas, Mexico](#)). When you arrive at your destination, make sure to retrieve your luggage from the baggage claim and follow signs to exit the building. Look for a IST Spring Break Staff member wearing IST Spring Break shirts & ID Badges. They will direct you to the buses that will take you to your hotel. **Do Not** talk to local vendors trying to sell you a transfer.

Hotel Only Package Travelers – Airport Transfers are NOT included in your trip package. If you registered/purchased a HOTEL ONLY PACKAGE, you are responsible for [arranging your own transfers/rides](#) to and from the airport to your hotel.

At Your Hotel - Once you arrive at your hotel, you will be given a full Welcome Orientation by an IST Spring Break Staff member. They will check you in, explain any events or activities that may be held during your stay, go over some basic guidelines and rules to make your trip awesome and worry-free.

Calling Home - Parents want to know you have arrived ok. So, a quick call, text, d.m., or e-mail home to say you have arrived and to provide them with your room number is highly recommended. Not all phone companies charge the same fees when traveling outside of the U.S. So, you will need to contact your service provider prior to travel to find out what the additional charges will be if calling to/from Mexico, and/or if they have international texting plans available. It is very expensive to make calls from your hotel room. If you do not want to take your cell phone, the next best thing is to buy a long-distance calling card that can be accessed by any public phone.

IST Spring Break Staff - While our Staff is available at your destination 24/7, the Hotel Staff can help you with daily requests, like more towels, more pillows, and any questions about the hotel and nearby shopping, etc. The IST Spring Break Staff are not chaperones. They are there to ensure the program is running smoothly, coordinate transfers for all the arrivals and departures, present the Welcome Orientation, provide a Destination Guide with an area map, 24-hour Staff contact information, rules, as well as information that will assist you with any serious emergencies or roommate situations. If you need assistance while at the hotel property, please be patient with both IST Spring Break and Hotel Staff, as rude behavior will not be tolerated.

In-room Security Box - Once you check in to your room, we strongly recommend you **use your in-room safety deposit box** to store your documents (Passport), cash, and other valuables including cell phones, cameras, etc. This will ensure that the items are securely locked away when not being used. Take a few minutes to check that everything in your room is in good shape and working order. Please **contact the IST Spring Break Staff or**

the Hotel's Front Desk personnel immediately if you see anything broken, damaged, or not working properly, to ensure you will not be held responsible for preexisting damaged items. If the hotel reports any room or property damage from your room, all travelers in the room will be responsible for paying for those damages regardless of who in the room was at fault. **Room doors should NOT be left open and unsecured.** Please be aware that the travel insurance **DOES NOT** cover you for loss of personal items such as Cell Phones, Tablets, etc. If **ANY** incidences of **theft occur on-site, it MUST be reported to the hotel first!** While IST Spring Break will help assist with any local authorities if theft or loss occurs, we are not responsible for the cost of any cell phone replacements or other personal items.

Ahhh...Paradise! - This is your time to relax and have a good time. **This does not mean you can do anything you want.** All local laws are strictly enforced in and outside of the hotel, and they **will not tolerate illegal activity, disorderly conduct** (including underage drinking) or any property damage. **Travelers caught doing any of the above will be required to pay for any incurred damages and risk of being evicted from your hotel at your own expense, no exceptions!** IST Spring Break is not responsible for travelers that lose all or portion of their vacation due to their behavior issues, violations, or damages and will not be entitled to a refund. Be smart, behave appropriately, and stay safe by traveling in a group whenever leaving your hotel. **We highly recommend using the buddy system!** Please go out in groups, **especially when going back to your hotel at night.** Always remember that there is safety in numbers, and it is best to always tell a friend if you are leaving the hotel or activity before everyone else.

Policy on Alcohol Consumption - The legal drinking age in Mexico is 18 and **many clubs require a Photo ID upon entry.** IST Spring Break **does not promote or condone the use of alcohol to its travelers!** IST Spring Break is aware that many events and activities in Cabo have alcohol and non-alcoholic beverages available. Each participant chooses for themselves whether to consume alcohol or not. All local and federal laws are strictly enforced, and you will be held responsible if caught violating those laws.

Returning Home – IST Spring Break Staff will post the time you need to be ready to board the bus (transfer not available for Hotel Only Travelers) for your flight home in the lobby of the student hotel (**Tesoro**) **the night before departure.** Before leaving the hotel, your room must be picked up and cleared of all trash. All registered guests in that room must wait until IST Spring Break Staff or Hotel Staff have inspected the room for any damage. Should there be any hotel/room damage, you and your roommates will need to proceed to the hotel front desk to take care of the damage costs and pay for any other incidental charges not included in your package price. Before checking out of your room take a quick look around to make sure you have all your belongings. Once this is done you will be given the ok to board the bus for the airport. **IMPORTANT - Have your mask and gloves in hand** for the bus check-in to the airport (as well as for the airport/flight) or you may be denied boarding. If instructed, you must wear them while traveling on the bus to the airport and for the flight (travelers who do not comply with mask guidelines will be responsible for their actions). Make sure your luggage always gets loaded on your bus and always keep your valuables with you. **IST Spring Break is not responsible for any items left behind.** Double-check that you have all your belongings before deboarding the transfer bus. **If you have a connecting flight, there will be an airline representative available to assist you with gate information to board your next flight home.** Do not bring back any alcohol if you are under 21, it is against the law in the U.S.! Once you have cleared Immigration and Customs in Mexico, your checked luggage will be automatically transferred at your connecting city and will be available for pick-up at your final destination airport.

How to use the Emergency Medical Coverage - Even though over 95% of our travelers never encounter any sickness or injury, it still may occur. If sickness or injury occurs that requires medical attention, IST Spring Break or hotel staff can direct you to the medical facility at your destination. The travel insurance plan through **Cultural Insurance Services International** (CISI) helps provide coverage for medical emergencies, sickness, and emergency medical evacuation. **For policy questions or to receive assistance while traveling, you must call (800) 303-8120, or email claimhelp@mycisi.com and provide policy # GLM-N18221767.** The agent will guide you through the policy and if needed, how to file a claim for reimbursed for your approved medical costs up to the limits of the plan. **For COVID-19 related information, please refer to the COVID-19 insert.**

Money Wire Transfers - Should you run out of money at your destination, IST Spring Break provides a money wire transfer service for those students who may need additional funds on-site. This service is **only available Monday through Friday from 8:30 am-3:00 pm (PST).** If you need this service, have **someone back home go to our website at www.istspringbreak.com and print out the Wire Transfer Authorization form located under the ABOUT US, then click on RESOURCES on our website.** Please print and fill out the form completely and **EMAIL it to info@istours.com BEFORE 3:00 PM Pacific Standard Time, Monday through Friday.**

The traveler receiving the money can pick up the cash with a photo ID from our 24-hour IST Spring Break Staff at their hotel **after 7:00 pm (Cabo San Lucas local time)**. The wire limit is \$300 and there is a \$25 service charge per wire transfer.

Parents wishing to Contact their Son/Daughter - If your son or daughter are having an issue while at the destination, please do not call the corporate office – there are IST Spring Break Staff Members and Manager at the hotel to handle any on-site problems/issues that may arise. If a parent needs to contact their son/daughter, the hotel phone numbers are listed on your Travel Tips. The hotels do not always list everyone in the room, so please make sure you know your student's roommate first & last names (listed on your trip itinerary and traveler's online account) before you call so you can be connected to the correct room. The corporate office cannot call the hotel on yours or anyone's behalf. However, the Customer Service agents are available to answer general questions Monday through Friday from 8:30AM to 5:00 PM PST at (800) 448-4444. During our IST Spring Break program, there is an after-hours EMERGENCY line ONLY in case of a medical or family emergency! Calls NOT deemed an emergency will be returned during normal business hours.

Informational Documents - Please visit our website at www.istspringbreak.com under the **ABOUT US**, then click on **RESOURCES** to view all of our valuable travel information and forms we provide including "Preparing for Travel" letter, Travel Tips, Destination Guide, and Travel Protection Insurance. ***REMEMBER** – If you misplace your Itinerary, you can always **reprint a copy of your Trip Itinerary by logging into your online account at www.istspringbreak.com and click on TRIPS.**

Hotels:

Tesoro Los Cabos

Phone Numbers and Web Sites

+52 (624) 173 – 9300, press 4 | <https://tesororesorts.com/los-cabos/>



How to get your COVID-19 Test while staying at the Tesoro Los Cabos Hotel

On January 12, 2021, The Center for Disease Control and Prevention (CDC) expanded the requirements for negative COVID-19 test to [all air travelers flying to the United States](#) are required to present proof of a negative COVID-19 test administered within three days prior to their international departure.

Tesoro Los Cabos is certified with Checkpoint and Punto Limpio to ensure our safety measures in place. In addition, Tesoro Los Cabos guest will now be able to take The Covid-19 antigen test in place with a special affordable price.

The antigen test will be available on place (hotel property), on January 28, 2021

- 1) **Pay \$23 USD for the Rapid Test (Antigen)** at the front desk during the check in process in advance at the reservations department or throughout your stay. Get the receipt and book the test at the Concierge desk and you will receive a \$20 USD resort credit coupon valid at any of our Restaurants or Spa Service (max 2 pax, per room). **The test must be done 48-72 hours prior to departure.**
- 2) Hand in the pre-filled questionnaire (name and age must match passport) + payment receipt to the medical staff and take the COVID test.
- 3) **Results will be sent via email or printed, present the digital certificate to the airline.**

Important

If you test positive, [Tesoro Los Cabos](#) offers a special discounted rate starting from \$75 USD taxes & services included on a single-double occupancy and 50% discount in food & beverages from the Room Service option + service fee.

The local Health Authorities recommend a special Healthy Menu for all COVID guests.

- Please note that all guests, including kids over 2 years old must take the test as well.
- For more information, contact 1 (877) 674-6706 (USA) or at caboreservations@tesororesorts.com



S	Safe	Los Cabos has implemented strict health and safety protocols to ensure the wellbeing of all travelers during COVID-19.
A	Accessible	The PCR test is administered at specific locations, including hospitals and laboratories, while the Antigen test is readily available at all hotels across the destination.
F	Fast	The Antigen test is the most recommended option for USA travelers as results can be ready in just 40 minutes. Canadian travelers must present PCR test results, which usually takes 2-3 days.
E	Easy	Hotels across the destination are able to provide the Antigen test along with the medical certification that is acceptable by the CDC and can provide results as soon as 40 minutes.

GENERAL FREQUENTLY ASKED QUESTIONS:

- **Who is required to show proof of a negative test prior to departure from Los Cabos?** Travelers returning to the following destinations are required to show proof of a negative test prior to their departure from Los Cabos:
 - [United States, effective as of January 26, 2021](#)
- **What type of test/proof do I need to show to the airline prior to my return?** According to the CDC announcement, all air passengers returning to the United States will be required to get a viral test within the 3 days (72 hours) before their flight to the USA departs, and provide written documentation of their laboratory test result (paper or electronic copy) to the airline or provide documentation of having recovered from COVID-19. For travelers departing to the United States, options for this test include a PCR or Antigen test – valid with a medical certificate from the doctor. Los Cabos recommends the Antigen test for US travelers as it is available at several locations, including hotels across the destination, and results can be received in as soon as 40 minutes depending on the testing location.
- **What types of tests are offered?** PCR and Antigen tests are available in Los Cabos. [For more information, please click here.](#)
- **Will tests be available at the hotels?** All hotels and timeshares in the destination are equipped with the Antigen test and medical personnel to administer the test along with the medical certificate required by the CDC. Some hotels will offer the test at a discounted price or as a courtesy to their guests. Please contact your hotel or timeshare for specific information.
- **What is the cost of the test?** The cost of the test varies depending on the testing facility and the type of test. However, Los Cabos Tourism Board is working in partnership with the private sector to ensure the test is provided at affordable pricing. As an example, the Antigen test starts as low as \$60 USD at some locations, and some hotels are even offering additional discounts or as a courtesy service to their guests. Please call directly to the verified facilities or your hotel to learn more about costs.
- **Do children need to get tested as well?** Yes. According to the CDC, anyone above the age of 2 must get tested before departure.
- **Can the airline deny boarding a plane if a COVID-19 negative test is not presented before boarding?** Yes. For flights departing to destinations that require a negative test, airlines must confirm the negative test result for all passengers or documentation of recovery before they board. If a passenger does not provide documentation of a negative test or recovery or chooses not to take a test, the airline must deny boarding to the passenger.
- **Are there enough tests available in Los Cabos?** Yes. Los Cabos' tourism authorities are working in partnership with the hotels, local, and state authorities to ensure testing is widely available and offered to all travelers visiting the destination. Additionally, all hotels and timeshares in the destination are equipped with the Antigen test and medical personnel to provide the test. Hotels, hospitals, and labs in the destination offer the medical certificates in the form needed by CDC.
- **What happens if I test positive?** People should self-isolate and delay their travel if symptoms develop or a pre-departure test result is positive until they have recovered from COVID-19. Airlines must refuse to board anyone who does not present a negative test result for COVID-19 or documentation of recovery. Hotels and resorts will offer special accommodations and discounted rates to facilitate this process. Please contact your hotel for specific information and health and safety protocols.
- **What if I have had a COVID-19 vaccine? Do I still need a negative COVID-19 test or documentation of recovery from COVID-19?** Yes, all air passengers traveling to the US, regardless of vaccination status, are required to provide a negative COVID-19 test result or documentation of recovery.

MORE QUESTIONS? Please visit <https://www.visitloscabos.travel/covid-19/faq-for-travelers/>



INTERNATIONAL STUDENT TOURS, INC.

COVID-19 WAIVER AND RELEASE

Summer Travel 2021

International Student Tours, Inc. ("IST") understands that the COVID-19 outbreak has created widespread uncertainty and anxiety. The disruption that the COVID-19 outbreak has caused throughout the United States and globally includes significant impact to travel plans.

As destinations begin to re-open and accept visitors, the COVID-19 outbreak remains a fluid situation. It is important that you understand both the health and financial risks inherent in traveling at this time and we encourage everyone to stay informed. The following are online resources IST recommends you continue to monitor as you plan your travel:

- The U.S. Department of State: <https://travel.state.gov>
- The Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-nCoV/index.html> and travel notices: <https://wwwnc.cdc.gov/travel/notices>
- U.S. Customs and Border Protection - <https://www.cbp.gov/border-security/ports-entry> for travel restrictions and health notices, as well as specific port-of-entry screening processes.
- The World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

By either electronically signing or physically signing and submitting this Waiver and Release to IST, you have chosen to continue to participate in the summer IST trip ("**Program**") and you understand, agree, and accept the following:

- Participating in the Program involves the risk of contracting the COVID-19 virus which could result in serious illness or death.
- Should you contract the COVID-19 virus or exhibit COVID-19 symptoms while participating in the Program you will be solely responsible for arranging and paying for all medical care.
- Hospital facilities, qualified medical care, and emergency medical evacuation may be limited or unavailable during the Program, may not be able to effectively provide for treatment of the COVID-19 virus and, where available, may be expensive.
- Should you contract the COVID-19 virus or exhibit COVID-19 symptoms while participating in the Program you may be required by the law to take measures to prevent the spread of the COVID-19 virus to others which may include, but are not limited to, the following: quarantining in place, quarantining at a location different than the Program accommodations, and/or prohibited from traveling in order to return home when scheduled (collectively, "**Quarantine Measures**"). You shall be solely responsible for arranging and paying for all Quarantine Measures.
- IST assumes no responsibility for providing or arranging for medical care, alternative travel arrangements or any Quarantine Measures resulting from or related directly or indirectly to you contracting the COVID-19 virus or exhibiting COVID-19 symptoms.
- Should you cancel your participation in the Program prior to your departure date for any reason including, without limitation, illness from COVID-19 virus, exhibiting COVID-19 symptoms, or changing conditions in the location of the Program, you shall be solely responsible for all costs and cancellation fees and the IST

cancellation policy set forth in Section 7 (CANCELLATION AND REFUND) of the IST Standard Terms and Conditions shall apply.

- Should the Program be cancelled or postponed, travel to and from the Program location be restricted or Program lodgings are cancelled due to the effects of the COVID-19 virus IST will take a commercially reasonable effort to obtain refunds for any pre-paid travel expenses (“**Travel Expenses**”). IST will return to you the participant’s portion of the Travel Expenses. However, any Travel Expenses not refunded to IST will not be repaid to you and IST shall have no obligation or responsibility to return any Travel Expenses to you except as specifically set forth above **RELEASE OF LIABILITY**. By either electronically signing or physically signing and submitting this Waiver and Release to International Student Tours, Inc, I hereby agree to release, waive, and hold harmless International Student Tours, Inc. and its shareholders, directors, officers, agents, and employees, for any and all liabilities, claims, damages or causes of action (collectively, “**Claims**”) arising out of or related to my participation in the Program including, without limitation, any effects from the COVID-19 virus. This release does not extend to Claims resulting directly and solely from International Student Tour, Inc.’s gross negligence, intentional misconduct or any other Claims that California law does not permit to be released by agreement. I further agree that this Release of Liability shall extend to all Claims that may exist, whether or not I know or suspect the existence of those Claims, and I expressly waive my rights under California Civil Code Section 1542, which provides as follows:

A GENERAL RELEASE DOES NOT EXTEND TO CLAIMS THAT [1] THE CREDITOR OR RELEASING PARTY DOES NOT KNOW OR SUSPECT TO EXIST IN HIS OR HER FAVOR AT THE TIME OF EXECUTING THE RELEASE AND THAT, [2] IF KNOWN BY HIM OR HER, [3] WOULD HAVE MATERIALLY AFFECTED HIS OR HER SETTLEMENT WITH THE DEBTOR OR RELEASED PARTY.

This Release of Liability shall be governed by and construed in accordance with the laws of the State of California, without regard to its conflict of laws rules, and is intended to be broad and inclusive as is permitted by the laws of the State of California. If any portion of this Release of Liability is held invalid, it is further expressly agreed that the remaining provisions shall, notwithstanding, continue in full legal force and effect. This Release of Liability shall be binding on, and shall inure to the benefit of, any assigns and/or successors-in-interest to me International Student Tours, Inc., and its shareholders, members, officers, agents, and employees.

I HAVE READ THIS WAIVER AND RELEASE, FULLY UNDERSTAND IT, AND UNDERSTAND I AM GIVING UP SUBSTANTIAL LEGAL RIGHTS. BY SIGNING THIS WAIVER AND RELEASE, I ACKNOWLEDGE AND AGREE THAT I AM FULLY AWARE OF AND ASSUME THE RISKS (INCLUDING, BUT NOT LIMITED TO, THE RISKS SET FORTH ABOVE RELATED TO THE COVID-19 VIRUS) RELATED TO MY PARTICIPATION IN THE PROGRAM AND AGREE TO ALL THE TERMS AND CONDITIONS SET FORTH IN THIS WAIVER AND RELEASE. I AM AT LEAST 18 YEARS OLD. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND SIGN IT OF MY OWN FREE WILL.

Printed Name of Participant: _____

Signature of Client: _____

Date: _____ Participant's Traveler ID Number: _____

¡Welcome to Hotel Tesoro! Los Cabos

To make your stay the most pleasant one,
we have listed all of the great amenities
and wonderful services for your convenience.

LIVE THE EXPERIENCE *All inclusive!*

INCLUDED

- **Breakfast buffet / Vista Roof Restaurant**
7:00 am to 11:30 am
- **Breakfast a la carte / Light House Restaurant**
7:00 am to 11:30 am
- **Lunch a la carte / Vista Roof & Light House**
12:00 pm to 5:30 pm
- **Snack Bar Skypool** 12 pm to 6:00 pm
- **Dinner a la carte / Vista Roof Restaurant**
6:00 pm to 10:30 pm
- **Dinner Theme Nights Buffet** (low availability)
Vista Roof Restaurant - 6:00 pm to 10:30 pm
- **Dinner a la carte / Agave Azul Restaurant**
Mexican and Italian Cuisine Nights every other day
6:00 pm to 10:30 pm (low availability)

BARS SCHEDULE

- **Tequilas & Beer Lobby Bar** / 10:00 to 22:30 hrs.
- **Vista Roof Bar** / 10:00 to 22:30 hrs.
- **Sky Pool Bar** / 10:00 to 18:00 hrs.
- **101 Margaritas Bar** / 15:00 to 22:30 hrs.
- **Half Bar & Café** / 7:00 to 22:30 hrs.
- **Minibar Free Stock Included on daily bases:**
2 Bottle of Water 600 ml, 2 Beers and 2 Soft Drinks
(each night per room)

ENHANCE YOUR STAY!

Additional charge

- **PREMIUM dishes**
Lobster, Premium Steaks and
jumbo Shrimps (special price)
- **PREMIUM wine and liquors**
(on closed bottle will be charged accordingly
with 30% discount applies)
- **Room Service**
(alcohol or wine bottles and meals to the room,
30% discount applies)
- **Mini Bar consumptions**
(30% discount applies)
- **Telephone Calls & Spa Services**
- **Take-out food or beverages from
Resort Restaurants or Bars**
- **Laundry and dry cleaning Service**



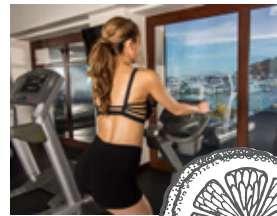
FREE
WI-FI



Taxes & Gratuities
included



use of
FITNESS ROOM



ALL INCLUSIVE *Beverages*

- **VODKA**
 - **RON**
 - **GINEBRA**
 - **TEQUILA**
 - **WHISKY**
 - **BEER**
 - **WHITE WINE**
 - **RED WINE**
- Blue Sky, Koslov & Smirnoff
Baraima Blanco & Galeón
Blue Ice & Oso Negro
Jimador Blanco & Trono Imperial
J&B & Passport
Pacífico, Pacífico Light, Corona & Corona light (can)
Sauvignon Blanc & Chardonnay (by the glass)
Cabernet Sauvignon & Merlot (by the glass)
- Domestic Cocktails
 - All non-alcoholic Beverages on Menu are included
 - Energize beverage are NOT included

