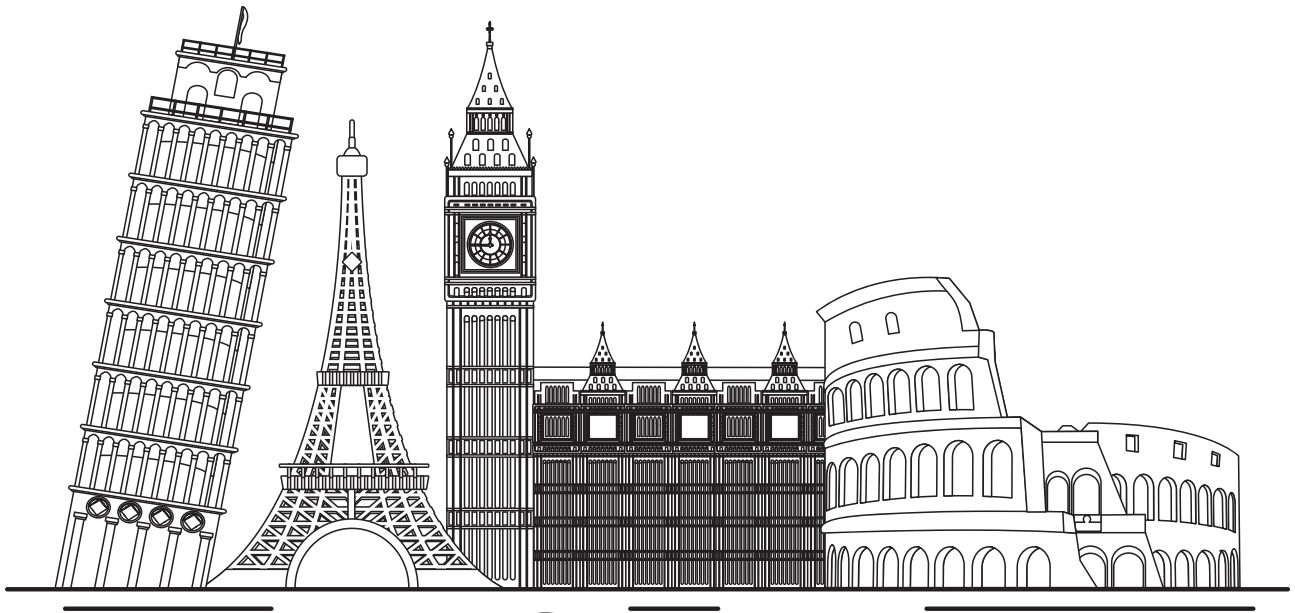




EUROPE TRAVEL TIPS

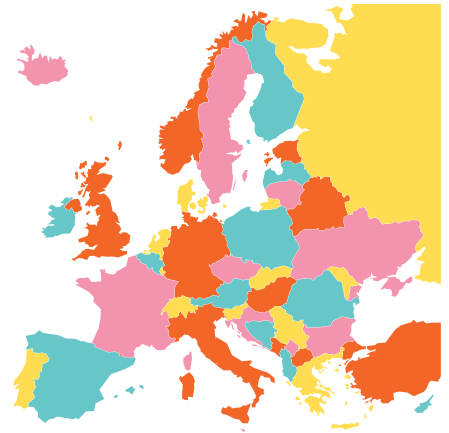
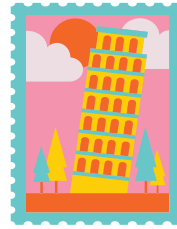
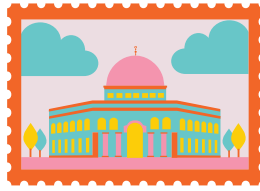
Prior to Travel

- **Print Important Documents:**
 - Ensure you have all necessary documents including passport and any required visas. Keep physical and digital copies.
- **Check Visa and Vaccination Requirements:**
 - Verify if your destination requires specific visas or vaccinations. Make sure you comply with any health and safety regulations.
- **Notify Your Bank:**
 - Inform your bank about your travel dates and destinations to avoid any issues with your credit/debit cards.
- **Purchase Travel Insurance:**
 - Consider purchasing travel insurance that covers unforeseen events, cancellations, or medical emergencies.
- **Health Precautions:**
 - Consult your doctor for any necessary vaccinations or health precautions related to your destination.
- **Money Matters:**
 - Familiarize yourself with the local currency and exchange rates.
 - Bring a combination of cash and cards.
- **Check with your phone carrier:**
 - Call your cell phone company to verify reception and pricing on international calling rates.

What to Pack:



- **Travel Essentials:**
 - Passport, travel insurance, and any required visas.
 - Itinerary, hotel reservations, and important contact information.
- **Travel Comfort Items:**
 - Neck pillow, earplugs, and an eye mask for more comfortable journeys.
- **Convenient Luggage:**
 - Be cautious of the type of luggage you bring. If you will be walking yourself to/from train stations, keep in mind rolling luggage can be challenging on cobblestone streets and at risk of becoming damaged.
- **Weather-appropriate clothing:**
 - Check the weather forecast for the specific regions you'll be visiting. Pack accordingly, considering both daytime and nighttime temperatures.
- **Comfortable walking shoes:**
 - Europe often involves a lot of walking, so bring comfortable shoes suitable for different terrains. Most European Cities have cobblestone streets so flat shoes are recommended.
- **Swimwear:**
 - If you're visiting during the summer or planning to stay in a place with beach access.
- **Rain jacket or umbrella:**
 - Europe's weather can be unpredictable, so it's a good idea to be prepared for rain.
- **Sweater or jacket:**
 - Even in summer, evenings can be cool, especially in northern regions.
- **Light Scarf:**
 - A light scarf can be used to cover your shoulders when visiting churches or cathedrals. Many places of worship in Europe require visitors to have their shoulders covered.
- **Formal wear:**
 - Depending on your itinerary, you may need some dressier clothes for special occasions or fine dining.
- **Hat and sunglasses:**
 - To protect yourself from the sun.
- **Travel-sized toiletries:**
 - Toothbrush, toothpaste, shampoo, conditioner, soap, and any other personal care items.
- **Power adapter and converters:**
 - Europe often uses different electrical outlets, so bring the appropriate adapters for your devices.
- **Health insurance card:**
 - Carry your health insurance information.
- **Medications:**
 - Bring any necessary prescription medications and over-the-counter remedies. It is recommended to pack these in a carry-on in case checked luggage is lost or late.
- **Daypack or tote bag:**
 - For carrying essentials during day trips.



In Destination:

- **Local Transportation:**
 - Familiarize yourself with local transportation options and schedules.
 - Consider using public transportation for a more authentic experience.
- **Safety Precautions:**
 - Keep a copy of important documents in a separate place.
 - Be aware of your surroundings and take precautions against pickpocketing. Consider using a crossover bag with anti-theft protection for added security.
 - Avoid scams. Unfortunately, many large cities in Europe have pick pocketers and people who will try to scam you for money. Do not become involved with people who randomly approach you and be sure to purchase train/metro/public transportation tickets directly from the kiosk or ticket window.
- **Accommodations:**
 - Hotels in Europe are often much smaller than we are used to in the US. Expect your room to be compact and often elevators can only accommodate 1-2 people.
- **Restaurants:**
 - Try local dishes and explore the culinary scene.
 - Have some cash available as restaurants do not split bills and some small mom and pop restaurants prefer cash over credit card
 - Sit back, relax, and enjoy! Sitting down at a café or restaurant is a much slower and more relaxing experience in Europe than we are used to in the US. Expect to flag down your waiter when you are ready to order and to request the bill. They may not bring the bill until you ask for it.
 - Tipping 15%-20% on top of your final bill is not required in Europe. To show your gratitude for good service, leaving a few euros is acceptable.
- **Cultural Etiquette:**
 - Research and respect local customs and traditions. On certain tours to religious or sensitive areas be mindful of clothing and photography rules.
 - Learn basic greetings and polite phrases in the local language.
- **Carry Change:**
 - Many public restrooms in big European cities require payment.
- **Emergency Contacts:**
 - Save local emergency numbers and know the location of the nearest embassy or consulate.
- **Relax and Enjoy:**
 - Remember that you're on vacation!

Safe Travels!