

**BE IN THE KNOW BEFORE YOU GO**

**WEATHER:** You can plan for highs in the mid 80’s and lows in the high 60’s. You can also go to [www.travelwithfriends.com](http://www.travelwithfriends.com) and click on the weather information link and type in ‘Athens, Greece’ or another city to find current and historical temperatures.

**MONEY:** Major credit cards are accepted in most places (be sure to contact your bank to alert them of your travel dates and destination so your card is not inadvertently closed for security reasons.) Foreign Currency can be purchased in advance through Travelex. Automatic Teller Machines are available throughout Greece and Turkey for your convenience (using the ATM will avoid commission charges for currency exchange.)

**TIPPING:** Tips and gratuities for porterage and hotel dining are included. Please keep in mind if you ask for a special favor from the hotel staff, you should tip them as you would at home. **A voluntary Love Offering for our Guide and Driver will be taken as an expression of our appreciation for their services. Suggested amount is $10/ daily per passenger.**

**PASSPORTS:** Passports should be valid for 6 months *after* the return date of your trip. All international air travel requires a U.S. passport book for re-entry into the United States. Both commercial and private planes and other aircraft must follow these guidelines.

**LUGGAGE:** You have paid porterage for one suitcase. The airlines will allow one suitcase (not to exceed 30” x 21” x 18” and 50 lbs.). Be sure all bags are clearly marked with your name and address. It is always advisable to pack any medicine and valuables in your carry-on bag which will always be with you. **Please remember that you are responsible for your passport and carry-on at all times.**

**PACKING TIPS**

**BE COMFORTABLE!**Pack clothes which can be worn in layers and colors which allow you to mix and match. Note that at many of the Holy Sites, shorts and sleeveless outfits are not permitted. Consider the following when you pack:

**Instructions:**

1. Pack loose-fitting, lightweight clothes for summer visits. Cotton and linen garments will keep you comfortable and can be easily laundered. Layer with a sweater for cool summer nights.
2. Take long shorts, skirts, long- and short-sleeved T-shirts, khakis, button-down shirts, sunglasses and a hat for visits between May and September, when the sun is most intense.
3. A travel alarm, camera and batteries, and a journal are also helpful.
4. Bring a jacket, a few sweaters and long pants for visits between October and April, when temperatures hover between the high 40s and high 60s. Rain Showers may fall during this period, so an umbrella is wise.
5. Pack comfortable walking shoes or sandals for sight-seeing. Darker colors will hide any dust or dirt.
6. Stash a bathing suit and sunscreen in your bag for your visit to the beach.
7. Remember insect repellent.
8. Take an electric converter and adapter.

**ELECTRICAL APPLIANCES**: The electric current in Greece is 220 volts. To operate small American appliances, you will need both a Converter and Adaptor Plugs.

**IDENTIFICATION:** Please place luggage tags on suitcases and wear name tags at all times.

**TELEPHONE CALLS:** Calling from Greece can be costly. It is more economical for friends and family to call overseas than for you to call home.

Here are a few suggestions for Apps that use WIFI:

   

**BEAT JET LAG:**  Jet Lag is a normal occurrence but there are a few things you can do to avoid this disruption to your trip.

* Wear comfortable clothes and shoes
* Plan to sleep in-flight. Don’t assume that you can’t sleep on the plane. Tell yourself you can and know that even dozing is good.
* Plan ahead and eliminate stress on your travel day.
* Eat a full balanced meal high in carbohydrates and avoid caffeine the day before you leave.
* Avoid sugar-filled foods on the day you travel (like pastries, snacks and candy) as well as coffee and tea (caffeinated or decaffeinated).
* Drink lots of fluids, but only fruit juices, vegetable juices and water (no carbonated drinks).
* Set your watch to the time at your destination upon boarding the plane.
* Watch the movie, listen to music, get comfortable with a pillow and blanket and sleep.
* In the morning (just before the plane lands) get up and go to the lavatory to wash, brush your teeth, shave – it’s a new day.
* Drink some Orange Juice to replenish your Vitamin C and eat/drink as you normally would for breakfast.
* Resist the temptation to nap after you arrive. Be active and make your body work.
* Soak up the sunshine if possible – light helps your body adjust to time.
* Don’t look back. Don’t give a thought to what time it is at home.

**Hotels in Greece**

Questions? Please feel free to contact us:

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