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**BE IN THE KNOW BEFORE YOU GO**

**WEATHER –** Planfor on-and-off rainy weather; Ireland is cool during the spring, getting as low as 45 in the evening, and as high as 60 during the day. I **don’t recommend** carrying an umbrella, as we will be in and out of tourist sites and buses.

**MONEY –** Currency Exchange Rates change daily. It is not necessary to change money in Ireland. Major credit cards are accepted in most places. Automatic Teller Machines are available throughout Europe for your convenience. By using the ATM you avoid commission charges for currency exchange. 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. **Do not pack it in your checked baggage!**  
  
**LUGGAGE –** You have paid porterage for one suitcase. The airlines will allow one suitcase (not to exceed 30” x 21” x 18”). Be sure all of your 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.**

**CREDIT CARDS –** Credit Card companies must be notified of travel overseas. Some companies will not process charges made in other countries unless notified ahead of time for security reasons.

**PACKING TIPS**

**BE COMFORTABLE!**Pack clothes which can be worn in layers and colors which allow you to mix and match. We recommend you pack a light jacket or pullover for your international flight, as the cabin can get cold. Consider the following when you pack:

**Instructions:**

1. Cotton and linen garments will keep you comfortable and can be easily laundered. Layer with a sweater for cool nights.
2. A travel alarm, camera and batteries, and a journal are also helpful.
3. Bring a rain jacket, a few sweaters and long pants.
4. Pack comfortable walking shoes or sandals for sight-seeing.
5. Take an electric converter and adapter.

**ELECTRICAL APPLIANCES** – The electric current in Ireland is 220 volts (to 240). To operate small American appliances you will need both a Converter and Adaptor Plugs. For your carry-on bag we recommend a USB battery pack and cable for any devices you may bring.

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

**TELEPHONE CALLS –** Calling from Europe 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 in advance 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.

**SAFETY IN EUROPE**

**IS IT SAFE TO TRAVEL?**

**By following security guidelines and using an experienced travel guide, tourists in Europe can enjoy a safe and memorable journey. Many precautions are taken to insure a safe and enjoyable trip. Travelers often say that they feel safer on their Ireland journey than a trip to NEW YORK CITY OR WASHINGTON, D.C.**

**WHAT SAFETY PRECAUTIONS ARE TAKEN?**

Friends Tours and Travel maintains contact with the G2 Travel European Office and the location of our passengers is always known. We use a private bus company and only our passengers and staff are allowed to board the buses; which will also stay in contact with other buses throughout the country.

**HOTEL CONTACT INFORMATION:**

**To be included in your mailed packet**

**Don’t forget to follow us on Social Media!**

Facebook: Friends Tours & Travel

Instagram: @travelwithfriends

Twitter: @toursandfriends

Youtube: @FriendsToursTravel