CRUISE FRANCE BY BARGE THROUGH SOUTHERN BURGUNDY
A “French Toast” from St. Leger to Lyon

Welcome to the wonderful world of European river barge trips, on Adventure-Women’s NEW 2015 BARGING ROUTE! In France, rivers and canals flow from bustling cities to quaint hamlets, linking towns and villages. Follow these waterways through Southern Burgundy, France, on a European river boat cruise and you encounter a quieter, more relaxed side of the continent.

On the Canal du Centre and the River Saône, barging through Burgundy in France is a very special way to discover the heart of this elegant and historic country, gliding through the French countryside at 2-4 miles per hour, allowing plenty of time to experience the local culture, tastes, and vistas you would miss by any other form of travel. While on the Canal du Centre, a barge towpath runs alongside the canal, giving us the option to walk or bicycle between the locks, or stay on board and watch the world go by as the scenery in the countryside changes with every bend in the waterway. You will love cycling in France, exploring nearby villages and seeing the country at your own pace, or ride the towpath alongside our barge, which stops at locks along the way. Barging in France on a European river cruise is the graceful way of life that seems long forgotten to us today.

Cruising on the Canal du Centre we merge into the River Saône, traveling through a beautiful, winding river valley where fields and woodlands come up to the river banks. Each day brings a new guided shore excursion via the barge’s private air conditioned coach. We visit villages where time seems to stand still, vineyards where we stop for wine tastings, and world historical sites that help give us an insight as to who we are and why. We’ll amble through cobblestone streets of medieval villages, where the stones have been walked on for centuries, and taste the soft red wines of the Beaujolais region, famous for it’s “gamay” red grape.

On this exclusive charter, our elegant barge can accommodate 21 AdventureWomen in cabins with full bathrooms and private showers. Tastefully decorated, the barge features a bi-level sundeck wreathed in flowers, chairs and colorful parasols, a cozy saloon and bar, and separate dining room. Experienced bilingual French-English speaking crew provide highly personalized service.

We dine on authentic French cuisine and gourmet meals prepared by French chefs trained in some of the finest culinary schools: they are true artists, excelling day after day with delicious meals created from fresh foods, delivered directly to our vessel. Who said that “a day without wine is like a day without sunshine?” The complimentary wines that accompany our meals are carefully selected from the vast choice of quality French vineyards. During our week onboard we will enjoy 22 different wines served at lunch and dinner in a relaxed atmosphere. They gracefully compliment each meal and bring about a feeling of well being.
WHAT’S INCLUDED IN THE COST OF YOUR FRENCH BARGE VACATION

• Double occupancy, fully air-conditioned cabin accommodations aboard the barge, including full bathroom and shower in each cabin.
• Transportation to and from the barge: from your arrival from Paris at the Le Creusot TGV train station; and from your departure from Lyon at the Gare Perrache train station, back to Paris.
• All meals while on the barge, from dinner on the first day to breakfast on the last morning, including wine and beverages served with lunch and dinner. Certain of the more rare chateau-bottled vintage wines may be excluded.
• Private coach transportation on daily sightseeing excursions with a guide and entrance fees.
• Bilingual guide services throughout the trip.
• The use of bicycles to ride on the tow-paths.
• Use of an onboard laptop computer for emails, since there are places along the route where cell service is not available. A small charge is levied to cover costs of service.
• One AdventureWomen Associate.

NOT INCLUDED

• Round trip airfare from the U.S. to Paris, train from Paris to Le Creusot, and from Lyon to Paris.
• Optional hot air balloon excursion, booked separately with the balloon company but coordinated by the barge crew. The 2014 price was 250 Euros (approximately $331 USD as of August 2014 exchange rates).
• Gratuities for the barge crew (suggested tip of approximately $200 U.S. Dollars per participant). The crew and cooks provide superb service. They also serve as your guides, bus drivers and barge drivers.
• One AdventureWomen Associate.

Questions? 1-800-804-8686 ~ 1-406-587-3883 (outside the US) ~ trips@adventurewomen.com
If you buy your airline tickets through Ciretta at Travel Café (800-247-3538), she would also be happy to get your train tickets too.

MAKING TRAVEL ARRANGEMENTS TO FRANCE
We suggest that you book your air reservations with our travel consultant soon after registering for this trip!

On this AdventureWomen BARGING IN FRANCE trip, we ask that you work directly with our travel consultants at Travel Café, Montana's Travel Agency, to make your travel arrangements. After booking your trip, please call Ciretta Green to discuss your air and train schedule based on the arrival and departure times we have set for the group pick-up and departure.

1-800-247-3538 OR FAX 1-406-586-1959
e-mail: Ciretta@travelcafeonline.com

CANADIAN RESIDENTS, please call 406-587-1188

When calling, please identify yourself as an AdventureWomen Traveler. If you leave a message on Ciretta’s voice mail, she will return your call promptly. She will be happy to discuss your travel plans and help you decide when to purchase your ticket for the best rate. If you purchase your ticket through her, she can also help you with hotels and rental cars, should you want to come early, stay longer, or share a rental car or hotel room with another participant. If you do not purchase your air ticket through Travel Café, you are responsible for making your own arrangements for hotels, rental cars, trip extensions, transfers, etc.

NOTE: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must often relinquish hotel space and air reservations up to 6 – 12 weeks prior to departure!

Please keep this in mind when making your travel plans.

PASSPORT AND MONEY
Citizens of the U.S. must possess a valid passport to travel to France. There is no visa required. If you do not have a passport, APPLY NOW! You should always carry two extra passport photos, just in case of emergency (i.e., if your passport is stolen).

Credit cards are widely accepted in France and ATM machines are accessible in many towns. You should bring a few hundred dollars in cash, which you can exchange into Euros, for your spending money and tips.

Tips are also accepted in U.S. Dollars.

OUR EXCITING ITINERARY FOR CRUISE FRANCE BY BARGE THROUGH SOUTHERN BURGUNDY
A “French Toast” from St. Leger to Lyon

Day 1, Friday, September 25, 2015 - Depart the USA for Your Overnight Flight to Paris

Visit our award-winning website! www.adventurewomen.com
ABOUT ADVENTURE TRAVEL TODAY
Please Read Carefully!
At AdventureWomen, we would like to ensure that all participants understand that our excursions are adventure travel vacations, and not “tours.” We define “adventure travel” as travel in which one actively participates, as opposed to a “tour,” in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an active, out of the ordinary vacation, and meet new friends. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well being of both individuals and the group!

Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don’t hesitate to call, write or email us.

Day 2, Saturday, September 26 - Arrive Paris and Take the Train to Le Creusot to Meet the Barge
This morning you’ll arrive at Charles de Gaulle Airport in Paris and transfer to one of two Paris train stations (Bercy or Gare de Lyon) for your TGV (high speed train) to Le Creusot, where you will be picked up at the railway station by the crew at 5 p.m. and transferred to the Caprice, moored in the quiet canal-side village of St.Leger sur Dheune.

A welcome aboard Kir Royale (with champagne) awaits, and we are introduced to the crew and to Caprice while our luggage is quietly taken to our cabins.

Before and after dinner there will be time to stroll along the tow path. Cocktail hour is before dinner each night, and tonight we’ll enjoy our first gourmet dinner together on board Caprice.

Located southeast of Paris in east-central France, Southern Burgundy is a region known for its rich history, rich red wines, prestigious gastronomy and castles. Marked by gentle rolling hillsides covered with vineyards. As one of France’s most reputable wine producing regions, this region of France is often considered to be at the heart of French cuisine. Many traditional French dishes such as coq au vin, beef bourguignon and escargot all come from Burgundy.

Day 3, Sunday, September 27 - Cruise from Dennevy and Market Day in Chagny
Following a buffet breakfast onboard the barge, we begin our cruise to Dennevy along the beautiful Canal du Centre. The serene and picturesque Canal du Centre links into the river Saône. It meanders through the peaceful countryside of Burgundy with its grand châteaux and coveted vineyards, colorful locks and lockkeepers.

For the next two days we have ample opportunity to bicycle and walk the tow path. Caprice only travels at 3 mph, which is walking speed on the canal. Requiring about 30 minutes to traverse a lock (there is a lock, on average, each ¾ miles), it is easy to leave Caprice as it enters a lock and walk the tow path ahead of the boat. Go two locks ahead and you will have ample time to explore the small villages along the canal and meet the boat when it catches up. Use one of the boat’s 10 bicycles on board and your horizons are broadened to other villages near the canal!

We arrive in Dennevy at 10 a.m. and are whisked off by our bus on an excursion to the busy market in the town of Chagny. A visit to France is not complete without exploring a typical Farmer’s Market, where we can mingle with the locals who come once a week for fresh vegetables, fresh meats from the traveling butcher, milk and butter direct from the cow, and dozens of household items and linens. This traveling market goes from village to village each day. Chagny’s market is today.

A little after noon we return to the barge for lunch, then cruise through six more locks in the afternoon, where we have many opportunities to walk or bicycle along the towpath or into the small and interesting villages along the way. The canal follows the Burgundy wine route as we cruise through the vineyards of Messanges, Santenay and Remigny, and at the end our day we moor at the pleasure port of Chagny.

Pre-dinner happy hour is followed by a gourmet dinner with wine. After dinner you may want to stroll along the tow path, or sit on the deck and get to know your barge-mates over an after-dinner drink.

Questions? 1-800-804-8686 ~ 1-406-587-3883 (outside the US) ~ trips@adventurewomen.com
OUR ROUTE: From St. Leger sur Dheune on the Canal du Centre, connecting to the River Saône, and down through Chalon-sur-Saône to end in Lyon.
A TYPICAL DAY ONBOARD THE BARGE
Never has doing so much felt so relaxing...

7:30 am  Wake up and draw the curtains to see the sun breaking through the morning mist over the canal.
8:15 am  Enjoy a delightful buffet breakfast on the sun deck.
9:15 am  Bike along the shady canal towpath. Pedal into a village to watch the morning hustle.
10:15 am  Meet the barge at the next lock and reboard.
10:30 am  Tour a centuries-old winery and taste the fruits of the vintner's labor in his private cellar.
12:15 pm  Indulge in a three-course lunch prepared by the barge's own French chef. Time for more fine regional wine and a delectable selection of local cheeses. You will sample 22 wines this week.
1:30 pm  Drive to an enchanting château. En route, your guide fills you in on the local history. At the castle, enjoy a special-access private tour and time to wander the grounds.
3:45 pm  See the region from a new point of view as you glide over the French countryside on an optional hot-air balloon flight.
6:30 pm  Return to the barge just in time for aperitifs on the sun deck.
7:00 pm  Join your AdventureWomen friends for an elegant five course dinner. Begin with exquisite hors d'oeuvres, a delicate soup, and a masterpiece main course. Then linger over a traditional cheese complete with retelling of the legends that surround nearly all French cheeses. Regional wines are interwoven with each course giving you a new understanding of the art of pairing wine and food. Finish off with a desert nearly too lovely to eat.
8:30 pm  Savor a cognac on the deck as the sun sets behind the lovely medieval village where you moor for the night.
9:30 pm  Wander off the barge for an evening stroll through the village, pausing for a nightcap at a local café.

OR, does your perfect day involve whiling away the hours with a good book? Strolling along the canal? Napping in the sun? A ten-mile morning run?

No matter how you envision passing the time, chances are you can make it your special day on this fabulous barge vacation with AdventureWomen. Relax, enjoy, and let yourself be taken care of by a dedicated crew who's only concern is to make this the "Best Week of Your Year."

Day 4, Monday, September 28 - Visit Chateau Couches, Merge into the River Saône, and Moor in Chalon-sur-Saône
After breakfast we are again whisked off by the barge’s bus at 9:30 a.m. for an excursion to the Chateau Couches, listed as a French Historical Monument. It is a splendid example of changing architecture between the 11th - 19th centuries. We’ll see the 12th century Castle Keep, 15th century Gothic Chapel, 14th century Justice Tower, and the 19th century Residence. All this is complimented by the incredible underground galleries, the Old Drawbridge between the Chapel and Residence and the Residence itself.

Back to the Caprice at 12:30, we enjoy another wonderful lunch with wine. Continuing our afternoon the boat cruises the beautiful, winding Canal du Centre through 11 more locks until we meet the 30 foot high river lock that merges us into the River Saône. There’s a short river cruise to moor up in the very heart of the river/canal side town center of Chalon-sur-Saône.

Chalon Sur Saône was built alongside the Saône about 3000 years ago. During antiquity, the town was a naval base, the location of big fairs during the Middle Ages, and a trading center in modern and contemporary times. Chalon in the 19th century is best known as the birthplace of photography. Its most famous resident, Nicéphore Niépce invented it here. A museum in town has more than two million photographs and many old artifacts such as cameras and other equipment for old and modern photography.

On the wine route, Chalon takes in the vineyards of some of the best wines on the planet (Gevrey-Chambertin, Meursault, Chassagne-Montrachet, Fuissé, Chablis), and the area is a goldmine for wine-lovers.

Visit our award-winning website! www.adventurewomen.com
Late afternoon we’ll have a guided walking tour of the magnificent old town, with time for shopping in the town’s elegant shopping district, followed by pre-dinner happy hour, then our gourmet dinner with wine!

**Day 5, Tuesday, September 29 - Exploring Tournus and Villages of Southern Burgundy**

Departing Chalon this morning we cruise 13 miles on the River Saône and arrive in Tournus by noon.

The delightful town of Tournus, at the southern tip of Burgundy in the rolling Mâconnais hills and wine country, has a wealth of old buildings, alleyways, antique shops, cafes and restaurants. It is one of the oldest and most important monastic centers in Burgundy, and is known for its superb abbey, St-Philibert, parts of which date back to the 10th century, and classed as one of the finest examples of Romanesque architecture. The town has a distinctly Mediterranean flavor, with narrow winding streets and half-rounded tiles, and a fine quay side promenade.

After lunch onboard the Caprice, we have an afternoon excursion to visit churches and castles dating from the 12th century. We’ll explore the village of Brancion, where the Dukes of Burgundy stored their vast treasures; the village of Chapaize, with its unique 12th century “romanesque” church; and walk through the renaissance Chateau de Cormatin in the midst of its gardens and water features. The Chateau was built by the Marquises of Huxelles in the early 17th century. To show his power and prestige, he built a wide moat, turrets, high rusticated basement, gunports and a drawbridge. Built to impress, it has succeeded to this day.

Happy hour and a gourmet dinner with wine follow our very full day of cruising and sightseeing!

**FLOOR PLAN AND AMENITIES OF OUR BARGE**

- 128 feet long x 17 feet wide.
- 19-21 passengers in 11 cabins: two doubles, 8 twins, 1 single, approx. 82 square feet including ensuite bathroom and shower.
- 7 crew members.
- Bicycles on board.
- Lounge/bar and separate dining room with modern decor and large windows.
- Air-conditioning, bi-level sundeck at bow with tables and chairs.
- Laptop computer (extra charge).
- French cell phones for rent.

Questions? 1-800-804-8686 ~ 1-406-587-3883 (outside the US) ~ trips@adventurewomen.com
Day 6, Wednesday, September 30 - The Pre-historic Site of Solutré and the Vineyards of Mâconnais

After breakfast we depart for a serene and beautiful cruise through a peaceful river valley of the River Saône, through fields and woodlands that come up to the river’s banks. To the west are the hills where the grapes are grown for “Chalonnais” and “Maconnais” wines. We moor up in the town of Mâcon, the administrative capital of southern Burgundy and have lunch onboard. Buildings in Mâcon are painted burnt sienna, buttermilk and rose, which gives the town a distinctly Mediterranean feel.

As we are picked up for our bus excursion, there’s a bustle in the air in Mâcon town. All around we see the beautiful surrounding countryside as we drive through the Mâconnais wine region.

Among the vineyards of the Mâconnais region there are the prehistoric rock outcroppings at Solutré-Pouilly Vergisson, dominated by the famous Solutré Rock, a spectacular limestone cliff. This rock is both a geographical phenomenon and a prehistoric site, with remains of a distinct culture of the Upper Palaeolithic period (20,000-16,000 BC). The rock was an important hunting site for more than 25,000 years, and thousands of horses and reindeer were hunted and killed here.

Famous for its white wine, two thirds of the wine in the Mâcon region is white, coming from the Chardonnay grape with Pouilly-Fuissé, St-Véran and Mâcon-Villages Blanc being the most famous. The other third is red or rosé from the Gamay or Pinot Noir grape. Following our visit to Solutré, we have a much anticipated wine tasting at the winery of Pouilly Fuissé!

Returning to the Caprice, we continue tasting great wine at happy hour and dinner!

Day 7, Thursday, October 1 - Beaujolais Wine Tasting and Arrival into Lyon

Early this morning we leave Mâcon and cruise towards Lyon. Continuing along the river Saône, Caprice glides by pretty towns and villages, and past lovely countryside. To the west are the hills of Beaujolais, an important wine region of southern Burgundy, famous for its vibrant, fruity red wines made from the Gamay grape. The widespread plantings of Gamay here make Beaujolais one of the few regions of the world to be so focused on a single grape variety.

At 9:30 our bus meets the barge and we are off for an

Sample Menus

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<th>FAREWELL DINNER</th>
<th>DINNERS</th>
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<tr>
<td>Foie Gras in Filo Pastry</td>
<td>Escargots</td>
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<td>Blackcurrant Sauce</td>
<td>with Garlic Cream Sauce</td>
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<td>Leg of Lamb</td>
<td>Beef Bourguignon</td>
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<td>with a Rosemary Sauce</td>
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<td>Potato Plan</td>
<td>Tagliatelli Pasta</td>
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<td>Provencal Vegetables</td>
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<td>Brie de Meaux</td>
<td>Epoisses</td>
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<td>Roquefort</td>
<td>Burgundy Desserts</td>
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<td>Gourmandise au Chocolate</td>
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<td>Pinot Noir</td>
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<td>Saint Veran</td>
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<td>LUNCH</td>
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<td>Quiche Lorraine</td>
<td>Sun Dried Tomato and Goat Cheese in Pastry</td>
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<td>Rice and Tuna Salad</td>
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<td>Lentil Salad</td>
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<td>cooked in Orange Juice</td>
<td>Green Salad</td>
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<td>Pistachio Crème Brûlée</td>
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<td>Grated Carrots</td>
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<td>with Sumac Spice</td>
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<td>Cotes du Rhone</td>
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<td>Chocolate Mousse</td>
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<td>Reisling</td>
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<td>Touraine Gamay</td>
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<td>DINNERS</td>
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<td>Warm Goat Cheese Salad with Pine Nuts</td>
<td>Cheese Soufflé</td>
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<td>Duck Breast served with a Whole Grain Mustard Sauce</td>
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<td>Balsamic Butter Sauce</td>
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<td>Risotto</td>
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<td>Cherry Tomatoes</td>
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<td>Almond Cake</td>
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<td>Lime Sorbet</td>
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<td>Sabayon Sauce</td>
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<td>Brouilly</td>
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excursion into the hills of Beaujolais, passing the villages of Fleury, Juliénas, Chénas and Morgan - and stopping at a favorite winery for a tasting of the soft red wines of the Beaujolais “gamay” grape.

Returning to the barge for lunch, we continue our cruise to Lyon. As we approach the city, there is one river lock remaining, then the Saône River takes us past the historic old part of Lyon before entering the main city of Lyon.

A busy city, Lyon is built over the Saône River where it joins the Rhine River, and it is the gateway to the Mediterranean. It is the second largest city in France and is the undisputed gastronomic capital of the country. Its roots precede Roman times and there are many Roman ruins throughout the region. Lyon played a significant part in the French Resistance activity in Nazi occupied France.

Arriving into the city, Caprice moors for the night at the Quai des Celestins, near the town center. We’ll have wonderful views of the city from the boat, and the central square is within walking distance. After our guided walking tour of the historic “old” Lyon, we’ll have plenty of time to shop and visit more of the town before our last Happy Hour and Gala celebratory Farewell Dinner on board.

Instead of leaving for Paris tomorrow morning, you might decide to stay and explore Lyon for a day or two. Check out www.en.lyon-france.com. Ciretta can help you arrange a lovely 4 Star Hotel in Lyon.

**Day 8, Friday, October 2 - Depart France**

After breakfast you are transferred by bus to the Gare Perrache train station to arrive by 9 a.m. for your departure from Lyon.

**HOW TO PACK / WHAT TO BRING FOR BARGING IN FRANCE**

Late September weather in this area of France generally averages daytime temperatures in the mid 60s to 80s, with cooler morning temperatures and warmer afternoons. As in all outdoor activities, you must be well prepared for weather changes.

We recommend that you pack as lightly as possible. Although the closets in the barge cabins are adequate, they only allow for a few clothes to be hung on hangers. You may want to keep some of your clothes in your suitcase.

Ideally, you will need one suitcase plus a carry-on bag that contains one change of clothing, your camera equipment, all medications, and your important travel documents.

PACK LIGHT!

- Clothes for anything from bicycling, walking, sightseeing or lounging on the deck of the barge:
- Pants (loose and comfortable for walking), pair of walking shorts/capris.
- Shirts (long- and short-sleeved).
- Underwear, sleepwear, socks.
- Smart casual clothes for dining and evening dinners on the barge.
- Medium-weight jacket, fleece jacket, sweater or blazer for cool evenings.
- Lightweight robe for the boat.
- Hat for sun and rain protection.
- Waterproof parka or poncho, plus lightweight umbrella.
- Comfortable walking shoes or lightweight hiking boots are essential for our daily excursions. Hiking socks.
- Comfortable shoes for wearing on the boat.
- Small day pack large enough to carry a sweater, rain gear, camera, water bottle and your shopping purchases on our daily excursions off the boat, or for your bicycle rides from the boat.
- Money belt, waist pouch, or a way to carry your money, passport, and airline tickets with you while traveling. You can leave most of this on the boat when we are off touring.
- Small flashlight with spare batteries and bulb to use if you need to get up at night and don’t want to wake your roommate by turning on the cabin lights.
- One-quart water bottle. We recommend the 24 oz. Nalgene Everyday OTG Tritan Bottle. Made of Eastman Tritan™ copolyester, the bottle is completely BPA-free. Tritan™ copolyester provides excellent impact resistance and is suitable for both warm and cold beverages.
- Three bandannas (100% cotton) for uses too numerous to mention.
- Sunglasses, sunscreen, and lip balm with sunscreen.
- Earplugs (for noisy moorings or snoring roommates?…) We recommend Mack’s Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drug stores, or at www.earplugstore.com. Good to 22 decibels!
- Small travel alarm clock.
- Toiletries and a washcloth (sometimes not provided in Europe).
- Ziploc bags in various sizes for dirty boots and dirty clothes, toiletries, etc.
- Book, notebook, pen, lightweight binoculars (optional).
- Electricity: French electric current is 200 volts, so if you are traveling with electrical appliances you will need an international converter.

Questions? 1-800-804-8686 ~ 1-406-587-3883 (outside the US) ~ trips@adventurewomen.com
Camera Equipment
For many women, photography will be a VERY LARGE part of this trip. The opportunities are endless, and the scenery spectacular! We suggest that you bring many more memory cards and batteries than you think you could ever use!

- Digital camera, memory cards, battery chargers. You will be able to charge your batteries on the boat.

Personal First Aid Kit
- Prescription medicines in their original bottles (with the labels on).
- Systemic antibiotic (prescription)/optional (but not a bad idea to always take this on international trips.)
- Band-aids; about 10 individually-wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for “new” flora.
- Immodium, Lomotil, or similar anti-diarrhea medicine.
- Pepto-Bismol tablets and/or liquid (in leak-proof bottle.)
- Laxative tablets.
- Visine or similar eye drops.
- Tweezers.
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets, antihistamine, cough drops.

Last Minute Reminders
- Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.).
- Bring 2-3 extra passport size photos to use in emergencies.
- Make sure passport and airline tickets are valid and in the correct name.
- Your valuables should be insured for the duration of the trip, but better yet, leave them at home.
- Remove extra credit cards, driver’s license, and personal items from wallet or purse.
- Check with airline to reconfirm reservations and departure time.

Some Extra Items to Add to your “What to Bring” List
We are updating and adding the following items for all international trips. With more than 33 years of experience flying around the world, we think these items help make your long airline flights much more comfortable and even more bearable:

- Neck pillow - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing.
- Travel compression socks - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that stops swelling and guards against (DVT). Made of coolmax®-lycra®-nylon. The TravelSox® cushion Walk Socks have extra-padded soles and are made of moisture wicking SoftPrim®.
- Noise canceling headphones - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.