



## IRELAND HORSEBACK RIDING: THE KILLARNEY REEKS TRAIL The Emerald Mile

**First & Still the Best!**  
Since 1982

**2015 ~ Celebrating 33 Years!**

### **DATES**

September 18-26, 2015

### **COST**

\$4,295 (\$800 deposit)

### **RATING**

Moderate. English riding experience required.

### **ACTIVITIES**

Horseback Riding, Natural History, Cultural Exploration, Historical Sites, Archaeology, Sightseeing, Photography

### **MAIN ATTRACTIONS**

- Experience the pleasures of riding the Irish horse, a breed known for its wonderful temperament and stamina.
- Stay in comfortable and "very Irish" country hotels and inns.
- Ride the Killarney Reeks Trail, past monasteries, castles, and ancient ruins, from the mountains to the sea.
- Gallop on golden sand beaches and post along garden trails.
- Explore the archaeological and historic sites of the Iveragh Peninsula through the world-renowned Ring of Kerry.

AdventureWomen is the oldest adventure travel company for active women over 30.

There's no better way to take in Ireland's exhilarating scenery and the eloquence of its people than from the back of an Irish horse, a breed known for its wonderful temperament and stamina! AdventureWomen's horseback riding trip in Ireland takes us through lush green pastures and a sub-tropical climate. Combined with the magical affinity the Irish seem to have for horses, Ireland is an equestrian paradise for those who love to ride.

Our journey takes us riding on the Killarney Reeks Trail in County Kerry located in the Iveragh Peninsula. We'll ride past monasteries, castles and ancient ruins, and the constantly changing landscapes from the mountains to the sea. The scenic and world-renowned Ring of Kerry in southwestern Ireland, often used as a substitute name for the Iveragh Peninsula, is a circular and winding 100 mile coastal road through a mountainous, lake-splattered region of southwest Ireland. What makes this area of Ireland even more famous, besides its stunning beauty, is that the iconic film, *Ryan's Daughter*, was filmed here in 1970.

After leisurely mornings and a "full Irish breakfast," we're on our way through the land of "Ryan's Daughter." We'll gallop on golden sand beaches and post along garden trails lined with showy red fuchsia, and enjoy lunches at local pubs, or pack lunches of sandwiches and scones to eat along the trail. Our luggage will be waiting at each lovely country hotel, and after a hot bath and dinner, we'll spend our evenings in friendly pubs discussing the day's ride over pints of ale and pots of tea.

For centuries, the West Coast of Ireland has been considered the "most Irish." At Europe's far western edge, the land and its people are proof of its rugged nature. The warm and friendly locals show a respect for nature that comes from working the land for generations.

Awesome and relaxing at the same time, the diverse landscape of southwestern Ireland changes from sandy beaches and inlet-studded seacoasts, to rugged mountains, cool forests, and a vibrant green countryside dotted with blue lakes and waterfalls. Its subtropical climate is warmed by the Gulf Stream and produces rare and lush vegetation. The islands off its coast host some of the largest and most important bird colonies in Europe. Rich Bronze-Age tombs, ring forts, standing stones, and early Christian monastic ruins delight the antiquarian and archeologist. This is County Kerry, Ireland—a jewel among Earth's natural wonders.

Join AdventureWomen on this classic English horseback riding trip. For the horseback enthusiast, there is no better way to experience the beauty of County Kerry, Ireland!

**ADVENTUREWOMEN, INC. | 300 RUNNING HORSE TRAIL | BOZEMAN, MT 59715**

**EMAIL: [trips@adventurewomen.com](mailto:trips@adventurewomen.com) | WEBSITE: [www.adventurewomen.com](http://www.adventurewomen.com)**

**406-587-3883 | 800-804-8686 | 406-587-9449 FAX**

### WHAT'S INCLUDED IN THE COST OF YOUR HORSEBACK RIDING TRIP IN IRELAND

- 6 nights/7 days includes fully-guided trail ride.
- Accommodations in twin-bedded, double occupancy hotel rooms in fine Irish guesthouses/inns and hotels (2 nights hotel accommodations in Killarney and 4 nights in countryside guesthouses/inns during our trail ride.)
- All breakfasts and lunches from day 2 to breakfast on day 8, plus Welcome and Farewell dinners.
- Horses (matched to your ability), all tack, and hard hats.
- Private bus transfers to and from Shannon Airport.
- All local transportation and luggage transfer to hotels each night.
- Experienced local equestrian guides.
- One AdventureWomen Escort.

### NOT INCLUDED IN YOUR HORSEBACK RIDING TRIP IN IRELAND

- International airfare to Shannon, Ireland.
- Personal expenses such as drinks with meals, phone calls, laundry, etc.
- 4 dinners.
- Gratuities to our guides (we suggest a minimum of \$150 to our Irish guide(s), and a small gratuity to the bus driver.)

### TRAVELING TO IRELAND: ARRIVAL AND DEPARTURE

It is important for you to work with Ciretta at Travel Café, to coordinate your flights with our group pick up and drop off times at the Shannon Airport. **You must be at the Shannon Airport by 9:00 a.m. on September 19, 2015**, for the group pick-up and bus transfer to your first night's hotel in Killarney. If you are unable to arrive by that time, you'll need to come in a day early and stay overnight in Killarney. OR, you may stay overnight near the Shannon Airport and meet us on September 19th at 9:00 for the group bus transfer to Killarney.

**On September 25, you will be transferred back to the airport by 9 a.m.** You can schedule your departure for any time after 11:00 a.m.

### MAKING TRAVEL ARRANGEMENTS AND AIR FLIGHTS TO IRELAND

**We suggest you book your air reservations with our travel consultant soon after registering for this trip!**

On this AdventureWomen **HORSEBACK RIDING IN IRELAND TOUR**, we ask that you work directly with our travel consultant at Travel Café to make your travel arrangements. After booking your trip, please call **CIRETTA at Travel Café, Montana's Travel Agency**, in Bozeman, Montana, to discuss your air schedule based on the arrival and departure times we have set for the **group pick-up and drop off in Shannon, Ireland**.

**1-800-247-3538 OR FAX 1-406-586-1959**

**email: [ciretta@travelcafeonline.com](mailto: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, should you want to come early, stay longer, or share a hotel room with another participant. If you do not purchase your air ticket through Travel Café, you are responsible for making your own arrangement 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.

### TRAVEL DOCUMENT REQUIREMENTS

Citizens of the United States must possess a valid passport. Ireland does not require a visa. If you do not have a valid passport (good for travel 6 months after we return), **APPLY NOW!** You should always carry two extra passport size photos, just in case of an emergency (i.e., if your passport is lost or stolen).

### LIABILITY FORM AND FINAL PAYMENT

Part of what AdventureWomen, Inc. hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. Please read the Liability Form carefully, sign it, and return it with the remainder of your balance due by:

**JUNE 19, 2015**

### CANCELLATIONS AND REFUNDS

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations and trip cancellation. A brochure will be sent to you in your registration packet.

### SWITCHING TRIPS

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a \$75 fee to switch. You may not switch your deposit to a trip in another calendar year.

### NO SMOKING POLICY

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on Adventure-Women vacations.

### HEALTH REQUIREMENTS, INSURANCE, AND HORSEBACK RIDING EXPERIENCE NECESSARY

This trip is rated as **MODERATE**. You should be in **very good physical condition** to participate. Riding horses and the demands of international travel create many physical stresses.

You MUST have your own health insurance/personal accident policy, and not have any physical problems or conditions that would be adversely affected by riding a horse approximately 18 miles per day.

You are also highly encouraged to purchase trip cancellation insurance to cover emergency situations (both travel and accident). Information will be sent to you in your registration packet, and you can also view the recommended Travel Insured policy on our website.

**Riding Ability: You MUST be able to post a trot and canter/gallop competently in an English saddle.**

If you are a competent Western rider, but have not ridden English, you will need to take English Style lessons before participating on this trip in order to familiarize yourself with English tack and style of riding. We suggest you take at least 6 weeks lessons on an English saddle, and that you come on the trip knowing how to post well.

No special exercise program is necessary to prepare for this ride, but the more you ride at home, and the more experienced you are with posting, the better shape you will be in.

### HORSES, TACK, SAFETY

All riders are in good hands with our experienced local trail guides, and on good hooves with wonderful Irish horses! We are accompanied by experienced trail guides who will give riding suggestions each day along the trail. You may skip any leg of the journey that you feel might be too taxing, and may ride in a car with the luggage transfer to the next hotel.

The **horses** used on your ride are a mixture of Irish Drafts, Irish Cobs, and Percheron Crosses.

Each horse is fitted with **saddle bags**, so you may carry personal items such as rain gear, water bottle, camera, sunscreen, etc.

All horses have **English saddles, and bridles**. The saddles used are the "Swiss Ranger" saddle, made by Peter August Spirig (Switzerland). These are designed for comfort for the long distance rider and their horse. So extra gel pads etc. are not necessary, but if you wish to bring one, you are more than welcome to.

**Words of wisdom** from our outfitter about **Rider Safety**.

"Trail Riding involves long and hard hours on both horses and riders. It is up to the Guide to dictate the pace and at no time is anyone allowed to pass the leader or set the pace. Any person behaving in a manner likely to cause an accident or disregarding the instructions of the Guide(s) will be removed from the ride. Please listen to the Guides' instructions and respect them. Please ask for clarification if you do not understand any instruction from your Guide(s)."

So there you have it!

### HOW TO REGISTER

**First**, call (800-804-8686) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

**Next**, complete and sign the Trip Registration and International Passenger Information forms on our Web site by clicking "Sign Up for this Trip" on the trip page. We can also fax or email them to you. Include, with your forms, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also give us your credit card number over the phone. Once we receive your **deposit and BOTH forms**, we will mail you a trip confirmation/information packet verifying your registration.

**Then**, call our travel consultant, Ciretta Green (1-800-247-3538), to make your airline reservations.

### OUR EXCITING ITINERARY FOR IRELAND HORSEBACK RIDING: THE KILLARNEY REEKS TRAIL!

**DAY 1, Friday, September 18, 2015 - Depart USA for Shannon, Ireland**

**DAY 2, Saturday, September 19 - Arrival and Leisure Time**

Arriving this morning into Shannon Airport, we are met and transferred by our coach for the 1½-hour private coach ride to the town of Killarney and check into our hotel, Foley's Guesthouse. We spend this afternoon wandering around the fun, colorful, and historic town of Killarney. It's a walking town, and every trail is a history lesson.

One of the town's most popular attractions is in fact the town itself. Killarney, meaning "church of the sloes," is located at the Gateway to Killarney National Parklands.

It is the largest town in County Kerry with a population of over 14,000. Although in saying this, the town center is compact and easily manageable on foot for the best experience. Stroll around the picturesque town and discover it's beautifully maintained and colorful shops. It offers many distractions, with a choice of art galleries, traditional craft shops, elegant boutiques, award winning restaurants and lively pubs. Sit outside a little café and people watch, watching the world go by and study the

locals.

While walking around the town you will notice how clean and tidy it is. The locals take great pride in their pretty little town and have been award winners in the renowned Tidy Towns competitions for many years. With beautiful flower arrangements and freshly painted shop fronts gleaming proudly from every street. The people of the town are welcoming and friendly, always eager to help and give advice to any visitor.

After a day of rest and leisure to recover from our travels and jet lag, we celebrate the beginning of our horseback riding trip in Ireland with a Welcome Dinner, introductions, and orientation at our hotel in Killarney.

(Welcome Dinner)

Overnight at **Foleys Townhouse** in Killarney

Foleys Townhouse Guesthouse  
24 High Street  
Killarney, Kerry  
Tel 064 6631217 | +353 64 6631217  
<http://www.foleystownhouse.com/>

In the heart of Killarney, Foley's Townhouse, a 4-star guesthouse, is bright and elegant, each room providing free Wi-Fi, private bathroom, satellite TV and tea/coffee facilities in the rooms. It has an award-winning restaurant with sumptuous, classic décor and you can relax with a drink in the bar. Trip Advisor review says, "This place was beautiful. A lovely very clean room... right in the heart of Killarney but very quiet...breakfast was wonderful with a choice of a full irish breakfast or a continental breakfast.... would definitely stay here again if I visited the area... and very helpful staff."

**DAY 3, Sunday, September 20 - Ride to Glenbeigh**

This morning we assemble at the riding stable and outfitters and guides match the appropriate horse to the personality and skill level of each rider. With our luggage ready for transfer to Glenbeigh, the day begins with a short trip to the base of Seefinn Mountain, then up over Windy Gap to view the magnificent Caragh Lake and the valley beyond. Our ride then continues to Coomasaharn Lake, enclosed by Teermoyle Mountain (Horseshoe Mountain), followed by a scenic ride over an Irish bog. We finish our day at the Killarney Stables in Mountain Stage, and overnight in Glenbeigh.

The quaint village of Glenbeigh (the name Glenbeigh comes from Gleann Beithe, the Glen of the Birch Trees)

### 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.*

is surrounded almost entirely by mountains. The beauty of the area is breathtaking, with the River Behy and Rossbeigh Strand close by. Glenbeigh offers the famous friendliness and humor of the charming region of Kerry.

Dinners during the week are on your own, with many fun options for restaurant and pub meals, or staying at your hotel for dinner after the ride.

(Breakfast and Lunch)

For the next two nights, we overnight at the **Towers Hotel**.

Towers Hotel  
Glenbeigh, Co. Kerry  
Tel: +353 1 2958900  
<http://www.towershotel.com/>

The family run Towers Hotel is located on the Ring of Kerry, one of the most beautiful spots in Ireland. The Towers internationally acclaimed restaurant is renowned for its excellent seafood and distinguished atmosphere and the traditional pub provides a real Kerry atmosphere of traditional music and warm conversation. The hotel is situated on the 'Kerry Way' walking route and is just a short distance from sandy beaches and dramatic mountains, a paradise for hillwalkers, horseback riders, and fishermen.

#### **DAY 4, Monday, September 21 - Gallop on Rossbeigh Beach**

This day's glorious ride includes a gallop along the four-mile stretch of golden sand on Rossbeigh Beach. It is said that this particular ride outstrips all the glories of the previous day, roaring into free flight for the first time! The rider shares the horse's muscular motion, yet the ride is as smooth as the back seat of a Rolls-Royce. For those who do NOT want to gallop on the beach, another group will ride at a slower pace.

There are magnificent dunes to explore on the beach, and we return to Glenbeigh via the Cliff Road.

(Breakfast and Lunch)

Overnight **Towers Hotel**, Glenbeigh

#### **DAY 5, Tuesday, September 22 - Scenic Ride To Waterville**

After breakfast, our luggage is packed and transferred to Waterville. Our morning ride takes us from Gleensk Viaduct up through Coomshanna Forestry, through the glorious mountain scenery and spectacular views of Dingle Bay and Mount Foley. We continue through the virgin bogs of Cnoc Bawn and to Liss Bawn, stopping for lunch beside a nearby forest, where wild flowers proliferate. After lunch we ride through Tir nah Ailte, Island Boy, and the Inny Valley, finishing our ride along the Tulligane Woods.

Dinner and overnight is in Waterville, where we stay Tuesday and Wednesday nights. The coastal village of Waterville (the little whirlpool), nestles on a narrow strip of land between Lough Currane and the Atlantic Ocean, in the very center of southwest Kerry. Due to its location between the sea and the mountains, this area has wonderful riding routes and beaches. The first Celtic invaders of Ireland are reputed to have landed in Ballinskelligs Bay, coming ashore near Waterville. Archeological remains of the beginnings of Ireland's Gaelic Nation can be found on Church Island, Derrynane Abbey, and Skellig Michael.

(Breakfast and Lunch)

For the next two nights we stay at the **Butler Arms Hotel**.

Butler Arms Hotel

Visit our award-winning website! [www.adventurewomen.com](http://www.adventurewomen.com)

Waterville - Co. Kerry - Ireland  
 Tel: +353 - (066) - 9474144  
<http://www.butlerarms.com>

In the beautiful village of Waterville, the delightful and friendly Butler Arms Hotel is located on the seafront, overlooking spectacular views of the beach and Ballinskelligs Bay. Dating back to 1884, this family run hotel combines old world charm with the best of modern amenities. The Butler Arms was one of Charlie Chaplin's favorite holiday destinations. Enjoy a drink in the lounge where photos of Chaplin decorate the walls.

### **DAY 6, Wednesday, September 23 - Ride Through Tulliglane and Along Lough Currane**

Today we head out to gallop through Tulliglane Woods, riding through the Inny Valley and lunching alongside the Inny River. Our afternoon ride is more relaxing (!), as we take the old Glencar/Waterville Road back into Waterville, riding along the shores of the famous fishing village lake, Lough Currane.

(Breakfast and Lunch)

Overnight **Butler Arms Hotel**, Waterville

### **DAY 7, Thursday, September 24 - Waterville, Hoggs Head, and Ballinskelligs Bay**

Our luggage is transferred this morning to Killarney, and we begin our day with an exhilarating ride on Waterville Beach, enjoying some exciting gallops. The breathtaking scenery of Hoggs Head and Ballinskelligs Bay dominates the view during our afternoon ride in Waterville before we and the horses are transferred back to Killarney for our special Farewell Dinner and overnight stay.

(Breakfast, Lunch, and Farewell Dinner Celebration)

Overnight at **Foley's Townhouse** in Killarney

### **DAY 8, Friday, September 25 - Departure**

After our last Irish breakfast, we depart for Shannon Airport, arriving by 9 a.m. for our flights home. OR, you may choose to stay on and do more sightseeing in the area, or in another part of Ireland

(Breakfast)

### **WHAT TO BRING/HOW TO PACK FOR YOUR IRELAND HORSEBACK TRIP**

As everyone knows, the weather in Ireland is variable. It can be quite warm and sunny, but its characteristic rain and mist are often what we encounter. It is best to wear layers of clothing to cover all weather conditions.

### **Clothing and Gear**

Helmets and saddle bags (for lunch, water, camera, gloves, etc.) are all supplied during the ride. The following is a suggested list of other appropriate clothing and items to bring.

- ❑ Although a riding helmet is supplied, you should bring your own riding helmet if you have one. Your own helmet will fit you better than the helmets supplied, and will be more comfortable and safe.
- ❑ Rainsuit (jacket and pants – no ponchos). It needs to be WATERPROOF, not water-resistant. Instead of full rain pants, you might consider wearing waterproof rain chaps. You can find these by going to [www.horse.com](http://www.horse.com) and entering oilskin chaps in the Search field. They are a great deal at \$54.95.
- ❑ OR, you can bring a special long horseback riding rain coat (it is specially made for sitting on a horse in the rain and can be bought at most riding accessory stores.) It is long and fully covers your legs as well as your body
- ❑ Knee-high riding boots. Rubber boots do fine, if you do not have, or do not want to buy a pair of expensive leather boots.
- ❑ Warm socks, 2 pair riding gloves (one lightweight and one heavier for cooler weather riding), wool hat (that will fit under your helmet if it gets cold), and scarf.
- ❑ 2-3 pairs of riding pants, reinforced at strategic points (knees and rear!).
- ❑ Comfortable shoes for inside hotels, and a pair for walking in the evening along the beach, or outside the hotel to the nearest pub.
- ❑ Other casual pants and tops for evenings.
- ❑ Warm clothing (a fleece vest or jacket, wool sweaters, etc.)
- ❑ A few long-sleeved shirts with pockets (cotton, flannel/polypropylene). If it gets warm, you can roll the sleeves up and you can keep small lightweight cameras in a big pocket.
- ❑ A REALLY good sports bra or two, plus padded riding briefs if you choose. Look up "soft seat brief" on [www.doversaddlery.com](http://www.doversaddlery.com).
- ❑ Pajamas, underwear.
- ❑ Small digital camera (best to be small enough to fit into your pocket) with plenty of memory cards and battery charger with adapter.
- ❑ 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.
- ❑ Baseball cap (some women wear a cap under their helmets instead of sunglasses). It helps if it is raining.

- ❑ Sunscreen, lip balm with sunscreen.
- ❑ Sunglasses and maybe even a pair of clear, not colored, ski (or other) goggles (for dust?)
- ❑ Insect repellent.
- ❑ Small travel alarm clock.
- ❑ Small, lightweight flashlight (extra batteries).
- ❑ 2-3 cotton bandanas (for uses too numerous to mention).
- ❑ Wash & Dry towelettes.
- ❑ Washcloth (not often supplied in Europe).
- ❑ Earplugs. We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drugstores, or [www.earplugstore.com](http://www.earplugstore.com). Good to 22 Decibels!
- ❑ Lots of ziplock plastic bags in various sizes, and a few larger garbage bags (for dirty boots, toiletries, etc.)
- ❑ Small and waterproof nylon dry bag(s)/stuff sack(s). The use for this is the following: to carry your lunch, water bottle, snacks and anything else you are taking to and from the horses to put into your saddle bags. Inside the saddle bags, it also keeps things dry.
- ❑ A good paperback book you've been dying to read, and a notebook and pen.

#### Personal First-Aid Kit

- ❑ \*\*\* A product for chafing. We recommend Lanacane Anti-Chafing Gel, and/or Anti Monkey Butt Powder. You'd be well covered with both!
- ❑ Cloth, not plastic, Band-aids; about 10 individually wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- ❑ Aspirin/ibuprofen, etc.
- ❑ Ace bandage.
- ❑ Cold-symptom relief tablets, antihistamine, cough drops.
- ❑ Tweezers.
- ❑ Systemic antibiotic (prescription)/optional (but not a bad idea to always take this on international trips.)
- ❑ Prescription medicines in their original bottles.
- ❑ 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.

#### 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.
- ❑ 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.
- ❑ Make sure passport and airline tickets are valid and in the correct name.

#### 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.
- ❑ Sleep mask /Comfort eye shade - Ultra lightweight and comfortable, the Comfort Eye Shade screens out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.
- ❑ 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.

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*Thank you for choosing to travel with  
AdventureWomen!  
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Bozeman, MT 59715  
800-804-8686  
406-587-3883 (outside the U.S.)  
trips@adventurewomen.com*