



HIKING IN SLOVENIA

Intoxicating Alps & Enchanting Old World Charm

revised 11/12/14

First & Still the Best!

Since 1982

2015 ~ Celebrating 33 Years!

DATES

September 17 - 25, 2015

COST

\$4,295 (\$800 deposit)

RATING

Moderate with 1 day High Energy

ACTIVITIES

Hiking, Historical Sites, Cultural Exploration,
National Parks, Sightseeing, Photography

MAIN ATTRACTIONS

- A hiking tour in Slovenia, often referred to as "The Sunny Side of the Alps," through the culturally diverse and historically rich mountain regions of the Julian Alps.
- Visit celebrated sites and learn about the famed history of Slovenia from Julius Caesar to Ernest Hemingway – all in beautiful mountain settings!
- Experience relics and history of WWI: hike through abandoned mountain villages; see military placements; visit a museum commemorating the battles; stay in Kobarid, significant to WWI history.
- Hike in Triglav National Park and view Slovenia's highest peak (8,592 ft) and celebrated Alpine treasure, as breathtaking snow-capped peaks of the Julian Alps surround us in this dramatic alpine paradise.
- Explore a peaceful, charming, and uncrowded corner of Europe, often referred to as an undiscovered European gem, with delightful, world-class hiking opportunities.

Known as "Europe in miniature," the tiny country of Slovenia is an exciting mix of Alpine splendor and ethnic diversity that is at the intersection of the best of Italian, Slavic, and Germanic cultures. Hiding in the mountains north of Croatia, the Julian Alps are the country's top attraction. But this peaceful, charming, and uncrowded corner of Europe is also known for wonderful hospitality and cuisine, sun-drenched seacoasts, unspoiled Renaissance-era towns, and world-class hiking opportunities.

Slovenia's rich and complicated history comes alive as we rendezvous in Trieste, Italy, and explore this once main port of the Austro-Hungarian Empire before it became part of Italy after WWI. A short hike along the cliff tops, known as Rilke's walk, will bring to life such diverse luminaries as Sir Richard Burton, Rainer Maria Rilke and James Joyce.

Following Rommel's footsteps we cross the border into Slovenia and Kobarid, a sleepy little village in the Julian Alps. From Kobarid our hikes take us to explore its natural wonders and limestone gorges. We'll hike through towns immortalised by Hemingway in his novel Farewell to Arms and along the aquamarine Soca River, said to be the cleanest glacial-fed waters in Europe.

Transferring by train through dramatic scenery we arrive in the mountain paradise of Triglav National Park, a land of majestic scenery and high eastern Alps. The snow-capped Julian Alps surround us as we hike this alpine paradise along rushing rivers, through impressive gorges and past dramatic waterfalls. It is home to the pristine glacial lakes, Lake Bohinj and beautiful Lake Bled, a region of lush alpine pastures, where families still work the land, where time slows down, and the countryside is earthy and raw. We'll hike through beech woods and pastoral landscapes of fields, hayracks and traditional barns, discovering rural villages and Slovenian life.

This enchanting AdventureWomen hiking adventure showcases Slovenia as a mountain land all its own, a unique alpine paradise which beckons us with fascinating history lessons, alluring villages, captivating culture, ravishing scenery, and delightful hiking. How can you resist?

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

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

EMAIL: trips@adventurewomen.com | WEBSITE: www.adventurewomen.com

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

WHAT'S INCLUDED IN YOUR HIKING IN SLOVENIA ADVENTURE

- 8 days/7 nights. Lodging in twin-bedded, double-occupancy rooms with private baths in fine hotels and family run inns.
- Transportation and all transfers beginning with arrival in Trieste, Italy and ending in Ljubljana, Slovenia.
- Meals as specified in the daily itinerary, including 7 breakfasts, 4 lunches, and 7 dinners.
- Fully-guided hikes each day led by Gillian Arthur, our European-based guide.
- All luggage transfers.
- All gratuities on meals covered in the itinerary.

NOT INCLUDED

- Round-trip airfare: arrival in Trieste, Italy and departure from Ljubljana, Slovenia.
- Meals not specified in the itinerary.
- Drinks including all alcoholic beverages, wine, and beer.
- A tip to your main guide (\$100/person), assistant guide (\$50/person), and if you have a separate driver (\$20/person).

HIKING EXPERIENCE, PHYSICAL CONDITION REQUIRED, HEALTH INSURANCE

This AdventureWomen trip is rated as MODERATE with some HIGH ENERGY, with 4 - 6 hours of hiking a day on up and down terrain. Some of the landscape is quite mountainous, and a few of the hikes are "high energy." We have tried to have less strenuous options for those hikes (or parts thereof). A typical day of 4 - 6 hours of hiking has ample time for a leisurely lunch, of course!

You MUST have your own health insurance, and not have any physical problems or conditions that would be adversely affected by hiking in mountainous terrain.

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.

TRAVELING TO SLOVENIA: ARRIVAL AND DEPARTURE

You should plan to **arrive at the airport in Trieste, Italy, by 1 p.m. on September 18, 2015**. If you can't make that pickup time, you should come a day early into Trieste, so you can return to the airport for the 1 p.m. pickup on September 18.

Departure will be from Ljubljana, Slovenia, with **drop off at the airport at 10 a.m., on September 25**.

***** PLEASE NOTE:** Why not consider extending your vacation on our French Barge trip, AdventureWomen's NEW 2015 CRUISE ROUTE IN SOUTHERN BURGUNDY, FRANCE, which begins on September 26 in Le Creusot, France?! After hiking in Slovenia, you can take a flight from Ljubljana directly to Paris on September 25, stay overnight, then transfer by TGV on September 26 to the meeting point for the barge trip in Le Creusot, France. Float along her waterways through central France and experience a quieter, more relaxed side of the continent while tasting vibrant cuisine and sipping wine, and experiencing culture and history – with ALL your senses!

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 20, 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. Information 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.

ADVENTUREWOMEN'S NO SMOKING POLICY

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

MAKING TRAVEL ARRANGEMENTS TO SLOVENIA

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

On this AdventureWomen **HIKING IN SLOVENIA**, 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 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

email: 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 **Travel Café**, 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 Italy and Slovenia. 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 Italy and Slovenia 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 *HIKING IN SLOVENIA: Intoxicating Alps & Enchanting Old World Charm*

Day 1, Thursday, September 17, 2015 - Depart from the United States to Trieste, Italy

Day 2, Friday, September 18 - Trieste Hiking and Transfer to Kobarid, Slovenia

Today we rendezvous at the airport in Trieste at 1 p.m. for our group pick up.

Once the main part of the Austro-Hungarian Empire before it became part of Italy after WWI, Trieste is a melting pot of East and West. It was home to such diverse luminaries as Sir Richard Burton, Rainer Maria Rilke, and James Joyce, who wrote two of his masterpieces here.

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.

We begin our hiking adventure with a short walk along the cliff tops to the tiny fishing village of Duino. One of Italy's most panoramic walks, known as Rilke's walk, the poet was said to have strolled here while composing some of his more important works. At just over a mile, the path starts in the town of Sisiana and ends at the Duino castle, with breath-taking views. The spectacular scenery includes the gulf of Trieste and a coastal environment characterized by the cliffs and a beautiful mix of flora. Hiking the path, there are a number of look-outs and gun emplacements overlooking the sea.

This afternoon we drive to Kobarid and the gorgeous Hisa Franco Hotel, our base for the next two nights.

(2 hour hike)

(Dinner)

Hisa Franko Hotel

www.hisafranko.com/en

Staro selo 1, 5222 Kobarid, Slovenia

+386 5 389 41 20

The Hisa Franko Hotel in Kobarid is a wonderfully dramatic hotel-restaurant, with rooms stylish in décor. Its fabulous restaurant brings people from all over Slovenia and beyond, purely to eat here. The gourmet food is created by one of Slovenia's top chefs, Ana Roz. The food is described as not only beautiful to look at, but creative with an explosion of taste on the palate. Our gourmet dinners are accompanied by an excellent selection of wines, from a list hand-picked by Valter, Ana's husband.

After a delicious meal we head upstairs to one of the 13 lovely bedrooms: airy and light with contemporary décor and comfortable beds. Hisa Franko is a memorable place to start our fabulous hiking trip in Slovenia.

Day 3, Saturday, September 19 - Hiking in Slovenia Along the Soca River

Kobarid was immortalized by Hemingway in his novel, *Farewell to Arms*. It was the site of some of the bloodiest battles during WWI, and over 600,000 men were killed in the space of two months. It was here in 1917 that the Austrian forces decidedly beat the Italians. However, with the final defeat of the Austrian/German alliance, Kobarid came under Italian jurisdiction between the two world wars and only became part of Yugoslavia at the end of WWII. Today, it is a peaceful town in a magnificent mountain setting.

Our hiking route follows the Soca River, reputedly the cleanest river in Europe. It is glacier-fed and as a result is a startling turquoise color that is almost unreal in its intensity. People travel from all over Europe to kayak and raft its emerald rapids. From here there are panoramic views of the valley and the green pools of the Soca River. Then we'll follow the Kozjak stream to the dramatic Kozjak waterfall, before continuing on to our picnic lunch.

On our return to Kobarid we'll visit the award-winning museum which commemorates the battles of WWI.

(5-hour hike)

(Breakfast, Lunch and Dinner)

Overnight **Hisa Franko Hotel**

Day 4, Sunday, September 20 - Magnificent Lake Bohinj

This morning we leave Kobarid and head further south into Slovenia. We transfer by van to Most na Soci to pick up the train for a panoramic journey through the mountains to our next destination, Lake Bohinj. This beautiful glacial lake is called the pearl of the Julian Alps and is the largest permanent lake in Slovenia. It is 3 miles long and 135 feet deep. Thanks to sound environmental practices the lake shore has not been developed and the entire lakefront is wonderfully pristine.

Our railway journey culminates in a 4 mile long tunnel, where we emerge to Bohinj Bistrica. From our drop off point we hike the trail to the magnificent alpine Voje Valley. Crossing the Devils bridge we hike into the picturesque Mostnica gorge and visit the beautiful Mostnice waterfall. This 180 foot high waterfall feeds Slovenia's longest river of the same name. We stop along the way at a mountain refuge for lunch before our return journey to the lake shore.

(4-5 hour hike) (Breakfast and Dinner)

For the next three nights we stay at the **Vila Park Inn**.

Vila Park
Telephone: +386 4 572 33 00
Mobile: +386 41 622 105
www.vila-park.si

Set at the heart of Triglav National Park next to the Savica stream, Vila Park Inn is only 1,000 feet from Lake Bohinj. The best location on the lake, the hotel is very exclusive with just 8 guest rooms. Elegantly decorated in warm tones, all rooms feature a furnished balcony, satellite TV, a fridge and a safe. There is a small restaurant that serves breakfast and dinner. It is a wonderful haven of peace and tranquility.

Day 5, Monday, September 21 - Exploring Triglav National Park, at Lake Bohinj

Lake Bohinj lies within the Triglav National Park, home to Slovenia's highest peak, Triglav (8,592 feet). This peak has a special place in Slovenia's history. It was believed to be home to a three-headed god who governed the sky, the earth and the underworld. The name Triglav means three-headed and its peak was not climbed until the end of the 18th century. During the 19th century the idea for climbing Triglav became

part of the Slovenian identity. This tradition still exists today and a true Slovenian must climb this mountain at least once in a lifetime.

We won't climb it, but weather permitting we will take a cable car to the plateau and take a hike among the peaks for magnificent views of the Julian Alps. Easier option available.

(5 hour hike) (Breakfast, Lunch and Dinner)

Overnight **Vila Park Inn**, Lake Bohinj

Day 6, Tuesday, September 22 - Lake Bohinj and Mount Rudnica

Today we'll explore the beautiful area surrounding the lake. We hike from the hotel into the lush alpine pastures typical of this region. Our hike takes us along the lake shore and then up to a low mountain, Rudnica, at 2,838 feet, before descending through beech woods into the fields for our lunch at a Gostlina, or typical Slovenian inn.

This afternoon we'll visit the Alpine Dairy Museum before returning to the hotel.

(4-5 hour hike) (Breakfast, Lunch and Dinner)

Overnight **Vila Park Inn**, Lake Bohinj

Day 7, Wednesday, September 23 - Spectacular Lake Bled

This morning we travel to Lake Bled. One of the most beautiful lakes in the world, it has attracted artists, poets and lovers over the centuries. Its limpid green waters, picturesque island, and medieval castle complete the picture. It is no secret that it is one of the most visited places in all of Slovenia.

On our hike today we explore the rural villages around Lake Bled. Although only a short distance from the tourist bustle at the lake shore, this hike shows us a very different aspect of Slovenian life. The trail takes us through a pastoral landscape of fields, hayracks and traditional barns, to the small villages of Bohinska Bela and Kupljenik, where traditional farming methods are still in evidence. Look out for the brightly colored chest-of-drawers beehives along the way, a feature of rural life in this part of Slovenia.

(4 hour hike) (Breakfast and Dinner)

The last two nights of our trip we stay at the wonderfully located **Hotel Lovec**, in the very heart of Bled.

Hotel Lovec
BEST WESTERN PREMIER Ljubljanska cesta 6 4260
Bled, Slovenia
T: 00 386 4 620 41 00 F: 00 386 4 620 41 40
<http://www.lovechotel.com>

The boutique Hotel Lovec is situated in the center of Bled. Harmonically blended with its natural environment, the hotel architecture is inspired by the local milieu and enables guests to fully enjoy the hotel's surroundings, with wonderful views across the lake and the nearby mountains. The natural daylight and materials give Hotel Lovec a touch of warmth and hominess that sets it apart from other Bled hotels.

Day 8, Thursday, September 24 - Vintgar Gorge

Today's trail again takes us through a pastoral landscape of fields, hayracks and traditional barns to the magnificent Vintgar Gorge. Through the dramatic and narrow ravine we hike on boardwalks above the rushing Radovna River. This is an example of the effect of water erosion on limestone bed rock. The channel is several hundred meters deep in places, and has been sculpted over many centuries by the relentless action of the river. The path through the gorge takes us along the wooden bridges and galleries for almost a mile, before ending with 75 foot waterfall, Šum.

Our return trail takes us through the woods to St. Catherine's church, where we have marvelous views of Lake Bled, the Karavanke mountain range, and Mt. Triglav.

(4 hour hike) (Breakfast, Lunch and Dinner)

Tonight we celebrate the wonders and beauty of Slovenia, with our Farewell Dinner and overnight at **Hotel Lovec**.

Day 9, Friday, September 25 - Ljubljana

Transfer to Ljubljana for flights home, or for a flight to Paris to join our French Barge trip!

(Breakfast)

WHAT TO PACK / WHAT TO BRING FOR HIKING IN SLOVENIA

September weather in this region in Slovenia generally averages comfortable daytime temperatures in the 70's

to 80's. Magnificent autumn colors abound, particularly in the mountains, and it's the best time for hiking! Nights are cool, as we are in the mountains at higher altitudes. As with any hiking trip involving mountain travel, you should be well-prepared for weather changes.

Ideally, you should bring one suitcase or duffel bag, and your daypack should act as your carry on bag. Your carry on bag should contain one change of clothing, your camera equipment, all medications and your important travel documents. **PACK LIGHTLY!**

- ❑ Medium-weight womens hiking boots: It is best not to wear shoes, even if they are walking shoes, because ANKLE support is absolutely essential in mountain terrain. Please do not buy heavy leather boots as there are numerous medium-weight quality hiking boots on the market that will better serve your purpose. Asolo, Garmont, Merrell, Vasque - to name a few - are widely available and designed especially for women. Since they are waterproof, Gore-tex boots, although a bit more expensive, are our first choice. Other boots should be waterproofed with one of the excellent waterproofing products available such as Nikwax. **MAKE SURE** your boots fit properly and are well broken-in. Wear them around town to thoroughly break them in. Please do not come on this trip with a pair of boots you have never worn before!
- ❑ Comfortable hiking socks (Thorlo's or similar). It is best to wear two pairs of socks while walking, a thin liner sock and a thicker wool or hiking sock.
- ❑ Rain gear: You should be well prepared for whatever conditions occur. Therefore, it is very important to bring a good waterPROOF (not just waterREPELLENT) rain suit (jacket and pants). A rain parka or poncho will not keep your legs and feet dry, and it is important that your entire body is covered in a downpour. Many outdoor stores carry inexpensive rain suits, but beware of cheap VINYL gear that may tear easily at the seams. Your rain parka can also act as a lightweight wind jacket.
- ❑ Comfortable shoes for the evening in hotels.
- ❑ Medium-weight jacket, fleece jacket, or sweater for cool evenings.
- ❑ Small day pack: this should be large enough to carry a spare jacket, rain gear, camera, and a drink (or water bottle).
- ❑ Money belt, waist pouch, or a way to carry your money, passport, and airline tickets. You can leave these valuables at the hotels while day hiking.
- ❑ 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.

- ❑ Pants (loose and comfortable for walking) and two pairs of walking shorts (if you like to wear shorts). Zip off pants are often the most versatile.
- ❑ Shirts (long- and short-sleeved) and a few T-shirts.
- ❑ Underwear, sleepwear.
- ❑ Sun hat and sunglasses with securing strap.
- ❑ A spare pair of glasses (if you wear glasses).
- ❑ Swimsuit.
- ❑ Bandanas. Bring 2 or 3 (100% cotton) for instant sweatbands and other uses too numerous to mention, some of which you have never even dreamed! Besides, it's a tradition at AdventureWomen!
- ❑ Swiss Army knife or equivalent (for picnics, opening wine bottles, cutting cheese, etc.). Be sure to pack this in your checked luggage.
- ❑ Sunscreen, lip balm with sunscreen.
- ❑ 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 lights.
- ❑ Earplugs. 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, prescription medications, and a washcloth (sometimes not provided in Europe).
- ❑ Ziploc bags in various sizes for dirty boots and dirty clothes, etc.
- ❑ A collapsible walking stick (to fit into your suitcase) if you prefer to hike with one.
- ❑ Book, notebook, pen, lightweight binoculars (optional).
- ❑ Electricity: Slovenia's electric current is 220 volts, 2 prong European outlets, so if you are traveling with electrical appliances you will need an international converter. Cameras only need the 2 prong European adaptor.

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 all of your batteries in hotels.

Personal First Aid Kit (bring in small amounts and in small containers)

- ❑ Regarding Foot Care: To prevent blisters, many hikers use moleskin. However, we recommend bringing a small roll of ordinary duct tape as an alternative. Applied before the hike, it reduces friction much better than moleskin. If you develop a blister, Spenco "2nd Skin" is a very comforting necessity. Your foot care kit should also include: cloth Band-Aids (not plastic), individually wrapped alcohol pads, a small tube of Neosporin or other antibiotic cream, and foot powder.
- ❑ Foot powder for moisture absorption; cloth, not plastic Band-aids; about 10 individually wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- ❑ Aspirin/ibuprofen, etc.
- ❑ Cold-symptom relief tablets, antihistamine, cough drops.
- ❑ Tweezers.
- ❑ Ace bandage.
- ❑ 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.
- ❑ 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.
- ❑ 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!
If you have any questions or concerns, please don't
hesitate to call, write, or email us.*

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