Preparing for the Trip of a Lifetime:  
*Making the Most of Your Experience in Greece*

How much luggage should I take? What will we eat? Will the Lord return when I am standing on Mar Hills? These are some of the common questions asked by those traveling abroad. We trust that the following pages will answer most of your questions and ensure the best experience possible in your upcoming trip to Greece.

**International Travel**

**Passports**
Your passport MUST BE valid for six months after we return from our trip. If you do not have a valid passport, we suggest you do not wait. Passport applications are available through the US State Department. Do NOT pack your passport, as you will not be permitted to board an international flight without it. Make certain that you have your passport on your person before you leave for the airport. We also ask that you make two copies of your passport. A copy will need to be placed in your suitcase and in your carry-on. These copies will help facilitate a replacement if, God forbid, your passport should be lost or stolen. You will want to guard your passport with your life!

A pre-arranged visa is not required for citizens carrying a valid US Passport for pleasure in Greece.

**Health**
There are no immunizations or HIV test requirements for entry into Greece. You will want to make sure, however, that your tetanus shot is up-to-date.

If you are taking prescription medicine, be sure to bring an ample supply and a copy of the prescription in your carry-on. Keep your medicines in your carry-on, not the checked-in luggage. You may also want to bring the following items for an emergency: diarrhea medicine (e.g., Imodium, Pepto-Bismol), sleeping pills, motion sickness medication, cold or allergy tablets, and any other personal hygiene products you may require. If you wear contact lenses or glasses, be sure to bring an extra pair and a copy of your prescription. We also recommend a personal first aid kit (e.g., blister pads for your feet, band aids, aspirin, antacid, muscle creams).
You will need to call your health insurance company and check the international coverage that you have. Be sure to bring your coverage card with you. A Visa or MasterCard is essential if you must have medical attention.

**Travel Tips**

The roughest part of your trip will be the long flight. Here are some helpful suggestions:

- Wear comfortable, loose clothing on the plane.
- Convert your watch to destination time as soon as the flight takes off. Remember that Greece is 7 hours ahead (e.g., if it is 1pm in Indianapolis, it is 8pm in Athens).
- Carry toiletries in your backpack (remember that only up to 3 bottles of 3 oz or less of fluids/creams each must fit in a small plastic bag). Nothing refreshes one as much as a quick clean up.
- On the day of the flight, get a good night’s rest, have a high protein lunch and a high carbohydrate supper, and drink lots of water.
- Walk around the airport and be sure to watch local time for your flight.
- Take some snacks for the journey—especially those high in protein.
- Bring some disposable reading material. You can only read the airline magazine so many times! Be sure to remove all mailing address labels, as you do not want the world to know you are away from home!
- You will want to sleep after dinner. Some people use sleeping aids. You may also want to bring a neck pillow, earplugs, and eye covers.
- Be careful wearing contact lenses while airborne.
- Drink plenty of water during the trip. Avoid caffeine until morning.
- Upon arrival, stay active. Do not nap or sleep until bedtime that evening. Some individuals use sleeping aids for the first couple of nights. If you should wake up in the middle of the night, try your best to go back to sleep.

**Packing**

**Luggage**

Only one suitcase/duffel bag may be taken. Your piece of luggage must not measure more than a total of 106 inches in dimension and may not weigh over 50 pounds. We recommend that you bring a backpack for a carry-on. Remember not to pack your passport or any other valuables in your luggage.

Restrictions on carry-on baggage for both domestic and international travel is as follows: Liquids and gels of 3 ounces or less in each container, with all containers comfortably fitting in a one-quart zipped-top bag. A liquid or gel is anything that can be poured, pumped, squeezed, spread, smeared, sprayed, or spilled.
General Guidelines
In general, every place we go will be warm to hot in the day and cooler in the evening. Here are a few tips:

- **Typical March weather.** The temperatures in Greece range from the high 40s at night to the low 70s during the day. Thus, you will want to pack layers of clothing—but light-weight clothing! We recommend a long sleeve shirt and pants for the evenings, and short sleeve shirts and shorts for the daytime. You should also expect some rain during your time in Greece. Be sure to pack an umbrella.

- Dress is informal. Comfort exceeds fashion. For women, we recommend light weight capris, slacks, modest shorts, comfortable, loose-fitting shirts, one light-weight wind breaker or sweatshirt, and even a coat for cool evenings. For men, we suggest three or four pairs of comfortable pants/slacks/jeans, five or six sport shirts (e.g., t-shirts, polo shirts), long sleeve shirt for the evenings, one or two pair of long pants/slacks, and a sweater or pullover with a light coat for the evenings. No army fatigues, US propaganda (e.g., a USA flag), or religious apparel.

  As for shoes, one comfortable pair of shoes for touring is essential (e.g., Clarks hiking shoes, Merrell shoes, J-41 outdoor shoes) and an optional pair of tennis shoes in case hiking shoes become uncomfortable.

  Some tour days you will eat dinner in the clothing you wore that day touring. At other times, you may have the option to change into something a little dressier. Such apparel would include: modesty skirts, capris, nice shirts or t-shirts. Daily apparel as listed above is totally suitable. You will not need any dressy church outfits (e.g., high heels, suitcoats, formal attire).

- Swimsuit. While it will be a bit chilly, you will have an opportunity to swim in the Aegean Sea. There is also a pool in the Hilton Hotel.

- Handbag/Purse. You will want to carry a lightweight bag/purse that crosses over your body or a lightweight backpack for ease of hands.

- Do NOT bring expensive jewelry, bed linens, towels, clothes difficult to care for, and too much stuff. Remember comfort and ease trumps fashion :)

In addition to clothing, you will need to pack the following:

- Bible, notebook, a pen or two, and a journal.
- A backpack or some type of carry-on. Make sure it will hold your Bible, notepad, pen, camera, and a water bottle.
- Hat, sunglasses, and sunscreen are recommended.
- A water bottle can be purchased and refilled on the trip.
- Battery-powered alarm clock and a watch (dual time if possible).
- You may want to bring an emergency sewing kit.
- You will need a small flashlight.
• Laundry service is available at our hotels for an extra fee. These fees can be expensive for items like slacks, skirts, jackets, etc. Check prices ahead of time. Irons and ironing boards are furnished at no cost by the hotels.
• Personal care items: all personal hygiene items, toothbrush, cosmetics, deodorant, shaving supplies, tissues, an emergency toilet paper roll (travel size), etc. Pack all essential items in your carryon.
• If necessary, a power transformer and converter plugs for 220 to 110, 50-cycle. Hair dryers are furnished in every hotel room. Apart from curling irons, US electronics do not need a power transformer, only an adapter. We also recommend considering the purchase of a travel power strip with adapter plug set, equipped with USB. It seems that hotels throughout the world never have enough wall sockets! You can purchase one of these travel power strips via Amazon.
• Camera, film, lenses, filters, etc. Digital cameras are preferred. If you use film, 100-400 ASA is recommended for the bright sun. Do not load your camera before leaving, you have to open it in customs. Pack your film outside the plastic package/container and place it in a baggie for inspection. A haze filter and polarizer are recommended for all cameras, and a 20-80 mm lens and telephoto are helpful. NOTE: Be careful photographing people. They may be offended. If in doubt, ask for permission first. Do NOT take photos of any military personnel or equipment.

Please note that all electronic/battery operated items (e.g., shavers, video cameras, computers) may mean more time in customs. ONLY take them if you must. Be sure to record all serial numbers on major items in case of a problem with theft.

Correspondence and Phone Calls

Phone Calls
Every place in Greece sells international calling cards. You may purchase these calling cards at the hotel or from most businesses. Collect calls or those made from the hotel will be extremely expensive and often confusing. The best way to call home is to use Facetime, Skype, or WhatsApp. All of these services are not only free, but they also allow you to see your loved ones across the pond!

Most US cell phone companies provide international service. For instance, Verizon charges a daily fee for unlimited phone calls and texts. You will need to check with your provider.
**Emails and Snail Mail**
There are internet cafés throughout Greece. Our hotels also have WiFi. Please note there may be a nominal fee for the use of a computer. Envelopes, stamps, postcards are available throughout the country. You will not be able to use USA stamps to mail your letters from Greece.

**Finances**

**Currency & Spending Money**
While all entrance fees, tips and all meals except one lunch are covered, you will have extra expenses such as beverages, snacks, and souvenirs. Everything will cost you more than you think. The average spending for additional expenses is between $350 and $800. In case of an emergency, you must bring one credit card with you (VISA or MasterCard only). Be sure you call your company prior to departure to let them know that you will be making charges outside the USA. In addition, you will need to bring some cash with you. We recommend a minimum of $300.00. Unlike other European countries, cash is KING in Greece. Numerous locations do not take credit card. You can exchange your US dollars for Euros when you arrive. However, for convenience, you may want to exchange at least $100 into Euros prior to departure. The euro banknotes come in: 500, 200, 100, 50, 20, 10, 5. There are coins of 2 and 1 Euros and 50, 20, 10, 5, 2 and 1 cents of euro. We do not recommend traveler’s checks because many businesses will not accept them. ATM/Debit cards are useful in the larger cities, but you will most likely be charged for the use of them. Again, you will want to be sure you call your bank before you depart to inquire about any costs involved.

Keep your money and credit card on your person, or in your hotel safe deposit box. Never pack them in your luggage or leave them out in the open in your hotel room. Be sure to remove all unnecessary credit cards from your wallet or purse prior to departure.

**Shopping**
The English language is spoken sufficiently everywhere so that language is never a problem. Shopping can be fun, but be careful with your money. Do not feel pressured to buy, but do be prepared to shop.

**Contact Information**
In case anyone should need to reach you during our stay in Greece, we will be sending you contact information of the hotels approximately two months prior to departure.

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