

International *Sports Tours*

FINAL TRAVEL TIPS & CHECKLIST





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Airport Procedures

Check-In

The group must check-in together, coach and/or team manager will have the e-ticket receipt for the entire group. It is recommended that the group meet at the airline counter 3 hours prior to an international departure and 2 hours prior to a domestic departure. The entire group will then start checking in together.

Please note if a full-package participant does not check-in and decides to forego the outbound flight or any connections, they will be considered a no-show by the airline and their return reservations will be canceled. If a new return flight ticket needs to be purchased because of this, it will be at the cost of the participant/s.

Luggage

All trip participants are asked to ensure they comply with baggage restrictions to prevent delays at airport ticket counters and security search points. Please check the airline and TSA (www.tsa.gov) websites prior to departure to confirm luggage requirements, including measurements, weight limits, liquids, potential fees incurred by travelers, etc.

American Airlines - aa.com/i18n/travel-info/baggage/baggage.jsp?anchorEvent=false&from=Nav

British Airways – britishairways.com/en-us/information/baggage-essentials

Delta Airlines – delta.com/en_US/traveling-with-us/baggage

Lufthansa – lufthansa.com/us/en/Free-baggage-rules

United Airlines – united.com/ual/en/us/fly/travel/baggage.html

Jet Blue - jetblue.com/at-the-airport/baggage-information/

Norwegian - norwegian.com/us/travel-info/baggage/

KLM Royal Dutch - klm.com/travel/gb_en/prepare_for_travel/baggage/all_about/index.htm

Air France - airfrance.us/US/en/common/voyage-en-avion/preparation-voyage/bagages-avion.htm

Iceland Air - icelandair.com/support/baggage/

Scandinavian Airlines - flysas.com/us-en/travel-info/baggage/

Virgin Atlantic - flywith.virginatlantic.com/gb/en/prepare-to-fly/baggage.html

Surviving Jet Lag

- › Traveling through time zones affects individuals both physically and mentally, and adapting well can make the difference between an easy start to a trip and a difficult one. You can help fight jet lag by...
 - Setting your watch to your destination's time zone as soon as you board the plane.
 - Increasing fluid intake. Humidity in jet cabins is low, so prevent dehydration by drinking lots of fluids. Water and fruit juices are best; avoid alcohol, coffee and tea.
 - Adjusting your sleeping patterns. If you will arrive in the morning, sleep as much as possible on the plane. If you are arriving in the evening, avoid napping.



Travel Documentation

Passports

- › Please have your passport out and ready for check-in and security. Once you have boarded the plane, the passports of minors should be collected and kept by a chaperone/parent. Passports should be reissued again prior to landing and recollected after customs. **Each person on the trip should make a copy of their passport.** This should be carried with you, separate from the original.
- › It is suggested that you print out instructions on what to do if your passport is lost or stolen from your country of citizenship's state department.
 - US State Department: travel.state.gov/passport/lost/lost_848.html
 - Canadian Government: travel.gc.ca/assistance/emergency-info/stolen-belongings
- › Minor traveling with/without parent/guardian: If traveling alone or with only one parent/guardian, the airline or immigration may ask for a notarized letter of permission. If you would like one of these suggested letters, please download a copy from your Tour Center page.

Money & Currency

It is recommended that participants exchange money **prior** to departing. This is due to restrictions on bank hours, location of facilities, etc. as well as the high rates found at airport and tourist destination exchange bureaus. Suggested companies for exchanging currency are AAA, American Express or your personal bank.

- › We recommend you exchange (or budget for the equivalent of) \$35 - \$45 per person, per day. The only 'expenses' participants will have are meals (per your itinerary, additional sightseeing fees (not included per your itinerary), plus any gifts and souvenirs.
 - Please see below the currency needed for your destination. (Or click to see the most up to date conversion rates: xe.com/currencyconverter/)
 - England and/or Scotland - British Pounds (£)
 - France, Germany, Ireland, Italy, Spain, Portugal – Euros (€)
 - Sweden – Swedish Krona(SEK)
 - Denmark – Danish Krone(DKK)
 - Costa Rica – Colones (₡) or US Dollars (\$)
- › Other monetary options for traveling abroad are:
 - 01. Take a small amount of cash and use a debit/credit card. The majority of cards are accepted worldwide. However, please check with your bank or credit card company prior to departure to ensure acceptance based on destination and travel dates and also inquire about an international fee.
 - 02. Use a reloadable international debit card (**not** a pre-paid gift card). These can be purchased through most banks and AAA locations (you don't have to be a member of AAA to purchase, restrictions may apply, please contact supplier for exact details). We suggest the Visa Travel Money Card: <https://cluballiance.aaa.com/money/prepaid-cards>
- › Travelers checks are no longer accepted



Money & Currency CONT.

Tipping

It is customary to tip the following service providers included on your tour. In Europe and the UK, tips should be presented in the local currency. All other destinations should be presented in USD.

- › \$6-8 per person, per day for your Full-time Tour Director
- › \$3-4 per person, per day for your Full-time Bus Driver

Additional tips for outstanding performance are at your discretion.

You are not expected to tip any part-time and/or transfer bus drivers but can do so at your own discretion.



Packing List

We suggest that you pack for a variety of weather situations! If you don't need it, don't bring it! Below is our suggested packing list that we hope you find helpful. All sport clothing and items should be labeled with player's name or initials.

Travel Attire

- › We suggest that every player dress alike. However, this is up to your coach's and/or team manager's discretion.

Carry-on

- › Each player should carry a backpack on the plane that includes:
 - ☐ Uniform
 - ☐ All required athletic shoes – Dependent upon surface.
 - ☐ Required sports gear (e.g. shin guards)
 - ☐ 2 pairs of socks & 2 pairs of underwear
 - ☐ Small water bottle (player's responsibility to fill and bring to each practice and game)
 - ☐ Warm-up suit (if applicable)
 - ☐ Medication (please bring a note with instructions and permission)
 - ☐ Passport and important documentation
 - ☐ Money
 - ☐ Pen (for filling out immigration/landing cards)

*This will allow you to play even if luggage is lost!

Luggage

- › Training gear:
 - ☐ Training t-shirts
 - ☐ Shorts
 - ☐ Socks
 - ☐ Sweatshirts/warm up tops
 - ☐ Under Armour (if applicable)
 - ☐ 1 Towel (towels are supplied in rooms, additional towels may be needed for showering after games)
 - ☐ Additional sporting gear (E.g. deflated ball, ball pump and needle, etc.)
- › Other:
 - ☐ Tennis Shoes
 - ☐ Appropriate attire for sightseeing (knees, shoulders and mid-drift covered for while in churches/religious venues)
 - ☐ Electrical converter/adaptor (available at Walmart, Target, etc.)
 - ☐ Camera
 - ☐ Backpack (for day trips)
 - ☐ Rain jacket/small umbrella
 - ☐ Sunscreen
 - ☐ Hats and sunglasses
 - ☐ Mesh laundry bag
 - ☐ Coach will bring small first aid kit and any necessary training equipment (pinnies, cones, etc.)



Friendly Reminders

Buddy System

- › It is recommended that every player is paired up with a 'buddy'/responsible adult for the duration of the trip. This helps during small group activities.

Attitude

- › Your destination is different, embrace that! Try not to compare things to what you would find in North America. Relax and enjoy this once in a lifetime opportunity!

Communication

Phone

- › Telephone calls from your destination can be made easily, but can be expensive. Most North American cell phones do not work in your destination unless you have the correct plan. Please contact your cell phone provider prior to departure and activate an international plan, if interested.

Internet

- › **Wireless internet access is VERY limited and typically NOT available in individual rooms.** In most hotels there is free wireless internet access in the hotels public area, but this is not guaranteed.

Appliances

Plug Adapter/converter

- › Converts your destination's power voltage to enable American appliances to operate on your destination's currents.
- › Ensure that the power rating (in watts) exceeds the rating of all appliances you expect to plug in at one time

Hotels

In most foreign countries, hotels are often housed in buildings that are centuries old, meaning they were not built with modern standards in mind. Rooms will often be smaller and laid out differently than in North America. Also, some hotels will not have elevators. While comfortable, be prepared for differences. Please know if you are in a triple room, the third bed may be a sofa bed or a roll-away cot. Check-in times are typically after 3 P.M., therefore, rooms may not be ready before then.

Washcloths, hairdryers and irons are not standard in many foreign country hotels. Hairdryers and irons can sometimes be borrowed from the front desk.

Check Out: Each time you check out of a hotel, please check your room prior to leaving so that nothing is left behind. **Please settle any outstanding personal room charges at check-out.**

Meals

In most foreign countries, continental breakfast is the norm. This includes, but is not limited to; tea/coffee, rolls and butter, jam/marmalade, and an assortment of cheese and luncheon meats. Do not expect a full hot breakfast consisting of pancakes, waffles, eggs, etc. Other countries offer a much lighter fare for breakfast. Most dinners at the hotel will be buffet style, which will offer a variety of options. Please note these meals might not always be of "local cuisine." If it is a sit down dinner, the menu has been pre-selected in advanced.



Tour Director

WorldStrides Sports programs provides each group with a 24/7 Tour Director. The Tour Director will lead your group from arrival to departure. Our Tour Directors are carefully selected to meet the needs of each group.

The primary responsibility of the Tour Director is to facilitate the day-to-day logistics of the tour and follow the customized itinerary. This includes, but is not limited to; sporting arrangements, accommodations, and transport. Our Tour Directors are also happy to answer any questions and/or make suggestions. However, please note that our Tour Directors are not licensed Tour Guides. They will provide general information on sights and attractions, but they will not provide facts or in-depth details.

The WorldStrides Sports programs' Tour Director is there to provide peace of mind allowing the group to enjoy this once in a lifetime experience.