

HELPFUL TRAVEL TIPS

Cell Phones Abroad

Before traveling abroad, check with your phone carrier for rates for international calling or texting. If you choose to use your US cell phone abroad remember to contact your carrier service to set up an international plan. Failure to do so may result in extremely high usage charges.

For more information please visit www.gotglobalsim.com.

When traveling to Israel, renting an Israel phone is an option. For more information please visit,

www.israelphones.com

Electrical Appliances

It is recommended to purchase an adaptor kit that includes various configured adaptors the countries you plan to visit. European and Middle Eastern countries use 220 volts while the US uses 110 volts. If your electronic equipment (laptop/cell phone) or travel appliances (hairdryer, curling iron, iron) do not have dual auto voltage conversion, you will also need a converter.

Both adaptors and converters can usually be bought in any store that sells travel luggage. A converter converts voltage and the adapter adapts the plugs to fit a different configured outlet.



General

- Make sure you have a signed, valid passport. Also, before you go, fill in the emergency information page of your passport.

- Read the country information provided by the US Department of State for the country (s) you will be visiting <https://travel.state.gov/content/passports/en/country.html>

- Familiarize yourself with local laws and customs of the countries to which you are traveling. Remember, the U.S. Constitution does not follow you. While in a foreign country, you are subject to its laws.

- Make 2 copies of your passport identification page. This will help facilitate replacement if your passport is lost or stolen. Leave one copy at home with friends or relatives. Carry the other with you in a separate place from your passport.

- Leave a copy of your itinerary and contact info abroad with family or friends at home so that you can be contacted in case of an emergency.

- If you plan to stay abroad for more than two weeks,

Dress

Most countries expect tourists to dress comfortably. Jeans, t-shirts and sneakers are usually acceptable for touring. You will also want to bring a pair of comfortable, broken-in walking shoes. If visiting holy/religious sites, knees and shoulders will need to be covered but formal dress is not required. No shorts or sleeveless tops are allowed.

Weather

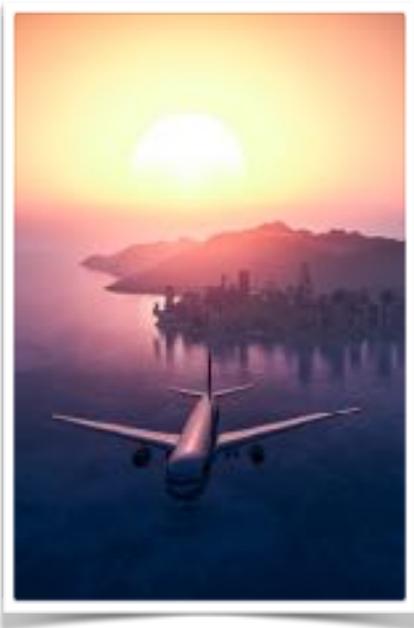
For information on the weather in the country(s) you will be visiting, please click one of the links below:

<https://weather.com/weather/today/l/ISXX0010:1:IS>

<http://worldweather.wmo.int/>

Insurance

Buying travel insurance is a good option to insure that your trip is protected. Be sure to contact the insurance agency of your choice



upon arrival you should notify by phone or register in person with the U.S. embassy in the country you are visiting. This will facilitate communication in case someone contacts the embassy looking for you.

- In order to avoid violating local laws, deal only with authorized agents when you exchange money or purchase art or antiques.
- If you get into trouble, contact the nearest U.S. embassy
- For more travel info - <http://sareltours.com/travel-info/>

Health

Before you leave on any overseas trip it is wise to consult your personal physician. Explain where and when you are going. Your doctor can tell you what will be best for you, what medicines you should carry and any special health precautions that might be wise for you. Few countries require inoculations against specific illnesses. Since your physician understands your conditions, a consultation before you go may help prevent problems on the trip.

When you talk to your doctor, inquire about motion sickness, sleeping pills, laxative or an anti-diarrhea remedy. It is always wise to tuck away some Tylenol, a few Band-Aids, sun block and other familiar over-the-counter medications.

When carrying prescription drugs and/or vitamins, it is recommended that you carry the original bottles. If you do not carry the original bottles, it is recommended you carry a copy of the prescription from the doctor. You should pack prescription medications/vitamins in your carry-on - not your checked luggage.

Currency

For information on currency exchange including rates, please visit www.xe.com. Most major credit cards are accepted internationally. Please call your credit card company before leaving to inform them that you will be traveling abroad.