



APT staff are on hand to help throughout your tour

## At the Airport

### RECONFIRMATION OF FLIGHTS

We recommend you contact your airline(s) or travel agent at least 72 hours before your initial flight to confirm your departure details.

### AVOIDING JETLAG & FINDING COMFORT

- Wear loose-fitting clothes and comfortable shoes during the flight.
- Try to hydrate yourself constantly with water (avoid caffeine, alcohol and carbonated drinks and eat light).
- Alleviate pressure in your ears by chewing gum, yawning, swallowing or gently blowing your nose.
- If possible, try to walk up and down the aisle to stretch out your limbs and get blood circulating. You could also do a few isometric exercises while seated.
- If you arrive in Europe in the morning, try to sleep during your flight so you can stay up until the evening.
- Avoid wearing contact lenses during your flight because aircraft cabin air tends to dry them out.

### LUGGAGE – WHAT TO PACK

To stay comfortable indoors and out, you may not need every piece of apparel listed here. However, we find that if you have room it is worthwhile bringing all of these items.

**Essential Clothing** Breathable windproof waterproof rain gear (jacket); fleece jacket/vest or warm jumper; warm jacket; warm hat; hat with brim; walking trousers/shorts; t-shirts; non-cotton base layers of varying weights – choose a fabric such as polypropylene, Capilene or Coolmax (especially for cooler months); clothing and shoes for downtime and restaurants; underwear and socks.

**Other Necessities** Passport; wallet (cash, credit cards, bank cards); money belt; airline tickets/e-ticket confirmation details; APT daypack (to hold extra layers, water, rain gear, snacks, sunglasses etc.); one 1 litre zip-top clear plastic bag to carry all liquids, gels and aerosols in carry-on luggage; medications and copies of prescriptions; sunscreen and lip balm; sunglasses; toiletries.



Service with a smile



Your friendly local tour guides

## At the Airport

**Recommended** Lightweight windproof jacket/vest; bathers/swimsuit; sleepwear; long-fingered gloves.

**Optional** Insect repellent; small umbrella; camera/memory card/film, charger (with plug adapter and currency converter); plug adapter and current converter for all electronics; travel alarm clock; binoculars; list of important addresses and contact numbers; photocopy of front page of passport (kept separate from passport); reading material; European phrase book.

### RESTRICTIONS – CHECKED LUGGAGE

Porterage for one suitcase on tour is included in the tour price. This bag should not exceed 160 cm (63 inches) and should weigh no more than 20 kg (44 pounds). International air carriers may also impose fees or require you to remove articles if weight or size limits are exceeded. We advise you to contact your air carrier or travel agent for specific information prior to departure, as size and weight limitations may vary and may also be different from the limitations we have stated. Test the weight of your packed suitcase. You should be able to lift and comfortably transport it for short distances. Drivers and porters will be lifting your luggage during the tour, so we urge you to keep the size and the weight within the above limits.

### RESTRICTIONS – HAND LUGGAGE

For your comfort please limit hand luggage to one bag that fits under your aircraft seat or in the overhead compartment. You will receive an APT travel bag with your travel documents. Please refer to page 20 for restrictions on carrying liquids, aerosols and gels on flights.

### LUGGAGE TAGS

We supply luggage tags for you to fill out and attach to your suitcase and hand luggage. It is also a very good idea to put a label with your name, address, and telephone number on the inside of your suitcases and hand luggage. For security reasons keep all unchecked luggage in your immediate possession. Luggage left unattended can be confiscated by airport personnel.



All your questions answered



Assistance can always be called upon

## LOST/DELAYED LUGGAGE

Sometimes luggage is delayed during air transport. It is advisable to take a change of clothing and any essential medication in your hand luggage, or pack some clothing in your travel companion's bag. Place a copy of the hotel and ship contacts inside each piece of luggage. If your luggage is lost, this will help the airline find you. Should your luggage be delayed, please note it is the responsibility of the airline to deliver it to you. Claims for reimbursement should be submitted directly to the airline – a claim form should be filled out at the appropriate airline desk upon arrival. If you need assistance in contacting the airlines for information regarding your delayed luggage, please ask your Cruise Director or local host.

## AIRPORT & AIRLINE SECURITY

It is important that you arrive at the airport at least two hours before domestic flights and three hours before international and intercontinental flights. This allows time to check in luggage, present your passport and ticket, get seat assignments and boarding passes and pass through security procedures to the boarding area.

Sharp objects and liquids should be stored inside the luggage you are checking in. If kept in your hand luggage, they are likely to be confiscated. You will need to check with either your travel agent or the airline for the rules on what you can and cannot take with you on board (see pages 20-21 of this booklet for further information). Be aware that you may be required to put your shoes and belts through the x-ray checks, so be prepared to remove them.

## CUSTOMS

To prevent the introduction of exotic pests and diseases on your return home, arriving travellers are screened and luggage is often inspected or x-rayed by Customs or Quarantine officers. All food and other items of plant and/or animal origin need to be declared, as do items on which duty or tax might be payable (check with customs about the duty free concession). For more information, please visit [www.customs.gov.au](http://www.customs.gov.au) or [www.customs.govt.nz](http://www.customs.govt.nz).