



VICTORY SPORTS TOURS

www.victorysportstours.com

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Victory Sports Tours - Essential Travel Preparations

TOUR INFORMATION

Victory Sports Tours will provide your group with the following information in your "Tour Handbook":

- Flight Schedules
- E-Ticket Numbers
- Luggage Allowance
- Day-by-Day Itinerary including times & locations of activities
- Contact Info - Airlines, Hotels & Tour Manager

TRAVEL DOCUMENTS

Passports

- If you do not have a passport, apply for one as soon as possible. Please find below links with information on obtaining United States passports:

<https://travel.state.gov/content/passports/en/passports/apply.html>

<https://iafdb.travel.state.gov/>

- If you do have a passport, **make sure that it is valid for at least 6 months** beyond your tour return date. If it expires sooner than that, apply to renew your passport as soon as possible because many countries will not allow you in with a passport that expires a relatively short time after entering their territory.

Visas

- If your destination country requires visas for your nationality, you will need to apply for one following the instructions of the nation's consular services. Please note that many nations do not require visas of American citizens but they do for travelers of other nationalities so if you are not American, please make sure to check if a visa is required for your specific nationality.

For country-specific info: <https://www.passportindex.org/travel-visa-checker/>

MONEY MATTERS

Cash

- Take at least some cash in case you have problems with your ATM card plus in some countries many merchants do not accept credit cards. US\$ 200 minimum would be a good idea.

Changing US Dollars to Foreign Currency

- You can normally exchange US dollars into the currency of the country that you are visiting at banks or "Bureaux de Change" located at airports and in the cities. Your tour manager will advise you where to change money.
- **PLEASE NOTE:** Avoid changing money with individuals soliciting you on the street as they might try to pass off fake bills or expired currency.

ATM Cards

- You should consider taking ATM cards from two different banks with you in case one does not work overseas or it is retained by the ATM machine.
- Foreign ATM machines will dispense cash in the local currency and your bank will automatically convert the amount withdrawn into the US dollar equivalent and debit your account.
- Contact your bank to find out what their fees are for overseas withdrawals.
- Many ATM machines advise you how much the host bank's ATM fee will be, which you would add to your own bank's fees. Try to do fewer withdrawals as the fees might really add up.
- Contact your bank to advise them that you will be traveling overseas and advise them which country / countries you will be going to so that they know that your ATM withdrawals are legitimate, and not fraud, which would normally result in a block being put on your card.

Credit Cards

- Credit cards are accepted by most merchants in most countries but in some nations they are only accepted by larger establishments, such as hotels, better restaurants, chain stores, etc.
- Contact your credit card issuers to advise them that you will be traveling overseas and advise them which country / countries you will be going to so that they know that the charges are legitimate, and not fraudulent, which would normally result in a block being put on your card.

COPIES & LISTS of TRAVEL DOCUMENTS /CARDS

- Take photos of your passport (pages that feature your photo and personal information) and visa. Store copies remotely on the cloud or an alternative device.
- Make two paper copies of your passport / visa and take them with you in case you need to leave copies with the appropriate authorities due to passport/visa loss or theft. Store them in a separate place from the documents themselves.
- Make a list of your ATM and credit cards with direct-dial USA area code phone numbers (not 800 toll-free numbers) to report loss or theft.

PARENTS / RELATIVES CONTACT LIST

- It is recommended that you prepare a contact list of phone numbers, e-mails and other contact info of relatives back home to make communications quicker and easier in case of emergency.

SMARTPHONE & INTERNET COMMUNICATIONS

- The best way to communicate by voice or message while traveling internationally today is via any app like whatsapp, facetime, skype, etc. For this, you will only need to be connected to the

Internet. The easier and cheaper way to connect is to do it wherever there is a Wi-Fi connection available.

- Alternatively, you can connect directly through your US cell (without a Wi-Fi connection, but instead using data), but this last option could be very expensive. Check with your company regarding international connectivity and fees.

ELECTRONIC DEVICES

- Electric current in the U.S. is 110 volts but in most countries it is between 220 and 240 volts plus they use different plugs.

- **Electric Current Conversion**

Most smartphones, tablets, laptops, and other intelligent electronic devices today are international in nature with the battery recharge unit automatically converting the local current to 110 volts. The battery packs or recharging cords will say "110-240 volts" on the back of them. Check your device's manual if you have doubts.

- **Plugs**

Most of the time you will still need a plug adaptor which you are best off buying ahead of time in the U.S. These are available at many online suppliers, such as:

www.amazon.com/Universal-Adapter-Sockets-Covering-Countries/dp/B00MNL3LRI

www.apple.com/shop/product/MD837AM/A/apple-world-travel-adapter-kit

For definitive information on which type of plug is used in each country, check these websites:

<https://www.worldstandards.eu/electricity/>

<https://www.worldstandards.eu/electricity/plugs-and-sockets/>

<https://www.worldstandards.eu/electricity/plug-voltage-by-country/>

PACKING

- Avoid traveling with expensive watches, jewelry or other items or even expensive-looking items.
- Pack passports, ID's, ATM cards, credit cards, and prescription medications in your carry-on and **not** in checked baggage.

HEALTH

- **Prescription Medications**

Be sure to take enough prescription medications for the duration of your tour plus probably one or two week's more supply of critical medications in case your return home is delayed due to unforeseen circumstances, such as hospitalization, etc.

They should be in their original labeled containers with prescription details to avoid any questions as to their legitimacy.

Be sure to pack them in your carry-on and **not** in checked baggage.

Make a list of your prescription medications, including generic names in case you need to fill a prescription overseas.

- **Controlled Substances** (such as, but not limited to, Xanax, other anti-anxiety medications, etc.)

Special care needs to be taken when traveling with controlled substances.

At a minimum, you should do the following:

- Pack medication in your carry-on and in its original container.
- Carry an original doctor's note (not a copy) written in English and explaining the reason for the medication, including the recommended dosage and frequency for taking it.

It is highly-recommended that you contact the embassies in Washington or consulates nearest you of the countries that you will be visiting, including any that you will be making flight connections through for the set of rules / regulations that you will need to comply with when entering their nations with controlled substances in your possession.

U.S. government websites with further info:

[U.S. Customs & Border Protection - Traveling with Medication to the United States](#)

[CDC - Traveling with Prohibited or Restricted Medications](#)

[U.S. Drug Enforcement Agency - Drug Scheduling - categorized by abuse and dependency potential](#)

- **Medical Insurance**

Most major medical insurance plans cover medical care provided during international travel for up to 30 days but check with your insurance carrier for their policies.

In case you are not covered, you should buy a short-term international policy for the duration of your tour from companies such as the following below.

Trip Assure <https://www.tripassure.com/main/>

AIG Travel Guard www.travelguard.com

Allianz www.allianztravelinsurance.com

IMG Global www.imglobal.com/en/img-insurance/travel-medical-insurance/patriot-travel-medical-insurance.aspx

- **Vaccinations**

Some countries require vaccinations and the U.S. Centers for Disease Control and World Health Organization also recommend them for some nations, even if they are not required.

For country-specific info:

<https://wwwnc.cdc.gov/travel/destinations/list>

- **Hospitals / Clinics**

Your tour manager and hotel staff can help you find the nearest hospital or clinic in an emergency.

- **U.S State Dept. webpage - Link to "Your Health Abroad"**

<https://travel.state.gov/content/passports/en/go/health.html>

TRAVEL INSURANCE

- We recommend that you consider the purchase of travel insurance. Unforeseen circumstances can lead to trip cancellations by travelers with the loss of much, or even all of the money paid for the tour (depending on how late you cancel, please check your tour's cancellation fee schedule).

Some insurance providers even offer "Cancel for any Reason" coverage that covers you beyond the traditional reasons for canceling.

We recommend the following insurance providers for your travel insurance needs. They have a solid track record of providing satisfactory service to clients. However, these companies are completely independent from Victory Sports Tours and we have no interest or affiliation with them so they are solely responsible for the services they render.

Please visit their websites for details on the type of insurance coverage they provide. With the type of insurance and amount of coverage required varying from individual to individual, we believe that it would be best for you to examine your options and make a personal choice on coverage.

Trip Assure <https://www.tripassure.com/main/>

AIG Travel Guard www.travelguard.com

Allianz www.allianztravelinsurance.com

U.S. STATE DEPT. RESOURCES

- **"Traveler's Checklist"**:

<https://travel.state.gov/content/passports/en/go/checklist.html>

- **"Travel Alerts & Warnings"**:

<https://travel.state.gov/content/passports/en/alertswarnings.html>

- **"Smart Traveler Enrollment Program"** (STEP):

This is a free service to allow U.S. citizens and nationals traveling abroad to enroll their trip with the nearest U.S. Embassy or Consulate:

<https://step.state.gov/step/>

- **"U.S. Embassies and Consulates"**:

Contact information for the one nearest to your destination - Emergencies and other services:

<https://travel.state.gov/content/travel/en/us-visas/visa-information-resources/list-of-posts.html>

- **"Get Help in an Emergency"**:

<https://travel.state.gov/content/passports/en/emergencies.html>

- **"Overseas Citizens Services"** - Phone Contact - **Emergencies** Only 24/7

1-888-407-4747 toll-free within the United States and Canada

1-202-501-4444 regular toll line from other countries

For Further Suggestions:

More information is available in guidebooks, such as those published by Fodor's, Frommer's, Lonely Planet, and Rough Guides.

LEGAL DISCLOSURE:

Victory Sports Tours does not guarantee the accuracy or completeness of any of the above information and is not responsible for any consequences resulting from any inaccuracies or lack of completeness in said information. The reader is responsible for verifying the accuracy and completeness of any and all information provided prior to making decisions and taking actions based on said information. Any and all consequences resulting from patronizing any of the named companies are solely the responsibility of the company providing said goods or services. Victory Sports Tours affirms that it has no financial interest in any of the above-named entities, nor does it derive any financial benefit of any kind from travelers patronizing said entities, nor from recommending that travelers patronize said entities.