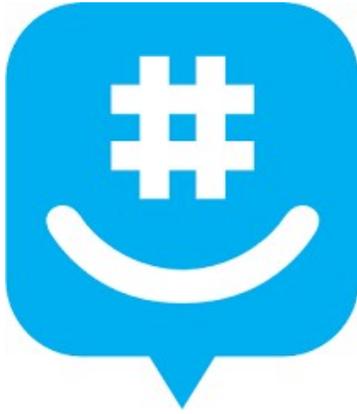


**Premier  
BibleLand  
Journey  
Information**

**[www.bibleland.ca](http://www.bibleland.ca)**



Join us on GroupMe chat

Free app for your phone.

We provide a lot of information on this chat before and during our trip.

We will invite you to the chat via the e-mail that you register with.

# CONTENTS

CHECKLIST FOR MUST HAVES .....	4
TRAVEL TIPS .....	5
MONEY MATTERS .....	6
TIPPING.....	6
SHOPPING .....	8
FOOD MATTERS.....	9
CARRY ON LIQUIDS .....	11
PACKING TIPS .....	12
WHAT TO PACK .....	13

# CHECKLIST FOR MUST HAVES

## ❖ **Passport**

- with **exact** same name used on ticket (including middle name)
- expiry date no later than 6 months after departure date to return to North America

## ❖ **Travel Medical Insurance** – a must and not expensive

- coverage from the date you depart your country to the day you return
- your policy number or group coverage number
- the insurance company's contact numbers in case of need
- may be provided by employer. If not, can be purchased at banks or travel agency or online

## ❖ **2 Copies of all the documents above**

- leave one copy at home with someone you trust and can contact
- put one copy in suitcase or someplace separate than the originals

## ❖ **Electronic option for copies**

- you can take a picture of these with your iPhone and send it to yourself in an e-mail
- it will then be available to you anywhere there is Wi-Fi. Leave a copy at home with someone as well

## ❖ **Credit Card/Debit Card**

- Some card companies and banks let you advise them of your travel plans. Most of them you just have to call them if you have problems. Good idea to have 2 cards you can use in case one doesn't work.

## TRAVEL TIPS

- ❖ Wear comfortable loose clothing! You will be on the plane for a very long time. You want to be as comfortable as you can.
- ❖ Wear shoes that you can slip off easily and put back on easily to go to the bathroom.
- ❖ Ladies carry sockies for when you have shoes off. Your feet will get cold. Your feet will swell and you don't want them tight.
- ❖ Ladies wear hair in a style that you can lean your head back and rest.
- ❖ Drink **LOTS** of water on the plane. You will be dehydrated flying with the dry, stale air. Being in that state makes you more tired and also more susceptible to illnesses circulating. You can go to the galley and asked for water at any time. They give small cups so ask for 2 or stand there and drink it and ask for another one. Bring a lightweight water container with large opening so it can be refilled. **DRINK LOTS!!!** Staying hydrated helps with jet lag!
- ❖ Carry on a few healthy snacks like almonds or trail mix.
- ❖ Carry reading material. Don't bring heavy hardback books (unless you are Douglas Walker) Electronic optimal. Paperbacks or magazines are great as well. You can give away or exchange with others on the trip. Hardbacks become a burden.
- ❖ Bring a neck pillow. Try different ones out.
- ❖ Bring a sweater or light coat on the plane. Even with the small blanket they give you it is cold when you are sleeping. You can also use the extra layer at night at your destination. This also saves room in your luggage!
- ❖ Use mask over your eyes to block out light and get sleep.
- ❖ Bring anti-nausea pills for motion sickness if needed. Added bonus...they make you sleepy!
- ❖ ***SLEEP! SLEEP! SLEEP!*** It will be day or evening when we arrive, and you will need to stay awake until bedtime Israel time. (If arriving fairly early in the day at your destination abroad you can take a 1-hour nap – set an alarm – if you sleep more, you will not conquer the jet lag as fast)
- ❖ We take melatonin on the plane after they serve supper so that we can sleep. We take it during our first few nights abroad and when we return home. It really does make a difference with the jet lag.

# MONEY MATTERS

- ❖ **It is best to withdraw local currency from ATMS instead of taking a lot of US cash to exchange there. It is hard to find places to exchange the US Cash. You can order Turkish Lira from your bank to have with you in case you can't find ATM right away. They usually take a few days to get it so don't wait too late.**
- ❖ **If you take US cash, Small denominations are needed.**
  - Some \$5s and \$10s and \$20s
  - It is easier to bargain with small bills.
  - **You will receive back local currency for your change.**
- ❖ **Bills must be in good condition**
- ❖ **Suggested per person US Funds**
  - For 1 lunch about \$15-30 USD. (other 4 lunches included in your tour land package)  
For 2 dinners about \$50-\$70 (**Depends on your appetite and the type of place you dine in for dinner, you can go really fancy or really economic....it is all available**) (other 4 dinners included in your tour land package)
  - **Does not include 2 days airport travel food.**
  - Does not include souvenirs. Most nicer places for souvenir take cards.
  - Does not include snacks. The Magnum Ice Cream Bars are insane...you might want to budget \$ for those.
- ❖ **Local Coin for bathrooms in some places.**
- ❖ **ATM Machines**
  - Hotels and banks have ATM machines. They dispense local money - Some US cash.
  - Do not use ATMs on the street that are not at a bank. Some have card readers on them. Not safe.
  - Be careful not to take out or exchange too much cash. You don't want to have too much to exchange back when you leave.
  - Many places take US cash as well. All the lunch places do. Up to you to exchange or not.
  - Also remember you are charged a service charge by your bank when you use the ATM. However, this is small insurance against carrying cash that can be stolen or lost



# TIPPING

❖ **TIPS** - These are included in your tour package. We will pay for the following:

- guide
- driver
- waiters at **hotel dining room**
- porters for luggage loading and unloading

❖ **Optional Tip:**

- **Lunch Tip:** If you are served food to your table, you are welcome to leave a **SMALL** tip. It is not mandatory. If it is self serve, no tip is expected.
  - When you eat in a restaurant for dinner– please note that tips in the countries we visit are not the same as in North America. A 10-15% tip is considered very generous in nice restaurants. In mom-pop type places most local leave a few coins on the table. Self-serve places there is no tip needed.
- ❖ **Taxi** – round up the bill to nearest dollar amount. We use **UBER** so that we can charge to our credit card and also leave tip through the app.

# SHOPPING

## ❖ CARPET SHOPPING

- We stop in a carpet shop for lunch one day. It is a very good lunch. Afterwards, we watch an interesting demonstration of how Turkish Carpets are made. If you like you can look at carpets to buy but you **do not need to feel pressure to buy one there**. If you are shopping for a carpet at this place, be aware that you can get it for at least 60 to 75% off what they start out with. If you do negotiate and say a price though you should buy the carpet at that price.
- You can also shop in Istanbul and other cities for carpets

## ❖ GRAND BAZAAR SHOPPING

- You will have time to shop in the GRAND BAZAAR. Cards are accepted there.

## ❖ SHOPPING MONEY MATTERS

- For souvenirs most of the nicer places take credit cards. They will offer deals for cash though most of the time.

# FOOD MATTERS

The food in Turkey is not the same as North American food but we find it delicious. Be adventurous and try out things you have never had before. You might be surprised at how good some of it is.

❖ **The 3 Lunches that are not included with the tour** are cash only in some places. However, some do take cards.

❖ **Snack Tip**

➤ You can take a small Ziplock to breakfast and pack nuts and dried fruit for a snack on the bus. The dried dates are amazing!

❖ **Water**

➤ **Bottled water: 2 complimentary** bottles on bus daily



# LUGGAGE

**Check with ALL the airlines on your itinerary to ensure your carry on and/or checked bag is an acceptable size.**

- ❖ We always travel with **one carry on** and **one large personal bag such as daypack**. We have done this for trips that lasted 6 weeks. We have seen too many people get to their destination and their luggage does not arrive until a few days after.
- ❖ Also, it is so much easier not to lug around a bunch of stuff that you don't need. You will NEVER regret going light and you will likely ALWAYS regret going heavy! We change hotels many times.
- ❖ For the return trip home if you have purchased souvenirs and need extra luggage you can purchase luggage in Istanbul. You can use the \$25.00 - \$35.00 checked bag fee you saved on your way over to put toward the luggage you buy in Istanbul.
- ❖ Another idea is to fold a duffel bag flat in the bottom of your carry on and use it to stuff clothes in to send as a checked bag on the way home. You can put the more delicate things you bought in your carry on.
- ❖ If you want to check a bag you can. If you do be sure to pack a few days items in your carry on so that you are not stuck if your checked bag does not arrive with you.

# CARRY ON LIQUIDS

These requirements are supposed to change in the future. For now, this is what you can carry on board.

- ❖ All liquids, gels and aerosols must be in **100 mml / 3.4 oz or smaller containers**. Some aerosols cannot be carried in carry on.
- ❖ Larger containers that are half-full or toothpaste tubes rolled up are not allowed.
- ❖ All liquids, gels and aerosols **must be placed in a single**, quart-size, zip-top, clear plastic bag. (*Gallon size bags or bags that are not zip-top such as fold-over sandwich bags are not allowed.*)
- ❖ *Medium freezer Ziplock bags work well.*
- ❖ Each traveler can use only one, quart-size, zip-top, clear plastic bag.
- ❖ **TIP:** If you are tight on liquid space in your quart bag think outside the box for items you can take that are not liquid. For example, solid deodorant is not counted as liquid. **All hotels have shampoo and conditioner** if you are not picky which kind you use. You can collect them as you go if you need larger amount later in the trip.

## PACKING TIPS

- ❖ Like they say...put all your clothes out that you think you will need and then only **take half**. Usually, it is less than half that you really need and that you actually wear.
- ❖ Choose one basic color theme for your basic color needed for shoes and purse. Black, brown or blue are good colors that won't get as dirty as a light color. If you choose black bring clothes that match black shoes and purse. That way you only need one or two pair of shoes and one purse.
- ❖ You can wash out light weight tops and also your undergarments when you shower at night. Wring very well, wrap up in a towel and wring again, and spread out to dry.
- ❖ Layer clothing. Bring light weight pullovers, shirts or blouses. Pair them with a sweater that matches everything when cool... nights can be cool.
- ❖ Thin vests or a scarf can change an outfit easily and take little space.
- ❖ Choose tops or shirts that will coordinate with more than one skirt or pair of pants. Mix and match.
- ❖ Choose clothing that does not require ironing. Just hang items you are going to wear in the bathroom the night before so that steam will loosen the wrinkles when you shower. If you require an iron some have the iron in the room, but some have an ironing room.
- ❖ Bring a pair of stable, comfortable walking shoes. The areas that you will be walking on can be uneven and rough. Buy now to break in before leaving. You can bring another lightweight pair to change into for dinner for a change.

See [sample packing list](http://www.bibleland.ca) provided on [www.bibleland.ca](http://www.bibleland.ca)

Hmmmm.....no



# WHAT TO PACK

## ❖ **Shirts or Tops**

- Bring up to four or five shirts/tops in a cotton/polyester blend or lightweight wool. Arrange mix according to season.

## ❖ **Sweater or Lightweight Fleece**

- Warm and dark is best — for layering and dressing up. Dark colors don't show wrinkles or stains. Wear on plane.

## ❖ **Skirts or Pants**

- Bring two to three pairs that will work mix/match with the shirts/tops: Button-down wallet pockets are safest (though still not as thief-proof as a money belt, described below). If you take jeans or jean skirt wear on the plane...they weigh a lot and take up your allowance

## ❖ **Underwear and Socks**

- Bring a few sets and one light weight night clothing item (lighter weight dries quicker)
- We wash out on the first day of a place we will be for a couple of nights, so they have time to dry before heading to next place. You don't want to pack wet clothes.

## ❖ **One to Two Pair of Shoes**

- Take a well-used, lightweight pair with good traction. Some people bring along an extra pair of lightweight regular shoes to give a change for the feet at night.

## ❖ **Jacket**

- Bring a light and water-resistant windbreaker that has a hood. Rain proof is a bonus. You can wear this on plane as well to leave more room in your carry on.

## ❖ **Scarf**

- Anything lightweight that can change up your outfits. Also provides warmth when it is windy and cool.

## ❖ **Hat**

- Prevent sunburn. Protect your head, face and ears. Keeps you warmer when cold and cooler in the hot sun.

## ❖ **Toiletries Kit**

- We traveled with travel size toiletries last trip. Hotels supply shampoo and conditioner. There is no need to pack those. The only thing I had to buy there was hairspray. Stick deodorant is not counted a liquid. You can buy anything you need there if you run out!

## ❖ **Laundry Soap**

- We use hotel soap bar for washing clothes. If you prefer you can find powder clothes detergent for travel. Better than carrying heavy liquids and safer not to spill.

## ❖ **Clothesline**

- Travel ones are handy but not necessary if no room... we hang our clothes on hangers and over shower rods and anywhere else we can find!

- ❖ **Sewing kit**
  - Take along a few safety pins and buttons.
- ❖ **Earplugs**
  - Good set of expandable foam plugs. Apple Air Pods Pro have noise cancellation. Great!
- ❖ **First-aid Kit**
  - Band-Aids and Polysporin (Anti-bacterial cream)
- ❖ **Extras**
  - eyeglasses, contact lenses, and prescriptions. If bringing contacts, bring your glasses just in case.
- ❖ **Medicine and Vitamins**
  - Keep prescribed medicine in original containers, if possible, with legible prescriptions.
- ❖ **Money Belt**
  - or some type of travel money and document carrier that can be worn under your clothes. It's essential for the peace of mind it brings. You could lose everything except your money belt, and the trip could still go on. Lightweight and low-profile beige is best. We use the ones that attach to your belt and flip over inside your pant or skirt front.
- ❖ **Money**
  - Bring your preferred mix of a credit card, debit card, an emergency stash of hard cash. We rely on a debit card for ATM withdrawals, a couple of credit cards, and small amount of cash as a backup.
- ❖ **Documents and Photocopies**
  - Bring copy of your passport and airline ticket. Photocopies can help you get replacements more quickly if the originals are lost or stolen. Carry photocopies separately in your luggage and keep the originals in your money belt or have **electronic copies e-mailed to yourself**.
- ❖ **Small daypack or smaller purse that will go over your shoulder**
  - This is great for carrying anything you want to go outside the bus with such a camera while you leave your large personal bag in the bus. Whatever you leave on the bus is safe. We have never had an issue with valuables left on the bus.
- ❖ **Water Bottle**
  - Bring an empty water bottle to refill in airport and for bus.
- ❖ **Camera**
  - We used our iPhone camera and were satisfied.
- ❖ **Alarm**
  - **Hotel wake-up calls are unreliable-DO NOT rely on them.** iPhone works well for this as well. (Have a backup person to make sure everyone in your room is up)
- ❖ **Sunglasses**

❖ **Sealable Plastic Baggies-Ziplocks**

Get a variety of sizes. In addition to holding your carry-on liquids, they're ideal for packing leftover picnic food, containing wetness, and bagging potential leaks before they happen. Bring extras for the flight home, as they can be hard to find overseas.

❖ **Journal / Small Notepad & Pen**

➤ This is a nice for jotting notes on travel. An empty book or electronic journal to be filled with the experiences of your trip. It is so nice to go back and review in years to come and to share with others.

❖ **Small Bible**

➤ small Bible or Bible app on phone