

ESSENTIAL INFORMATION POLAND

PASSPORT AND VISA INFORMATION

Your passport needs to be valid for at least six (6) months after your journey and should have a minimum of one (1) blank visa page for entry and exit stamps.

Holders of U.S. and Canadian passports are not required to obtain a tourist visa for entry into Poland for stays of up to 90 days.

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at visacentral.com/abercrombiekent or call 844 823 1224 and reference A&K's account number 73001. Service fees apply.

Citizens of other countries should contact the appropriate consular office for entry requirements pertaining to their journey.

REQUIREMENTS RELATED TO COVID-19

Visit the U.S. Department of State at travel.state.gov or the Government of Canada at travel.gc.ca/travelling/advisories for comprehensive and up-to-date country entry requirements as well as information for onward travel.

Entry Requirements

The following are the current COVID-19 screening requirements for entry into Poland for U.S. and Canadian residents. Requirements are subject to change.

- All travellers (ages 12 and older) entering Poland must present the following:
 - An original COVID-19 vaccination certificate indicating full vaccination completed at least 14 days prior to arrival. The current approved vaccines are Pfizer, Moderna, AstraZeneca and Janssen (Johnson & Johnson). Unvaccinated children 11 years and younger may enter with their vaccinated parent or guardian.

Requirements for Returning Home or Onward Travel

A&K will arrange COVID-19 PCR or Rapid Antigen testing during your time in Poland. The current cost for local testing ranges from USD\$30-\$120 (subject to change), plus any necessary transport, and can be paid by credit card or cash in local currency. Results are typically provided within 24-72 hours (less for rapid tests).

Guests returning to the United States

All travellers, including U.S. passport holders, must provide printed or electronic proof of a negative COVID-19 viral test taken within three (3) days of boarding their flight to the United States or written documentation verifying they have recovered from COVID-19 within 90 days preceding travel. Additional details can be found at [U.S. COVID-19 Entry Requirements | CDC](https://www.cdc.gov/travel/entry-requirements). State COVID-19 entry requirements may vary and can be found at [COVID-19 Travel Planner | CDC](https://www.cdc.gov/travel/entry-requirements).

Guests returning to Canada

All travellers, including Canadian passport holders, must provide printed or electronic proof of a negative COVID-19 molecular test taken within 72 hours of boarding their flight to Canada. Additional information can be found at travel.gc.ca/travelling/advisories.

Note all guests with flights connecting through and/or continuing to other countries should check the specific COVID-19 entry requirements.

STAY HEALTHY ON THE ROAD

In accordance with local regulations, face masks must be worn during any indoor and public transportation, and all persons are required to practice physical distancing of at least five feet (one and a half meters). We encourage you to bring your own masks; a supply will be on hand where needed. Note all protocols are subject to change in accordance with relevant guidelines, local regulations and conditions.

CASH & CREDIT CARDS

Credit cards are widely accepted by merchants, hotels and restaurants in larger cities. ATMs are readily available. Unattended self-service payment kiosks such as those in parking garages, train stations or gas stations only accept a Chip and PIN card or cash.

PACKING LIST

Please use the provided A&K luggage tags, even if your bags already have ID tags. This makes it easier for A&K staff to find and manage your luggage for you.

Safe Travel Essentials

Be sure to bring personal protective equipment (PPE), including face masks, travel-sized hand sanitizer with at least 60% alcohol, facial tissues and disinfecting wipes or spray.

Clothing

Choose versatile, casual clothing that can be layered if the weather (or level of air-conditioning) requires. Cotton and other light fabrics are comfortable choices for summertime. Pack a coat, hat, gloves, boots, warm socks and sleepwear, if you are visiting Poland between late October and early April. Smart casual attire is appropriate for evenings. Formal clothing is not necessary.

Cathedrals, churches, and other religious sites require conservative dress. Arms and shoulders should be covered.

- Casual slacks
- Walking shorts
- Polo shirts, casual short-sleeve shirts or blouses
- Long sleeve shirts or blouses
- Comfortable walking shoes with low or no heels
- Lightweight raincoat and umbrella
- Sweater or fleece jacket
- Brimmed hat or visor for sun protection
- Sleepwear
- Personal garments
- Socks
- Swimwear/cover-up

Other Recommended Items

- Sunglasses
- Sun block and lip balm
- Simple first-aid kit
- Prescriptions and medications (in their original bottles and/or packaging)
- Extra eyeglasses/contact lenses
- Smartphone
- Charging cables for electronics
- Global travel adapter

Laundry service is available at most hotels and dry cleaning is available in larger cities. Check costs and return times before using these services.

TIPPING GUIDELINES

While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars) depending on the type of journey:

	All Small Group Journeys and Pre/Post Tour Extensions	Tailor Made Journeys
Resident Tour Director or Group Extension Guide	\$20 per person, per day	Not applicable
Local Guides	Included	\$25 per person, per day (full day)
Drivers	Included	\$15 per person, per day (full day)
Airport Transfer Drivers	Included	\$5 per person, per transfer
Hotel Porters	Included	\$2 per bag
Housekeepers	Included	\$2 per person, per night
Included Meals	Included	Included
Restaurants or Room Service on Own	10-15% unless already added	10-15% unless already added

For extra nights or Tailor Made services added to a Small Group Journey, please follow the Tailor Made Journeys guidelines for these days only.