

## PREPARING FOR YOUR JOURNEY

### REVIEW YOUR PASSPORT

Your passport needs to be valid for **at least six (6) months** after your journey ends, and should have enough blank visa pages for entry and exit stamps from each country you visit.

If you require assistance obtaining a new U.S. passport or passport renewal, contact our partner VisaCentral at [visacentral.com/abercrombiekent](https://visacentral.com/abercrombiekent).

### SECURE YOUR VISA

Many destinations also require a tourist visa for U.S. or other passport holders; see **Essential Information** for details as it pertains to your journey.

### REGISTER YOUR JOURNEY

Be sure to register with your nearest embassy or consulate for the destinations included in your journey. U.S. citizens can register through STEP, the Smart Traveler Enrollment Program ([step.state.gov/step](https://step.state.gov/step)). Canadian citizens can enroll in Registration of Canadians Abroad at [Registration of Canadians Abroad](#).

### UPDATE VACCINES & MEDICATIONS

Check with the Centers for Disease Control and Prevention ([cdc.gov/travel](https://cdc.gov/travel)) or the World Health Organization ([who.int/en](https://who.int/en)) for the latest on required and recommended vaccines and risk for malaria for your destination. You'll want to visit your doctor or local travel clinic a couple of months before departure to allow time for any vaccinations to take effect or to fill any prescriptions.

Be sure to pack your original COVID-19 and other vaccination certificates and required health documentation in your personal carry-on baggage in case you are asked to show them on arrival. For COVID-19 information, see our [FAQs](#).

### MONEY MATTERS

We recommend travelling with some cash, and at least two different major credit cards from different payment networks, so you have backup if your card is not accepted or lost. Contact your bank and credit card companies to let them know where and when you'll be travelling, as well as confirm any foreign transaction fees.

When carrying cash, try to travel only with recently issued currency in smaller denominations; many merchants overseas won't accept wrinkled or torn bills. Only exchange currency at authorized outlets such as currency exchanges, ATMs or hotels and save receipts as they may be required for exit.

### KEEP CONNECTED

While most smartphones work overseas, you might need to turn on international roaming service before you travel. Contact your carrier for information on coverage and voice and data plan options while travelling abroad.

### GETTING ONLINE

Many hotels and public places have Wi-Fi and you'll usually be able to stay connected throughout your journey, although Internet access may be poor to nonexistent in remote destinations. Note that some countries block access to social media sites or otherwise impose restrictions on what content you can view or send online.

## WEATHER & TIME ZONES

Many websites and smartphone apps allow you to check the forecast and time zones for specific destinations. We recommend [weather.com](http://weather.com) and [timeanddate.com/worldclock](http://timeanddate.com/worldclock). Upon arrival, the time on most smartphones will automatically adjust to the local time.

## STAY HEALTHY ON THE ROAD

Carry your prescriptions and over-the-counter medications in their original containers in your carry-on luggage. Pack a simple first-aid kit along with medicines for motion sickness and mild upset stomach. As a precaution, use only bottled water and avoid foods from street vendors.

Take care to observe safe health practices when travelling. If you begin to feel unwell at any point in your journey, please inform your guide. All protocols are subject to change.

## PACKING FOR YOUR JOURNEY

Plan on packing light — many A&K journeys include domestic flights that impose much stricter weight restrictions than your international carrier. Consult the **Packing List and Baggage Restrictions** specifics provided in **Essential Information**. Be sure to also confirm baggage limitations with your international carrier before packing.

The typical attire on A&K journeys is relaxed and informal during the day. Choose comfortable, versatile clothing that can be layered to account for changes in the weather throughout the day. Smart casual is appropriate for evenings. Be sure to bring a global travel adapter set with you to recharge your electronics at your hotel or aboard ship. You can purchase a global travel adapter and many items on our packing list through A&K's Travel Store at [usa.thetraveloutfitter.com](http://usa.thetraveloutfitter.com).

## LUGGAGE TAGS

A&K luggage tags will be shipped to you prior to departure. Please use these 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.

## FLIGHTS

Be sure to **reconfirm** your international flights 24 hours prior to your departure. Tickets for any internal flights, if included on your itinerary, will be issued by A&K representatives at your destination and presented to you as needed.

## KEEP VALUABLES SECURE

We strongly recommend leaving valuables such as jewelry at home as A&K cannot be responsible. Use safes where available to secure your valuables, especially passports, money, jewelry, electronics and medications. Replacing a lost or stolen passport is much easier if you have a copy on hand. Pack a photocopy of your passport's personal information page with your luggage, and keep a photo of it on your smartphone.

## ARRIVE TO A WARM WELCOME

Your A&K local representative (holding a bright yellow A&K sign) meets you at the airport when you arrive (excludes European Canal Barge Cruises, which have designated pick-up points). See your itinerary for additional arrival instructions.

## SMART SHOPPING

If you are interested in shopping, your A&K guide may recommend local shops; however, A&K is not responsible for the quality or value of merchandise. Any purchases and shipping are at your sole discretion.

Be sure to review your credit card receipts before signing, paying special attention to currency conversion. We recommend taking items with you in lieu of shipping them whenever possible. Consult the local customs authority ([cbp.gov](http://cbp.gov) in the U.S. and [travel.gc.ca](http://travel.gc.ca) in Canada) for information on what you can bring back and duty taxes. Keep receipts and items together.

#### PHOTOGRAPHY ETIQUETTE

Be sure to ask permission before taking pictures of local people, including small children. Note photography is not permitted in some locations, which is usually clearly marked. If in doubt, ask your guide to avoid having your camera confiscated.

#### TIPS ON TIPPING

Tipping on A&K journeys varies depending on where and how you travel. Consult the **Tipping Guidelines** provided for your journey in **Essential Information**.