

## HEALTH INFORMATION

For your own safety and protection, please make sure that your group leader has your completed and signed health/medical release form. Should you need emergency medical services while on your tour, this information must be provided to the hospital, doctors, etc. BEFORE any treatment will be rendered (note any allergies, medications or special conditions that may exist). This information is considered confidential and will only be used by your group leader in case of an emergency.

Please note that if your child needs medical, dental, health or hospital services, you as a parent/legal guardian must give permission. IT'S THE LAW.

A child may be treated without consent when a physician determines a true emergency exists. This means a doctor may determine that the child needs immediate medical care, and that an attempt to obtain consent would result in a delay which would increase the risk to the child's life or health. However, unless such a true emergency exists, care may only be given to a child with the permission of the parent/legal guardian.

## ETC.

Batteries and film/memory cards should be purchased before you depart. Your itinerary will keep you busy and there will not be enough time to stop to make these purchases. If you wear glasses or contacts, be sure to pack extra pairs if you have them. Make sure you do not pack any of your identification, money or items of substantial value in your suitcase. For flying travelers, it's a good idea to pack necessities of life in your *carry-on bag*, just in case your luggage doesn't arrive when you do.

## EMERGENCIES

During the operation of your program, our office number may be used for emergency inquiries. We can be reached toll-free at 800-590-2669 or in the Cleveland area at 216-531-8884. If there is no 'in person' reply, please leave a detailed message, including where we can reach you, and we will call you back as soon as possible.

## PACKING TIPS

- Bring a camera, film/memory card and batteries. Be sure to bring enough photography supplies for your entire trip. If you have a video camera, bring along an extra battery, plus proper recharging equipment.
- Bring a travel alarm clock and a hair dryer (hair dryers provided at most hotels).
- Remember sunglasses, tissues, toiletries and cosmetics.
- A pre-paid calling card for phone calls home. A cell-phone is also advisable for emergencies.
- Walking shoes and, if applicable, a lightweight jacket or sweater for cooler evenings.
- Pack items that may leak (i.e., all liquids, lotions, etc.) in waterproof bags – double bagging is ideal. Lids can open during transportation and spill into your luggage.
- Do not pack jewelry, money, credit cards, medications or articles of value in your *checked* luggage. These items should go in your carry-on.
- Bring books, magazines and snacks for your drive.
- Bring a copy of your identification or passport. Pack it separately from the original.
- Leave a copy of the tour itinerary at home with your emergency contact person.



6501 Wilson Mills Rd., Suite B1  
Mayfield Village, OH 44143  
[TourWithDiscovery.com](http://TourWithDiscovery.com)

**800-590-2669**  
216-531-8884 *main*  
216-531-8885 *fax*  
[info@tourwithdiscovery.com](mailto:info@tourwithdiscovery.com)



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BEFORE  
YOU GO

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**STUDENT TRAVEL**  
INFORMATION & TRAVEL TIPS

REVISED  
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## FINAL ITINERARY

The listed departure time is accurate; the arrival time is subject to possible transportation delays. For bus groups, we suggest that all parents go to [www.TourWithDiscovery.com](http://www.TourWithDiscovery.com) and click "Student Arrivals" located at the top right of your browser window. You can read the latest updates there or follow us on Twitter: [www.twitter.com/TourWithDT](http://www.twitter.com/TourWithDT). Updates should be posted about two hours before the scheduled arrival.

The activities listed on the itinerary are those which have been arranged for your group. It is possible that the timing of some activities could be re-arranged. It is strongly recommended that both the student and parent have a copy of the final itinerary.

## LUGGAGE

Please take only ONE suitcase plus a carry-on, if you like, for incidental items. You should be able to fit all your clothes into one medium suitcase and still have room for souvenirs to bring home. For air travelers: airlines have become very strict about the size of carry-on luggage (it must fit under the plane seat). For your convenience, a colored luggage tag will be provided by Discovery Tours as group identification.

## DON'T OVERPACK

As a good rule-of-thumb, pack a suitcase with only what one expects to wear or need. Non-essential garments should be kept to a minimum, thereby lightening the load and enhancing personal comfort while in transit (travelers will be required to lift and/or carry their own luggage). The same rule applies to carry-on bags, as the traveler must keep this in their own possession.

## TOUR MANAGER/EDUCATIONAL GUIDE

All programs have a Tour Manager and in most cases a local educational guide assigned to your tour. A guide is with you to provide specific information about your destination, while a tour manager is there to assist you with the logistics of your program.

## HOTELS/LODGING

Your hotel and its phone number have been listed on the final itinerary. Rooms are pre-assigned by the school staff prior to departure and room keys will be distributed upon arrival. We will follow the rooming list prepared by your group leaders as closely as possible, but adjustments may have to be made. *Please remember that you are representing your school and community and your actions and behavior should be respectful.* Obviously, running in the halls, slamming doors, loud talking, damage to property, overuse of the telephones to call room to room, etc. WILL NOT BE TOLERATED and could result in removal of your entire group from the hotel.

All phone calls should be made from pay telephones in the lobby or cell phones. Be aware that ANY charges you personally incur while a guest at a hotel for damage caused by you and/or your roommates must be paid immediately before departure. Please note that if your group arrives early (i.e., before the previous night's guests have checked out), your rooms may not be ready for immediate occupancy. If this is the case, arrangements will be made to store your luggage and you will be advised as to when the rooms will be available.

## CURRENCY (INTERNATIONAL DESTINATIONS)

United States Dollar travelers' checks are the best protection for carrying money. We suggest that travelers do not carry large amounts of cash. For credit card purchases, the rate of exchange will be the date the transaction is posted or billed to the credit card.

Travelers may wish to buy some foreign currency before departing and exchange money as required once they are at their destination. The best exchange rate for the U.S. Dollar is usually found at a bank. For a small fee, a United States bank with an International Department can exchange money for a traveler prior to a traveler's departure, and foreign currency bills (not coins) upon the traveler's return. As ATMs vary widely overseas and a U.S. ATM card may not always be accepted, we recommend that travelers do not rely solely upon an ATM for travel funds.

## IDENTIFICATION

Airline travelers MUST have government issued identification available at check-in (no exceptions). All international destinations, including Canada, need identification showing their citizenship (i.e., passport). If a traveler has not already done so, you MUST obtain a United States Passport immediately. Also, a traveler's passport, as suggested by the United States government, should be valid for six months after a traveler's return to the United States. Non-United States citizens should check with their consulate for documentation requirements.

Expired passports are NOT accepted. A traveler's tickets and other travel documents must match the name as it is listed on the passport: first, last and middle initial. For more information on passports, visit the U.S. Department of State web site at <http://travel.state.gov/>.

If you lose your identification or passport, please inform your group leader immediately. Keep your identification papers in a safe place at all times. Never leave your identification in your suitcase in a hotel room. When you are carrying it with you, be sure it is carried in your handbag or inside jacket pocket.

Any minors traveling without one or both parents are required to present notarized permission for travel from the absent parent(s). Have at least two original documents notarized. The temporary guardian/escort needs to carry a copy and keep this with his/her identification. If the child is old enough to be responsible for his/her papers, he/she should also carry a copy. If custom officials want a record at the border crossing, they will keep a photocopy.

## CUSTOMS

Anyone traveling outside of the U.S., including Canada, for up to 48 hours is allowed to bring back no more than \$200 worth of duty-free (tax-free) goods. If you are out of the country for more than 48 hours, the tax-free allotment increases to \$800. For further details, contact your local U.S. Customs office.