

JDI Travel

HEALTH

Before you leave on any overseas trip it is wise to consult your personal physician. Explain where and when you are going. Your doctor can tell you what will be best for you, what medicines you should carry and any special health precautions that might be wise for you. Few countries require inoculations against specific illnesses. Since your physician understands your conditions, a consultation before you go may help prevent problems on the trip.

When you talk to your doctor, inquire about motion sickness, jet lag, laxative or an anti-diarrhea remedy. It can be helpful to carry a pain reliever/fever reducer, a few Band-Aids, sun block and your other familiar over-the-counter medications. Remember special allergy and other meds if you need them.

If you are traveling with prescription drugs or vitamins, it is recommended that you carry them in the original bottles along with a copy of the prescriptions from the doctor. You should pack prescription medication/vitamins in your carryon, not your checked luggage.

DRESS

Most countries expect tourists to dress comfortably. Jeans, t-shirts and sneakers are usually acceptable for touring. You will also want to bring a pair of comfortable walking shoes. If visiting religious sites, knees and shoulders may need to be covered but formal dress is not required. No shorts or sleeveless tops are allowed.

Keep in mind the culture of the countries you will be visiting and honor sensitivities to western attire. Head coverings may be wise when traveling to some Islamic countries.

WEATHER

For the most up to date weather information in the countries you will be visiting, please visit: www.weather.com

GENERAL

Make sure you have a signed, valid passport and visas, if required. Also, before you go, fill in the emergency information page of your passport.

Be aware of your destination country and USA's governing authorities travel information protocols and restrictions. When referring to information online be reminded that content and links are subject to change at any time.

Familiarize yourself with local laws and customs of the country(s) to which you are traveling. Remember, the US Constitution does not follow you. While in a foreign country, you are subject to its laws.

Take 2 copies of your passport identification page. This will help facilitate replacement if your passport is lost or stolen. Leave one copy at home with friends or relatives. Carry the other with you in a separate place from your passport.

Leave a copy of your itinerary and contact info abroad with family or friends so that you can be contacted in case of an emergency at home.

If you plan to stay abroad for more than two weeks, upon arrival you should notify by phone or register in person with the US embassy in the country you are visiting. This will help mediate communication with the US in cases of emergency.



EMERGENCY ACTION PLAN

Having an "Emergency Action plan" or "EAP" when traveling is recommended.

A basic plan would include an emergency contact list of people to call in the event of an accident or illness, health / travel insurance papers, copies of your passport / visas, names of medications or foods that you are allergic to and financial information required for replacement of debit / credit cards (kept confidential). Give copies of your EAP to someone at home in the US such as your family member, relative, guardian, friend, power attorney, travel admin or other. Be alert and aware of your surroundings and make a mental note of exit routes in hotels and on modes of transportation. Remember do not use elevators in the event of a fire or emergency evacuation from a building unless instructed otherwise by a trusted official or other qualified person. Calling and or registering with the US embassy or US Consular General in the country you are visiting is wise especially for longer stays and if you are traveling without a group or guide. In some cases the US Bureau of Consular Affairs can assist with arrangements for emergency medical needs but not with costs. In the event of a political upheaval the US State Dept. sometimes sets up a task force to help provide assistance to US citizens abroad. Travel insurance is an important element of an EAP.

[Emergency Contact Information](#)

JDI Travel website Emergency Contact home page:
www.jditravel.com

TRAVEL HOTLINE TRAVEL EMERGENCY

TEXT 248-891-1055 "Travel HELP/Name/Group"
VOICEMAIL (248) 836-2105

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248-340-9191

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TRAVEL TIPS

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ELECTRONICS

It is recommended to purchase an adaptor kit that includes various configured adaptors for the country(s) you plan to visit. European and Middle Eastern countries use 220 volts while the US uses 110 volts. If your electronic equipment (laptop/cell phone) or travel appliances (hairdryer, curling iron, iron) do not have dual auto conversion, you will also need a converter. Both adaptors and converters can be bought in luggage stores, many department stores and online. A converter converts voltage and adaptors adapt plug to fit a different configured outlet.

CELL PHONES

Before traveling abroad, check with your mobile carrier for international calling/international rates – most carriers offer international calling/data plans. If not, you may experience extremely high rates and/or inability to make international calls.

CURRENCY

For information on Currency Exchange including rates please visit www.XE.com Most major credit cards are accepted internationally. Call your credit card company before leaving home to inform them where you will be traveling. It is sometimes helpful to carry some smaller bills.

PASSPORTS & VISAS

Passports are required for international travel requiring 6 months validity from ending travel dates. Visas are also required to visit various countries. Most large US cities have passport/visa offices that can assist with these important documents. For more information on how to apply for a US passport please visit your nearest post office or passport/visa agency. Expediting your passport or using a passport visa agency can be a good option as delivery times can be delayed by backlogs in government offices.

Be cautious when attempting to do this online as there are fraudulent sites posing as a government site.

BAGGAGE & AIRPORT CHECK-IN

For security guidelines and allowed/disallowed items while traveling contact your airline and the Transportation Security Administration www.tsa.gov Baggage weight/size apply – fees are payable at check-in. Health/Immigration screening may apply. Do not carry/pack items for another person, never travel with luggage that you have not personally packed and never leave your luggage unattended.

INSURANCE

Tour Packages are subject to nonrefundable cancellation costs. Buying travel insurance is a good option to ensure that your trip costs are protected and is recommended. Some destinations may require COVID Health Care Coverage in their country. JDI Travel does not sell travel insurance or include it in your travel package.

Please contact your preferred insurance provider. For your subjective consideration, some known names in the travel insurance industry that have offered COVID Health Care coverage are Go Ready, Axa, Travel Safe, John Hancock.



TRAVEL REQUIREMENTS COVID19

It is the traveler's responsibility to be aware of and comply with travel protocols and requirements for their destination on their travel dates. Contact the USA and your destination country(s) health & tourism ministries for current Travel Protocols & Requirements that can update at any time.

Though most COVID19 travel requirements have been rescinded and travel freedoms are returning, the COVID19 virus remains with us. If you are exposed to or test positive while traveling, testing and quarantine may apply.

We encourage you to continue to travel prudently during this post pandemic period.

Safe and Happy Traveling!

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