



## Pre-Departure Information

CROATIA: ISTRIA AND THE DALMATIAN COAST



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# Reminders Before You Go

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## WELCOME!

We're delighted to welcome you on this adventure! This booklet is designed to guide you in the practical details for preparing for your trip. As you read, if any questions come to mind, feel free to give us a call or send us an email—we're here to help.

## PLEASE SEND US

- Trip Application:** Complete, sign, and return your Trip Application form as soon as possible if you have not already done so.
- Medical Form:** Complete, sign, and return your Medical Form as soon as possible if you have not already done so.
- Air Schedule:** Please forward a copy of your email confirmation, which shows your exact flight arrival and departure times. Refer to the Arrival & Departure section of the Detailed Trip Itinerary for instructions. Please feel free to review your proposed schedule with Wilderness Travel before purchasing your tickets if you have any questions about the timing of your arrival and departure flights or would like to confirm we have the required minimum number of participants to operate the trip.

## PLEASE CAREFULLY REVIEW

- Travel Documents & Medical Information:** Carefully review the Travel Documents and Medical Information sections of this booklet to familiarize yourself with Passport and Visa entry requirements for your destination, as well as any recommended inoculations.
- Optional Travel Insurance:** Review the Trip Cancellation & Transfer Fee Schedule included in the Detailed Itinerary. We recommend that all trip members purchase Travel Insurance.
- Extra Services:** Request any Extra Services (hotel nights, transfers, extensions) with your WT office contact using the Extra Services Request Form sent with your confirmation packet.
- Final Documents:** Approximately three weeks before your trip, we will send you final departure documents, including hotel and local contact information and rendezvous instructions.

## QUESTIONS?

Call: 1-800-368-2794, go to our **website** ([www.wildernesstravel.com](http://www.wildernesstravel.com)) or e-mail us at: [info@wildernesstravel.com](mailto:info@wildernesstravel.com).

# Travel Information

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## PASSPORT

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for six months after your date of exit from Slovenia and Croatia. In addition, we recommend your passport has at least two completely blank visa pages for every country you will be visiting. It is very important that the blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, which may not have a page number, are not considered to be legitimate visa pages. You can request a new passport through **US Passport Services Office**([http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html)) (the service of adding pages for visas was discontinued as of January 1, 2016) or use a visa service agency, which can take care of your passport renewal and expedite the process, if needed. We recommend **Passport Visas Express**(<http://www.passportvisaexpress.com/?affid=2120>). Be sure to allow sufficient time to acquire this before your trip.

It is a good idea to carry photocopies of your passport’s photo page and any acquired visa pages for your trip (if applicable) in case your passport is lost or as an additional piece of identification, as well as two extra passport photos.

## VISAS

US citizens do not need a visa for countries visited on this trip. If you are a citizen of any country other than the US, check with a local consulate for entry requirements.

## MONEY

Croatia’s currency is the Kuna (HRK). Slovenia’s is the Euro. The most convenient way to obtain currency is to use your bank ATM card at automatic tellers. To use an ATM internationally, you must have a four-digit PIN. If you plan to use your credit cards, inform your credit card company before your departure that you will be using the card abroad.

We don’t recommend travelers checks because there is little time to visit banks to cash them. Major credit cards are accepted in most shops in cities and larger towns.

You will need to budget spending money for gratuities, meals not included, international and domestic airport departure taxes, and personal items such as beverages and souvenirs.

## TIPPING

Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward guides for outstanding service. A range of reference would be \$100-125 USD per trip member for each Trip Leader and \$40-50 USD per trip member for the driver, which can be given in US Dollars or local currency. The Trip Leader takes care of gratuities for luggage handling, waiters at restaurants, and guides or drivers who are with the group for only a short time.

## SPECIAL DIETS

We will do our best to accommodate special dietary needs, however, please keep in mind that certain cultural differences or limitations due to logistics can make it extremely difficult and at times impossible to accommodate dietary restrictions. Please inform us at least eight weeks before your trip if you have a restricted diet. It is important to bring a flexible attitude and supplemental snacks.

## COMMUNICATIONS

### **Telephone**

The international dialing code for Slovenia is 386, and for Croatia, 385. Please contact your cell phone company for specific instructions for international use.

### **Email & Internet Access**

Internet access is available at all of our hotels.

## ELECTRICITY

Slovenia and Croatia have 220-volt current. Plugs usually have two or three prongs.

# Medical Information

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The following recommendations should be used as a guideline only; consult your physician for medical advice. It is vital that you let Wilderness Travel know of any medical problems, allergies, or physical limitations you may have. Please fill out and return the personal medical questionnaire, and feel free to consult us if you have any questions about your ability to undertake this particular trip.

Wilderness Travel is not a medical facility and has no expertise or responsibility regarding what medications or inoculations you and your physician decide are necessary for your safe participation in the trip.

Traveler's health information is available from the **Centers for Disease Control**. (<http://www.cdc.gov/travel/index.htm>)  
Medical travel products are available from **Travel Health Medicine** (<http://www.travmed.com>) and from **Magellan's Travel Supplies**. (<http://www.magellans.com>)

## INOCULATIONS

No inoculations are required. However, it is easy to get a small cut, so a tetanus booster is strongly recommended (good for 10 years). If you take prescription medicines, be sure to bring enough for the duration of your trip.

## STAYING HEALTHY

You can reduce your risk of getting a cold on the trip by washing your hands often and not touching your face with unwashed hands. If you arrive on the trip with a cold or feel the symptoms of a cold, avoid close contact with others and move away from people before coughing or sneezing. The CDC recommends coughing or sneezing into a tissue or into the crook of your elbow or upper sleeve, not your hands.

# Helpful Information

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## PHOTOGRAPHY

### Camera Recommendations

With the many advances in digital technology, a simple compact digital camera or even your smartphone is capable of taking pictures suitable for the needs of most people. For higher quality images and the ability to use long lenses for closer wildlife pictures, a DSLR camera is well worthwhile, though heavier. Most digital cameras and phones have good video options, but you may want to consider a GoPro for a lightweight, waterproof option. Always practice ahead of time with new equipment and bring your manual with you. Camera equipment is available for rent from **Borrow Lenses** (<https://www.borrowlenses.com/discount/wildernesstravel>), with a 10% discount offered to Wilderness Travel clients. This is an especially good idea for renting large zoom lenses that you may need for just one trip.

### Camera Accessories

We recommend bringing at least two large capacity memory cards or a small digital storage unit (or tablet) to back up your photos, freeing space on your memory cards. Don't forget to bring a battery charger and a backup battery so one is always charged and ready to use. For trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger or buying additional backup batteries, and check that you have the appropriate adapter for the electrical outlets in your destination.

### Sharing Your Images

We would love for you to share photos from your trip, and with your permission, may even use your photos in our marketing materials or on our photo blog. We request that you send us a small sample of your best images. Please email your photos to [wtphotoblog@gmail.com](mailto:wtphotoblog@gmail.com) or tag us **@WildernessTravel** on social media.

### Photography Etiquette

When taking pictures of local people, be aware of cultural considerations. Approaching people with a warm smile and using polite gestures or simple phrases to ask permission to photograph them usually works well. It is always recommended to engage people in conversation before asking to photograph them, but if people do not wish to have their photo taken, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which makes it harder for future travelers to have a meaningful personal interaction with local people. Please always heed your Trip Leader's guidelines for what is appropriate.

## BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.

## EXPLORE ON YOUR OWN

We have provided great lists of activities, restaurants, and histories of areas you may want to explore on our website.

Please use the following links:

- Explore Ljubljana**(<http://www.wildernesstravel.com/explore/slovenia/ljubljana>)
- Explore Dubrovnik**(<http://www.wildernesstravel.com/explore/croatia/dubrovnik>)
- Explore Zurich**(<http://www.wildernesstravel.com/explore/switzerland/zurich>)



# Packing List

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## THE ESSENTIALS

- Air tickets (or E-tickets)
- Passport
- One other picture ID, such as a driver's license
- Expense money

## WT GEAR STORE

To help you prepare for your next WT adventure, we've put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our **WT Gear Store** (<http://wildernesstravel.newheadings.com>).

## LUGGAGE

- Soft-sided suitcase with small padlock (must be unlocked for air travel).
- Daypack, large enough for a rain gear, water bottle, camera, and items you want on the trail.

Although airline service to Europe is generally reliable, it is best to wear or carry your hiking boots with you on your flights in the event that your luggage is lost or delayed. Likewise, don't pack valuables, such as travel documents, camera gear, or prescription medicines in your checked luggage.

## NOTES ON CLOTHING

Bring clothes you find most comfortable for walking. Although it will be warm enough for shorts on most days, bring some lightweight long pants for cooler weather. The weather in late spring and early fall is usually very pleasant, but cooling breezes and showers can occur at any time. Dressing in layers is the best way to stay comfortable. You'll want a change of clothes for the evening, but nothing dressy is necessary. Casual wear is fine, and coats and ties are not required.

Please pack everything in one piece of luggage, as this simplifies transportation of luggage en route. Although airline service to Europe is generally reliable, it is best to wear or carry your hiking boots with you on your flights in the event that your luggage is lost or delayed. Likewise, don't pack valuables, such as travel documents, camera gear, or prescription medicines in your checked luggage.

## CLOTHING

The clothing list below is provided as a guideline only.

- Lightweight rain gear, such as a Gore-Tex rain/wind shell jacket with hood, and Gore-Tex rain/wind pants
- Fleece jacket or nylon windbreaker
- Light fleece sweater or sweatshirt
- Long-sleeved shirt. Quick-drying “travel” fabrics like nylon are recommended.
- T-shirts or short-sleeved shirts
- Hiking pants. Synthetic hiking pants are a practical choice. Jeans are not recommended because they can be hot and they take a long time to dry if they get wet.
- Hiking shorts, quick-drying fabric
- Shade hat with wide brim—preferably a waterproof one you can use as a rain hat as well
- Medium-weight hiking boots with Vibram-type rubber lug soles and good ankle support. They should be waterproofed prior to arrival.
- Tevas or running shoes for sightseeing in towns
- Hiking socks. Some people like thick Thorlo-type socks with padded toes and heels, or an outer sock and synthetic liner sock.
- Underwear/sleepwear. Synthetics dry faster.
- Bathing suit and quick-drying towel for swimming opportunities

## EQUIPMENT

- Reusable water bottle, 1 qt. capacity.
- Good quality sunglasses with case. A spare pair of sunglasses is a good idea should your first pair be broken or lost.
- Collapsible walking stick or trekking poles
- Toiletry kit
- Stuff sacks or plastic bags to compartmentalize items in luggage

## PERSONAL FIRST AID SUPPLIES

Every trip member must bring a small kit for personal use. Your own experience will influence your choices.

- Sunscreen SPF 30 or higher and lip balm with sunscreen. We recommend mineral-based sunscreens with zinc oxide or titanium dioxide because they do not contain harsh chemicals that are harmful to the environment. Brands such as Honest Company, Badger, and Alba Botanica are found in most sporting goods stores and drugstores.
- Aspirin, ibuprofen, or Tylenol for muscle pain or headache, Tylenol PM for sleep
- Blister kit. Look for the long-lasting gel-type bandages that you can apply directly on blisters, such as Band-Aid
- Advanced Healing Bandages or Curad Gel Multi-Day Bandages. “Liquid band-aids,” such as New-Skin, are useful because they dry rapidly to form a tough protective cover over a blister.
- Prescription medications properly labeled
- Spare contact lenses or spare prescription glasses

## OPTIONAL ITEMS

- Voltage converter and plug adapter for appliance use in hotels. Plugs usually have two or three prongs.
- Camera, spare batteries and memory cards
- Lightweight binoculars
- Reading/writing material
- Travel clock
- Small umbrella
- Laundry soap for hand-washing clothes
- Money belt or neck pouch
- Insect repellent
- Water shoes or sandals (such as Tevas), for rocky beaches
- Wash cloth, if you like to use one (most European hotels do not provide them)

# Reading List

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## ESSENTIAL READING

### **Balkan Ghosts, A Journey through History**

*Robert D. Kaplan*

2005, 307 PAGES

Kaplan interweaves history, art and culture with his travels through Yugoslavia, Bulgaria, Romania and Greece in this regional portrait.

### **A Traveller's History of Croatia**

*Benjamin Curtis*

2010, 274 PAGES

Curtis untangles with alacrity the complex history of this nation at the crossroads of Europe.

### **Eyewitness Guide Croatia**

*Eyewitness Guides*

2015, 296 PAGES

Gorgeously illustrated and filled with excellent maps, this compact book offers a thorough overview of Croatia's history, traditions, cultures and sights.

### **Croatia Coast Map**

*Freytag & Berndt*

2011

A nicely shaded map covering the Dalmatian Coast from Porec to Dubrovnik at a scale of 1:200,000, perfect for the complex coastline.

## ALSO RECOMMENDED

### **Eyewitness Top Ten Dubrovnik & Dalmatian Coast**

*Eyewitness Guides*

2014, 128 PAGES

This slim guide, geared for visitors on a short stay, features color photographs and maps.

### **Fodor's Croatia, with a Side Trip to Montenegro**

*Douglas Stallings*

2015, 376 PAGES

Everything you need to plan a trip is included in this detailed, practical guide.

### **Frommer's 2015 Easyguide to Croatia**

*Jane Foster*

2014, 256 PAGES

A comprehensive, practical guide to the region with excellent recommendations for hotels, restaurants and excursions. With two-color maps throughout.

### **Lonely Planet Croatian Phrasebook**

*Lonely Planet Publications*

2015, 256 PAGES

A handy, palm-sized guide to pronunciation, basic grammar and essential vocabulary for the traveler.

### **Marco Polo Dubrovnik & Dalmatian Coast**

*Susanne Sachau*

2012, 140 PAGES

This unique pocket guide is full of insider tips on where to stay, eat, drink, and sight-see. Includes a handy street atlas and a pull-out map.

### **The Islands of Croatia, 30 Walks on 14 Adriatic Islands**

*Rudolf Abraham*

2014, 240 PAGES

A guidebook of coastal strolls and full-day climbs to mountain summits over the Dalmatian coast. Part of the widely used Cicerone Guide series on walking.

### **A Taste of Croatia**

*Karen Evenden*

2007, 202 PAGES

This engaging memoir of a three-year sailing odyssey includes 100 enticing recipes.

### **Black Lamb and Grey Falcon: A Journey Through Yugoslavia**

*Christopher Hitchens*

2007, 1181 PAGES

First published in 1941, this monumental work explores the complex history of Yugoslavia, its heroes, politics and culture. It's a big, challenging book -- some call it the best ever written on the Balkans.

### **City of Fortune, How Venice Ruled the Seas**

*Roger Crowley*

2013, 400 PAGES

Crowley spins tales of three centuries of plunder and plague, imperial conquest and piracy in this riveting new history, chronicling the transformation of a tiny city of lagoon dwellers into the richest place on earth.

### **Croatia, A Nation Forged in War**

*Marcus Tanner*

2010, 384 PAGES

A modern history of Croatia, from its medieval origins to Nazi occupation to the present day, written by the British correspondent who reported from the region during the events of 1993.

### **Dubrovnik, A History**

*Robin Harris*

2006, 503 PAGES

Harris, a journalist who writes frequently on the Balkans, presents a comprehensive portrait of the historically important maritime city-state in this nicely illustrated, scholarly and readable history of Dubrovnik.

### **Palgrave Concise Historical Atlas of the Balkans**

*Dennis Hupchick*

2001, 128 PAGES

The changing borders and complex history of the Balkans are clearly and concisely shown through 50 double-page maps and accompanying essays, organized chronologically.

### **The Balkans, A Short History**

*Mark Mazower*

2002, 188 PAGES

With eloquence and clarity, Mazower addresses issues of geography, nationalism and nation in this indispensable survey.

### **Yugoslavia, Death of a Nation**

*Allan Little*

1997, 403 PAGES

Called "one of the finest volumes to come out of the war" by the New York Times, this book combines eyewitness reports, political commentary and documentary photographs to elucidate the origins and aftermath of the breakup of Yugoslavia.

### **Zagreb, A Cultural History**

*Celia Hawkesworth*

2007, 256 PAGES

An illuminating account of the tumultuous but vibrant history of Croatia's capital, with a strong focus on the art and architecture of the city.

### **Early Christian and Byzantine Art**

*John Lowden*

1997, 448 PAGES

An illustrated guide to the architectural heritage of the early Christian period (860-1453), with a survey of the philosophy and intellectual climate of the time.

### **How We Survived Communism and Even Laughed**

*Slavenka Drakulic*

1993, 227 PAGES

These short essays capture the absurdity, struggle and day-to-day reality of being a woman in Yugoslavia under communism. Drakulic is an award-winning Croatian journalist and novelist.

### **Island Dreams Mediterranean**

*Jeremy Horner*

2004, 208 PAGES

Corfu, Rhodes and Mykonos, Hvar and Procida (the setting for *Il Postino*) are all included in this photographic journey through the Mediterranean.

## **Once upon a Yugoslavia, When the American Way Met Tito's Third Way**

*Surya Green*

2015, 256 PAGES

Set against the backdrop of Tito's Yugoslavia, this first-person narrative was penned by an American woman who spent 1968 working at a film studio in Zagreb. Green reflects on the former nation-state, its everyday people, American versus communist values and the contemporary phenomenon of "Yugo-nostalgia."

## **The Balkan Express**

*Slavenka Drakulic*

1993, 160 PAGES

The celebrated Croatian writer describes life in Zagreb during the 1991-1995 Croatian War of Independence in this series of essays, detailing the ways the war encroached upon daily life and eliminated all sense of normality.

## **Death and the Dervish**

*Mesa Selimovic*

1996, 464 PAGES

The tale of Sheikh Nuruddin, the self-serving dervish of the title, set during Ottoman rule in 18th-century Bosnia. Selimovic (1910-1982) was a well-known Bosnian Muslim author.

## **The Bridge on the Drina**

*Lovette F. Edwards*

1977, 318 PAGES

These linked stories by the Nobel Prize-winning author capture the history and complexity of Christian and Muslim relations during Ottoman occupation. Hewn of stone, the bridge dividing the town of Visegrad was Andric's inspiration.

## **The Hired Man**

*Aminatta Forna*

2014, 304 PAGES

When Duro Kolak encounters a strange car in his small Croatian village of Gost, he offers its British occupants assistance in setting up a summer cottage. But tensions soon develop between the village residents and the foreigners, as painful memories from the Croatian War of Independence are revived.

## **Zagreb Cowboy**

*Alen Mattich*

2015, 384 PAGES

An exciting debut novel, brimming with black humor and sharp repartee. Secret policeman Marko Della Torre must flee from Croatia after a corrupt cop orders his murder. His trail leads to London where he's forced to face his assassins.

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