



# Pre-Departure Information

ENGLAND COAST TO COAST



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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.
- 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 England. In addition, we recommend your passport have 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. The service of adding pages for visas was discontinued as of January 1, 2016. You can request a new passport through **US Passport Services Office** (<http://travel.state.gov/passport>) 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.passportvisasexpress.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

The currency in Britain is the Pound Sterling. Normal banking hours are 9:30 am to 4:30 pm, so there will be few opportunities to cash travelers checks, and many inns and guesthouses only accept travelers checks in Pounds Sterling. Therefore, we recommend you use your bank ATM card. If you plan to get cash this way, it’s wise to get a list of ATM locations in advance online or from your bank.

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.

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

## 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 \$120-150 USD per trip member for each Trip Leader and \$50-75 USD 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 local guides who may be 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 England is 44. Please contact your cell phone company for specific instructions for international use.

### **Email & Internet Access**

Internet access is available at most of our hotels, although connections may be spotty.

## ELECTRICITY

England has 220-volt current. Plugs usually have two or three prongs. You will need to bring a voltage converter and plug adaptor for appliance use in hotels.

# 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.

# 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 jacket or rain gear, water bottle, camera, and other items you want on the trail. Note: Very few daypacks or fanny packs are waterproof and any items that you need to keep dry should be put in a waterproof stuff sack inside your pack.
- (Optional) Small roll-up bag to carry home purchases.

## NOTES ON CLOTHING

Bring clothes you find most comfortable for hiking. Although it may be warm enough for shorts on many days, long pants and rain protection will also be necessary for any possible cool or inclement weather. Remember, this is England—expect cold, rainy weather at any time and prepare to layer accordingly. England is famous for changeable and unpredictable weather. Count on and be prepared for everything from cold rain, persistent fog, and mist, to brilliant warm and sunny conditions. Please pack everything in one piece of luggage, as this simplifies transportation of luggage en route. Although airline service to Britain and 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.

- Sturdy medium-weight hiking boots with Vibram-type rubber lug soles and good ankle support. They should be waterproofed and well broken in. We do not recommend the use of low cut fabric/trainer style footwear for the first part of this trip, even if they claim to be waterproof. If your packing space allows, these lighter-style boots could be brought in addition to a more sturdy pair for the latter part of the trip when trail conditions are easier.
- Good quality breathable rain gear, such as a Gore-Tex rain/wind shell jacket with hood and Gore-Tex rain/wind pants—essential! Light rainproof/windcheater style jackets might not provide you with sufficient protection from adverse weather conditions.
- Medium fleece jacket or similar warm outer layer
- Lightweight fleece or wool sweater for layering
- Long-sleeved shirt. Quick-drying “travel” fabrics like nylon are recommended.
- T-shirts or short-sleeved shirts. Synthetics like polypropylene or capilene work well.
- Hiking pants. Lightweight synthetic hiking pants are a practical choice. Jeans are not recommended because they take a long time to dry if they get wet.
- Hiking shorts. Quick-drying fabrics are recommended.
- Shade hat with wide brim—preferably a waterproof one you can use as a rain hat as well
- Comfortable shoes for walking in towns
- Hiking socks. Some people like the thick Thorlo-type socks with padded toes and heels, or a combination of outer sock and synthetic liner sock.
- Nylon or Gore-Tex gaiters—highly recommended for keeping pant legs dry
- Lightweight fleece or wool hat for cool days
- Lightweight fleece or wool gloves
- Sleepwear. Long underwear can double.
- Casual city/hotel attire
- Washcloths (not always supplied in British B&Bs)

## EQUIPMENT

- One or two reusable water bottles, 1 qt. capacity
- Collapsible walking stick or trekking poles—highly recommended
- Nylon or Gore-Tex gaiters to keep the lower legs of your pants dry on hikes
- Good quality sunglasses with case. A spare pair of sunglasses is a good idea should your first pair be broken or lost.
- Toiletry kit
- Kleenex pocket packs (handy for bathroom breaks on the trail)
- Money belt or neck pouch. Always carry your passport, credit cards, and cash with you in a money belt or neck pouch tucked down inside your shirt or blouse.

## 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
- Waterproof stuff sack to keep items inside your daypack dry, or waterproof cover for your daypack in case of inclement weather
- Waterproofing material for leather boots (Sno-seal or a silicon product)
- Long underwear if you tend to get cold
- Laundry soap for hand-washing clothes
- Camera, spare batteries
- Head lamp
- Reading/writing material
- Lightweight binoculars
- Bandannas
- Tevas or other sturdy sandals
- Travel clock
- Small umbrella
- Wash cloth, if you like to use one (most European hotels do not provide them)

# Reading List

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## ESSENTIAL READING

### **Notes from a Small Island**

*Bill Bryson*

1997, 324 PAGES

A farewell walking tour of England by an American expatriate who has decided to return home after two decades. Like all of Bryson's books, it's full of rich conversations, humorous anecdotes and amusing interactions.

### **The Story of England**

*Christopher Hibbert*

1992, 224 PAGES

Beautifully illustrated with color pictures, chronological charts, royal genealogies and maps, this popular history of English politics, economics and culture from the Neolithic Age to the 1990s is an excellent travel companion.

### **In Search of England**

*Jan Morris*

2002, 274 PAGES

The much-beloved, enduring account of Morton's ramblings through the English countryside in the early days of the motorcar. Morton charmingly mixes a deep appreciation of the art, culture and history of the place with his own keen observations.

### **A Northern Coast to Coast Walk: From St. Bees to Robin Hood's Bay**

*Terry Marsh*

2010, 238 PAGES

A full-color guide to walking northern England, west coast to east and vice-versa, with information on nature, history, culture and accommodations.

## ALSO RECOMMENDED

### **Birds of Europe**

*Lars Svensson*

2010, 416 PAGES

Featuring 3,500 glorious paintings by Killian Mullarney and Dan Zetterstrom, the second edition of this exquisite guide features updated text and maps.

### **Eyewitness Guide Great Britain**

*Eyewitness Guides*

2016, 672 PAGES

With 1,400 photos, maps and excellent introductory chapters, this guide offers both a general overview of Great Britain and a region-by-region look at its attractions.

### **Lake District Tourist Map**

*Ordnance Survey*

2016

A terrific, colorful and very detailed map of the Lake District, at a scale of 1:110,000.

### **Insight Compact Guide North York Moors**

*Insight Guides*

1998, OUT OF PRINT

A brief, easy-to-carry, and colorful introduction to the North York Moors.

### **Pax Britannica, The Climax of Empire**

*James Morris*

2002, 527 PAGES

The centerpiece of the trilogy "Pax Britannica," this entertaining history concentrates on the Diamond Jubilee of Queen Victoria in 1897, celebrated as a festival of imperial power and splendor.

### **The Mother Tongue, English and How it Got That Way**

*Bill Bryson*

1996, 270 PAGES

An indispensable guide to the language that divides us, this book is an informative linguistic history that showcases Bryson's wry wit.

### **English Architecture, A Concise History**

*David Watkin*

1985, 224 PAGES

A straightforward, illustrated history of English architecture from Anglo-Saxon times to the present.

### **All Creatures Great and Small**

*James Herriot*

1998, 442 PAGES

The first volume in the series of wildly popular tales by a country veterinarian -- and born storyteller -- set among the folk of the Yorkshire Dales.

### **In Search of London**

*H.V. Morton*

2002, 448 PAGES

An enduring portrait of the city and especially of its history, originally published a half-century ago. As in all of his travel books, Morton charmingly mixes a deep appreciation of the art, culture and, especially, the history of a place with his own keen observations.

### **The Making of the English Working Class**

*Edward P. Thompson*

1966, 864 PAGES

A magnificent history of 19th-century England and the construction of the class system, essential to understanding the social makeup of the country over the last 150 years.

### **The Victorians**

*A.N. Wilson*

2004, 724 PAGES

A dazzling survey of the personalities, obsessions and follies of an imperial age.

### **The Gothic Enterprise, A Guide to Understanding the Medieval Cathedral**

*Robert A. Scott*

2005, 294 PAGES

An enthusiast, Scott delves into the history, design, architecture and wonder of Europe's medieval cathedrals and great Abbey churches.

### **Great Tales from English History**

*Robert Lacey*

2007, 320 PAGES

Lacey brings history to life through a series of instructive, entertaining profiles of personalities, well-known and obscure.

### **The Grasmere and Alfoxden Journals**

*Pamela Woof*

2008, 368 PAGES

The journals of Dorothy Wordsworth from Dove Cottage. With rich detail, she observes the natural beauty of the Lake District region and her time spent with her brother William and their friend Coleridge.

**England, England**

*Julian Barnes*

2000, 275 PAGES

Barnes turns his characteristic wit toward both England and the traveling experience in this novel.

**Selected Poetry of William Wordsworth**

*William Wordsworth*

2002, 784 PAGES

A collection of William Wordsworth's most celebrated poems. Includes selections from the "Lyrical Ballads," "The Excursion" and "The Prelude."

**Pocket Guide to the Birds of Britain and North-West Europe**

*Chris Kightley*

1998, 299 PAGES

A compact field-friendly guide to the birds found in the British Isles and the Faroes, Scandinavia and Northwest Europe.

Revised: January 16, 2019

**Literary Trails, British Writers in their Landscapes**

*Christina Hardyment*

2000, 256 PAGES

A survey of the British landscapes that have given shape to the literary characters of Jane Austen, Daphne du Maurier, Virginia Woolf, Rudyard Kipling, Thomas Hardy, and Wordsworth.

**The Portable Romantic Poets**

*W.H. Auden*

1972, 540 PAGES

This is the anthology to take along on a trip to Italy's Cinque Terra, England's Lake District or any other classic haunt of the romantic poets. This selection includes works by all the masters (and even an occasional mistress).