



Pre-Departure Information

HIKING IN THE GREEK ISLES



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Reminders Before You Go

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 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** or e-mail us at: info@wildernesstravel.com.

Travel Information

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 Greece. 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** 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**. Be sure to allow sufficient time to acquire this before your trip.

It is very important 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 Euro is the official currency of Greece. The most convenient way to obtain Euros is to use your debit card at ATMs, which are available in Athens, Tinos, and Naxos, but may be unreliable on Amorgos. To use an ATM internationally, you must have a four-digit PIN. Major credit cards are accepted in most shops in cities and larger towns. If you plan to use your credit cards, inform your credit card company before your departure that you will be using the card abroad.

TIPPING

Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward guides for outstanding service. We suggest a tip of \$180 or more per trip member for each of the Trip Leaders, preferably in local currency. The Trip Leaders take care of gratuities for hotel and restaurant staff, and for local guides and drivers.

SPECIAL DIETS

Please reach out to us directly to discuss any dietary restrictions or concerns you may have. We can easily make arrangements for most diets, but please keep in mind that certain cultural differences or logistical limitations can make it difficult or at times impossible to accommodate all requests. With this in mind, please inform us at least eight weeks before your trip if you have a special diet, and any food allergies in particular, so we can do our best to meet your needs.

COMMUNICATIONS

Telephone

The international dialing code for Greece is 30. Please contact your cell phone company for specific instructions for international use.

Email & Internet Access

Internet access is available at all of our hotels, but is not high-speed.

ELECTRICITY

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

Medical Information

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**. Medical travel products are available from **Travel Health Medicine** and from **Magellan's Travel Supplies**.

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 sick 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

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**, 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 wphotoblog@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

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](#) .

LUGGAGE

- Soft-sided suitcase with a small padlock (must be unlocked for air travel). Note: You must carry your own bag on and off the ferries. The ferries dock then depart very quickly so be sure you can easily lift and carry your own bag. There are often stairs up to the boats, so wheeled luggage must be picked up and carried over the stairs. Also, not all hotels have elevators. It is to your benefit to pack light! We recommend 45 lbs or less.
- Daypack, large enough for a jacket or rain gear, water bottle, camera, and other items you want on the trail.

NOTES ON CLOTHING

The clothing list below is provided as a guideline only. Bring clothes you find most comfortable for walking. Although it will be warm enough to hike in shorts on many days, bring some lightweight long pants for cooler weather and protection from scratchy vegetation. Dressing in layers is the best way to stay comfortable. We ask that you pack everything in one piece of luggage as this simplifies the transportation of luggage en route. 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. Laundry service is available at the hotel in Naxos and in Amorgos.

Special Note for Chozoviotissas Monastery: There is a strict dress code for visiting this 11th-century fortress above the sea. Women are required to wear a skirt that is full length or at least calf-length, and a long-sleeved shirt. Unfortunately, long pants are not an acceptable option for women, but instead of bringing a skirt, women can bring a simple pareo or sarong to wear as a wrap skirt over their long pants. Men are required to wear long pants; short-sleeved shirts are ok for men.

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

- 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. Vegetation along some of the trails is sharp and spiky and can sting unprotected legs. Lightweight cotton or 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 nylon shorts are recommended.
- Shade hat with a wide brim, preferably a waterproof one you can use as a rain hat as well
- Medium- to heavyweight hiking boots with Vibram-type rubber lug soles and good ankle support
- Tevas or running shoes for sightseeing in towns
- Hiking socks. Some people like thick Thorlo-type socks with padded toes/heels, or an outer sock and synthetic liner sock.
- Underwear/sleepwear. Synthetics dry faster.
- Bathing suits (we suggest two so you'll have a dry one; there are many swimming opportunities)
- Casual city/hotel attire

EQUIPMENT

- Hiking poles. Hiking with a collapsible hiking pole, such as those by Leki and REI, helps to distribute your body weight, takes pressure off your knees, and improves your balance. Some hikers like using one pole, and others hike with two poles. Pack in your checked luggage because you can't carry them on the plane.
- Reusable water bottle, 1 qt. capacity. Consider bringing two water bottles, since the weather can be hot and on some hikes, there are limited opportunities to refill your water bottle. Collapsible water bottles are a practical choice and don't take up much space in your daypack when they're empty.
- Good quality sunglasses with case. A spare pair of sunglasses is a good idea should your first pair be broken or lost.
- Toiletry kit
- Large, heavy-duty plastic bags to separate wet items (bathing suit, beach towel) from dry items in your duffel.
- 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. Look for brands such as Honest Company, Badger, and Alba Botanica.
- Aspirin, ibuprofen, or Tylenol for muscle pain or headache, Tylenol PM for sleep
- Blister kit. Look for 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. Europe has a 220-volt current. Plugs usually have two or three prongs.
- Water shoes. Many of the beaches where we can swim have rocky bottoms so you might consider bringing water socks or footwear you can wear into the water
- Pareo, sarong, or very large scarf for women to wear over long pants when visiting Chozoviotissas Monastery
- Camera, spare batteries
- Reading/writing material
- Lightweight binoculars
- Bandannas
- Travel clock
- Small umbrella
- Laundry soap for hand-washing clothes
- Washcloth, if you like to use one (most European hotels do not provide them)

Reading List

ESSENTIAL READING

Ancient Greece: Art, Architecture, and History

Kenneth Lapatin

2004, 144 PAGES

This lively illustrated guide covers the architecture, painting and sculpture of Ancient Greece from the third millennium to the end of the Hellenistic period. With 282 color and 28 black-and-white illustrations.

Greece Map

Michelin

2011

A colorful shaded map of Greece, the Greek Islands and the western coast of Turkey (including Istanbul) at a scale of 1:800,000.

Eyewitness Guide Greek Islands

Eyewitness Guides

2015, 400 PAGES

Color photography, excellent local maps and an island-by-island synopsis of attractions make this book the one to carry with you. Includes a chapter on Athens.

Greece, A Traveler's Literary Companion

Artemis Leontis

1997, 288 PAGES

In this terrific anthology, 24 modern Greek writers offer a flavor of their nation, its culture and people, beautiful landscapes and rich history.

The Colossus of Maroussi

Henry Miller

2010, 223 PAGES

Miller captures the spirit and warmth of the resilient Greek people in this inspired tale of a wartime journey from Athens to Crete, Corfu and Delphi with his friend Lawrence Durrell.

ALSO RECOMMENDED

A Traveller's History of Greece

Colin Nicolson

2007, 344 PAGES

A nicely written survey from prehistory through the 1990s: wide-ranging, accessible and necessarily condensed.

The Complete World of Greek Mythology

Richard Buxton

2004, 240 PAGES

With hundreds of color illustrations, site plans, genealogies and maps, this handsome, encyclopedic reference illuminates the world of the Greek gods.

The World of the Ancient Greeks

Elizabeth Fisher

2010, 224 PAGES

Featuring hundreds of illustrations and invitingly short chapters on topics from the first Greeks to the Heroic Age and classical Athens. With modern color photographs of great Greek cities from Athens and Delphi to Knossos, Ephesus, Pergamum and Priene.

The King Must Die

Mary Renault

1988, 330 PAGES

The first in Mary Renault's trilogy of well-researched page-turners features the tale of Theseus, slayer of the Minotaur and the king of Athens. Known for her exhaustive research, Renault is an acknowledged master of historical fiction.

Sailing the Wine-Dark Sea, Why the Greeks Matter

Thomas Cahill

2004, 320 PAGES

Cahill brings to life ancient Greek society and civilization through the lives and words of politicians, playwrights, a poet, a philosopher and an artist in this eloquent and absorbing tribute.

The Penguin Historical Atlas of Ancient Greece

Robert Morkot

1997, 144 PAGES

This pictorial survey of Greek antiquity, recording its culture and expansion, features dozens of full-color maps.

Corelli's Mandolin

Louis De Bernieres

1995, 448 PAGES

This lyrical novel captures the humanity, quirks and loves of village life in the Greek islands. A satire of war, this charming and richly-colored novel is set on Cephallonia during the Italian occupation in the 1940s.

Athens Map

Borch Maps

2015

An excellent laminated map of the city center at a scale of 1:7,500 with inset maps of the Acropolis, Epidaurus, Mycenae, Attica and the surrounding region.

Greece Adventure Map

National Geographic Maps

2012

A double-sided map of mainland Greece and the islands at a scale of 1:710,000.

Greek, A Language Map

Kristine K. Kershul

2014

This durable, foldout card gives easy phonetic pronunciation for several hundred of the most commonly needed words and phrases.

Marco Polo Guide Corfu

Klaus Botig

2012, 136 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.

Homer the Classic

Gregory Nagy

2009, 650 PAGES

Harvard classics scholar Nagy considers how Homer's poetry was greeted in its own day and in the centuries immediately following the great bard.

It's All Greek to Me

Charlotte Higgins

2010, 229 PAGES

With timelines, a who's who, charts and maps, this handy little primer is a thoroughly entertaining introduction to everything Greek, from poetry and drama to philosophy, history and culture.

The Greeks, An Illustrated History

Diane Harris Cline

2016, 224 PAGES

This accessible photographic history of ancient Greece pays special attention to Greek innovations: great literature and architecture, war tactics, democracy, the Olympics, Socrates and much more. Cline laces the gripping story of the Greek empire with archaeological discoveries.

Greece, Land of Light

Barry Brukoff

2004, 160 PAGES

Brukoff's dramatic color photographs are paired with incisive commentary by award-winning author Nicholas Gage for this striking portrait of the people, land and history of Greece and the islands.

Travels With Epicurus

Daniel Klein

2014, 176 PAGES

Daniel Klein's witty meditation on the ancients, life in the Greek Islands, his favorite philosophers -- and growing old gracefully -- is also a delightful romp through the Aegean, primarily set on Hydra.

DK Eyewitness Top Ten Corfu & the Ionian Islands

Inc. Dorling Kindersley

2014, 128 PAGES

A compact, illustrated guide in the popular series, featuring favorite attractions.

Lonely Planet Greek Islands

Korina Miller

2016, 584 PAGES

This comprehensive practical guide in the hallmark Lonely Planet style includes local and regional color maps, a section of photographs, and chapters on history, culture and attractions.

Postcards from Greece, Recipes from Across the Greek Seas

Rebecca Seal

2016, 256 PAGES

Making the cuisine of the Greek islands easy to digest, this collection of recipes by the British food writer includes cheese pies, moussaka, chocolate mousse and much more.

Introducing the Ancient Greeks, From Bronze Age Seafarers to Navigators of the Western Mind

Edith Hall

2015, 336 PAGES

Classicist Edith Hall visits 10 Greek communities at different moments during the 20 centuries of ancient Greek history, brilliantly assembling a unified vision of the Greek spirit.

Modern Greece, What Everyone Needs to Know

Stathis Kalyvas

2014, 240 PAGES

A primer on Greece history from the 19th century on, with an in-depth look at the government debt crisis of 2010 and a consideration for the far-reaching implications of the country's current economic instability.

The Most Beautiful Villages of Greece

Mark Ottaway

2011, 234 PAGES

Organized geographically, this handsome oversize picture book is an illustrated portrait of Greece with hundreds of color photographs accompanying lively essays.

The Parthenon

Mary Beard

2010, 204 PAGES

A lively tale of the construction, significance and uses of the 2,500-year-old architectural marvel.

Greek Mythology, A Traveler's Guide

David Stuttard

2016, 256 PAGES

This informative, literary traveler's guide introduces Greek mythology geographically through 22 chapters dedicated to specific destinations, from Mount Olympus and Delos to Athens and Mycenae, illustrated with beautiful color drawings.

The Greek Myths, Complete Edition

Robert Graves

2012, 800 PAGES

A new edition of Graves' classic collection with a cover by comic book artist Ross MacDonald. This expert retelling by Graves, a poet, memoirist and the author of *I, Claudius* (ITL429), still remains the seminal modern translation of the mythologies of Ancient Greece.

Revised: January 03, 2023