

Origins of Humans & Wine: Azerbaijan, Georgia & Armenia

October 14-29, 2024



TRAVEL INFORMATION

This document contains important information about your tour. Please read it carefully.

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PASSPORT AND VISA

The following information is for U.S. citizens only. Citizens of other countries should contact your local embassy/consulate for entry requirements. All passengers are required to have a valid passport. Your passport must be valid for at least six months after the return date of your program.

U.S. Passport

A valid passport is the best form of identification while traveling. If you have a passport, please check to be sure it is **valid for at least six months after the end of the tour**. Check your passport to ensure there is sufficient space for entry and exit stamps with at least one blank page not including the amendment and endorsement pages. Non-U.S. citizens should consult their governments for passport application requirements and other relevant information.

Please note that as of January 1, 2016, the U.S. Department of State will no longer add visa pages to U.S. passports. Applicants in need of additional pages in their valid passports must obtain a new passport.

If you do not have a passport or need a new one: Apply now! For complete information about obtaining and renewing passports, please visit <https://travel.state.gov/content/passports> to find the nearest location call the National Passport Information Center toll-free at (877) 487-2778. The following tips may be helpful to reduce delays, but will not eliminate them – apply early.

Consider paying the additional fee for expedited service, or apply through a private passport service. Passport Agencies, located in major cities throughout the United States, offer services to travelers who need passports in less than two weeks. Applications are accepted by appointment only. These appointments can be arranged by calling the National Passport Information Center.

Examine your passport carefully, and sign it immediately upon receipt. As of this writing, the **Passport Services Office** advises that **processing times take 6-8 weeks for routine processing, and 2-3 weeks for expedited processing**. Please note processing times only include the time your application is at a passport agency or center.

Visas

U.S. passport holders can travel to Georgia and Armenia visa-free. **U.S. citizens will need visas only for Azerbaijan. E-Visas for Azerbaijan will be applied for on your behalf.**

Non-U.S. Passport and Visa Requirements

If your passport is issued from any country other than the United States, please immediately contact the passport agency of the country that issued it and the consulate of the country(ies) to which you are traveling to determine any necessary visa requirements. If you have not done so already, please notify our office of your non-U.S. citizenship.

Important Note: Information provided concerning passports and/or visas is subject to change without prior notice by the U.S., governments of all countries visited on this travel program, and countries of non-U.S. citizens participating in this program. All costs associated with passports and/or visas are the responsibility of the participant. Although we may provide information regarding passport

and/or visa requirements, it is each participant's responsibility to ensure compliance with government requirements at the time of travel.

Entry Requirements

You must have a valid passport with at least one blank page.

Visit the following links for the most current information regarding entry requirements:

<https://travel.state.gov/Azerbaijan>

<https://travel.state.gov/Armenia>

<https://travel.state.gov/Georgia>

IMPORTANT DOCUMENT REMINDER

Keep all travel documents, such as your passport and airline tickets, with you before and during your flights. Before you leave home, it is a good idea to scan and email all important documents—your credit cards, tickets, driver's license, passport, medical prescriptions, and vaccination certificates – to an email account that can be accessed from abroad. You may also want to make photocopies of these documents to take with you on your trip, but carry them separately from the originals. Carry one copy in your hand luggage during your travels, pack another in a suitcase, leave a third at home with a friend or family member, and, when applicable, give a fourth copy to a traveling companion. Bring extra passport photos in case you lose your passport and must replace it.

TRAVEL INSURANCE

We highly recommend the purchase of trip insurance. Many kinds of insurance are on offer from a myriad number of companies. The U.S. Department of State provides some points on insurance coverage while traveling abroad: https://travel.state.gov/content/travel/en/international-travel/before-go/your-health-abroad/Insurance_Coverage_Overseas.html?

We recommend Travel Insurance Select: <https://www.travelinsure.com/select/?pcode=32366>. We ask that you carefully review the information on their site and decide which options work best for you. To view a webinar about Travel Insurance Select, please click [here](#). To download Travel Insurance Select's Coronavirus FAQ page, please click [here](#).

If you have questions regarding the travel insurance plan offered, please contact the customer service number listed on their website. A representative will be happy to discuss the policy, as well as answer any questions you may have about coverage options.

HEALTH

General Health Considerations

Participants should be active and in a good state of health in order to fully participate in the tour. Any disabilities, required medical apparatus, or special medical needs must be brought to our attention in writing. We reserve the right to decline anyone who fails to furnish this information and/or whose condition, in our opinion, may affect the health, safety, well-being, or enjoyment of other passengers.

As parts of the trip will be in remote areas, it is advisable to have physical and dental check-ups before your trip. Medical facilities are available in the South Caucasus; however, since standards

and methods of treatments are not the same as ours, the prospect of illness or hospitalization while traveling should not be taken lightly. If you have a serious medical problem or a medical condition that might be adversely affected by strenuous travel, please contact us so we may provide more precise information.

Carry with you an up-to-date record of your allergies or chronic medical problems so that emergency treatment, if necessary, can be carried out without endangering your health. Your physician can prepare a summary record for you. You should also carry with you the phone number for your physician's 24-hour answering service. If you have any special condition or allergy that might require attention, have your physician write a letter describing the nature of the condition and the treatment—send a copy to our office and carry the letter with you. Then, if you happen to need medical care away from home, your temporary physician will be able to treat you more efficiently and effectively.

Pack an ample supply of basic health and first-aid needs, including any prescription drugs and vitamins you use, over-the-counter medications for common ailments such as colds or stomach disorders, aspirin or other analgesic, Band-Aids and topical antiseptic, insect repellent and insect-bite relief products. Personal hygiene items are not always readily available; please be sure to bring any supplies you may need. If you think you may be prone to motion sickness from bus rides or are susceptible to respiratory infections from dusty air, please bring medications to alleviate your discomfort.

Vaccines and Medications

There are no vaccinations required for travel in Azerbaijan, Georgia, and Armenia. AIA Tours and its travel partner, MIR Corp. are not qualified to convey medical advice; what follows is a summary of standard practices based on information from the Centers for Disease Control and Prevention (CDC) in Atlanta, and other reputable sources. Consult your physician for medical advice on travel to Azerbaijan, Georgia, and Armenia. Your physician is most familiar with your personal medical history and is best qualified to determine your particular needs.

The CDC recommends that tetanus/diphtheria, polio, and other standard inoculations be up to date for all international travel and that you consider an immunization against hepatitis A. The CDC also recommends that you consider vaccination with a single shot of Typhim Vi against typhoid fever.

Plan ahead since some vaccinations must be given in sequence and the entire immunization process can take as long as eight weeks for those who have not previously completed the primary series.

Be sure to bring enough prescription and non-prescription medicines that you take regularly or may need during your trip. Carry a list of the generic names of any drugs that you use. Standards of pharmacology vary greatly for medications produced abroad; please carry an adequate supply of your prescriptions, particularly since you will be traveling in remote areas. When packing, make certain that you have them packed in your carry-on luggage, not your checked luggage. Occasionally, checked luggage is delayed, and you may find yourself without your medication.

Carry a written copy of the prescriptions for any such medication you need, given in its chemical (generic) name rather than a brand name.

If you wear prescription glasses or contact lenses, please bring an extra pair. A strap to prevent accidental loss of eyeglasses may prove useful and is readily available at most sporting goods or outdoor outfitter stores.

Travel Fatigue

Air travel experts and experienced travelers have various techniques for combating travel fatigue (“jet lag”). Here are some things you can do to reduce travel fatigue:

Get plenty of rest the day before you leave.

Avoid alcohol during the flight, but do drink plenty of other liquids. According to some experts, dehydration is the most debilitating part of air travel. You should drink at least eight ounces of fluid every hour.

Eat lightly during the flight.

Exercise. Get up to stretch and walk. There are also simple exercises that will relax your muscles and circulate your blood while you are in your seat. Roll your feet, rotate your head, and contract and relax your leg muscles. Do some deep breathing. Raise your knees to your chest and swing your arms over your head. Stretch out if there are any unoccupied seats. Take off your shoes. Some veteran travelers also wear earplugs and eye masks.

Digestive Disorders

Stomach and intestinal upsets are common travelers’ complaints. They range from mild discomfort to diarrhea and vomiting. Most are harmless and quickly pass. For most people, some digestive upset may be inevitable. Exposure to new flora and minerals in the water causes part of it. A rich diet and changed eating and drinking habits are responsible for much of it as well.

Diarrhea is common among travelers anywhere. When it occurs, there are two things you can do: stop it with medication or let it run its course. Several medications can usually stop it, such as Lomotil. Some physicians argue, however, that diarrhea is nature's way of ridding the system of harmful toxins and therefore shouldn't be arrested prematurely. You should consult your physician on whether, and under what conditions, you should take anti-diarrheal medicine.

Pepto Bismol is often an effective treatment for gastric distress; many travelers have also found it to be useful as a preventive medication and safeguard against diarrhea and other common digestive problems associated with travel. You may instead wish to ask your doctor to recommend anti-diarrhea medication to protect against mild stomach upsets, which do occasionally occur.

Food and waterborne diseases are the most common cause of illness to travelers, and it is prudent to be cautious about what you eat and drink. The best means of minimizing exposure to such ailments is to:

- Exercise caution in what you eat and drink outside of group meals.

- Do not consume any un-boiled milk or homemade cheese products in the countryside.
- Avoid food purchased from street vendors.
- Avoid uncooked food or fruits and vegetables that you cannot peel yourself.
- Avoid ice in drinks.
- Drink only bottled or boiled water.
- Wash your hands before eating or drinking.

Bottled and boiled water is available in all the places you will visit. **Please drink only bottled or boiled water or other bottled beverages.** In general, it is not safe to drink water from hotel taps in the South Caucasus. Care should be taken not to swallow unpurified water when brushing teeth or showering. When in doubt, please ask your Tour Manager's advice.

Smoking Policy

We ask participants to refrain from smoking when with the group – in vehicles and during lectures and group meals. In all situations, please show consideration for fellow travelers who are adversely affected by smoke. In shared accommodations, smoking is permitted only by agreement of both occupants and if allowed by hotel policy.

Recommended Travel Medical Kit:

- ❑ All prescription medications including copies of the prescription with brand and generic drug names plus any vitamins that you normally use
- ❑ Antacid tablets, Pepto Bismol type medication
- ❑ Aspirin, ibuprofen or other pain medication
- ❑ Imodium or Lomotil (to control diarrhea)
- ❑ Diarolytes (for rehydration after diarrhea)
- ❑ Cough/sore throat medicine
- ❑ Calamine lotion or antihistamine cream
- ❑ Topical antibiotic cream or gel
- ❑ Insect repellent containing DEET
- ❑ Sunscreen with high SPF and UVA UVB protection
- ❑ Assorted band-aids
- ❑ Lip balm and facial moisturizer
- ❑ Liquid hand sanitizer and antibacterial wipes
- ❑ Tissue packets

For additional medical information, you may contact The Centers for Disease Control (CDC) in Atlanta. They offer up-to-date information on health precautions. You may reach them at 877-394-8747 or <https://www.cdc.gov/>.

PHYSICAL EXPECTATIONS

This program is strenuous, and you must be in good physical health to participate due to the daily walking involved, steps at many of the sites, length of some bus rides, and overall infrastructure shortcomings. To reap the full rewards of this adventure, travelers must be able to walk at least several miles a day, keeping up with the group. All participants are expected to be physically active and not be an impediment to others on excursions. Participants who are not able to walk or stand unassisted for extended periods are kindly advised not to join this tour. All participants will be

required to follow safety/sanitization protocols set forth by Sponsors/Operator, local staff, and host country laws. Any participant showing signs of illness will be asked to wear a mask when in close proximity to others. If the tour manager decides that a participant cannot visit a site safely or in a timely manner, their judgment will be final. Where possible, an alternate activity may be suggested; additional costs may apply. If you have any questions about your ability to participate, we suggest that you visit your personal physician with this information in hand, and discuss whether or not the program is appropriate for you.

MEDICAL INSURANCE

Any additional expenses resulting from medical problems or emergencies are your own responsibility. Therefore, we encourage you to check with your insurance agent to make sure that your current medical and hospitalization policies cover you while traveling overseas. If they don't, you might want to take out a separate medical insurance policy that is specially designed for travelers. Please note that Medicare does not offer coverage and is only valid for services rendered in the United States. Please consult the link above under "Travel Insurance" for advice from the U.S. Department of State.

All participants will be covered with MedEvac200 evacuation and emergency medical insurance through USI Travel Insurance Services. This is separate from your own individual comprehensive health insurance plan(s) and covers emergency medical evacuation.

MONEY MATTERS

How much money you need will depend on whether or not you plan on making any purchases, but we generally recommend bringing \$200 in cash, mostly in small bills. We do not recommend exchanging money prior to arrival because exchange rates are typically better overseas.

You should carry your money in a money belt or pouch beneath your clothing, especially in cities where pickpocketing of foreigners is not uncommon.

You should also bring a selection of ones and fives (approximately \$20 in ones and \$50 in fives) for purchasing small souvenirs and gifts. All bills should be relatively new and in good condition. Old, faded, or ripped bills will not be accepted nor will fifties and hundreds that are not the new issue (with the large-size portrait on the bill).

Other than your personal shopping expenses you will need money for the following: extra alcoholic beverages, food not included in the group meals, phone/fax bills, and excess baggage charges (if applicable). Read the detailed itinerary for your trip for a complete list of included items.

Exchange rates

The South Caucasus countries are still partially cash-based societies and US dollars are easily converted in most places. At the time of this writing (subject to change daily):

One US dollar = 1.70 Azerbaijan Manat

One US dollar = 2.86 Georgian Lari

One US dollar = 388 Armenian Dram

Currency Exchange

Banks and most hotels offer currency exchange services. Hotels will be happy to exchange your large bills, such as \$100s and \$50s, into local currency. It is a good idea to shop around for the exchange rates and lowest commission.

Credit Cards and ATMs

Bring a credit card to use for purchases in the major cities as well as for a backup for emergencies, but you should have enough cash to cover your purchases while outside of Baku, Tbilisi, or Yerevan.

Major credit cards are accepted in larger cities, which generally display the symbols of the credit cards they accept on the outside door. If you pay by credit card, you may be asked to show an identity document.

The easiest and best way to get cash away from home is from an ATM. ATMs are available in Baku, Tbilisi, and Yerevan, and provide an easy way to obtain local funds and generally provide favorable exchange rates (please double-check that your ATM card uses a 4-digit PIN). The **Cirrus** (www.mastercard.com) and **PLUS** (www.visa.com) networks span the globe and are easy to access in most major tourist spots. Visit your bank card's website to find ATM locations at your destination. Be sure you know your daily withdrawal limit before you depart. **Note:** Many banks impose a fee to use a card at another bank's ATM, and that fee can be higher for international transactions. In addition, the bank from which you withdraw cash may charge its own fee. Check with your bank for international withdrawal fee details.

You will want to keep a record of the numbers of all the credit cards you are bringing and keep them in a safe place, separate from the cards.

Please note: If you plan to use your credit card or ATM card overseas, don't forget to notify the issuing credit card company or bank prior to departure.

Do not bring Traveler's Checks as they are impossible to exchange.

Gratuities and Tips

Gratuities to the tour manager, guides, driver, and waiters at included meals are included in the cost of your program.

You will need to remember to tip for meals that you pay for on your own.

In Azerbaijan, tipping is unusual but can be done for exceptional service. In restaurants, 10-15% is recommended. For cabs, it is polite to round up the fare and give the change as a tip.

In Georgia, tipping is not mandatory, but it is appreciated, especially in restaurants and cafes. A tip of 10-15% is recommended.

In Armenia, especially in Yerevan, tips are expected in restaurants and cafes. The recommended tip is 10-20%.

TIME

During October, Azerbaijan, Georgia, and Armenia are 8 hours ahead of the U.S. Eastern Time Zone and 11 hours ahead of the U.S. Pacific Time Zone.

WEATHER

The average low/high temperatures for the cities you will visit in October are included in the chart below:

Average Temperatures in October					
	Baku	Sheki	Tsinandali	Tbilisi	Yerevan
High	67°F	63°F	66°F	69°F	71°F
Low	54°F	45°F	49°F	53°F	48°F

During the trip, temperatures can range in one day from the lowest average temperatures to the highest, depending on the location and the time of day. Clothing that can be layered is the most suitable. Days tend to be sunny, but you should be prepared for the possibility of wind, rain, and cooler temperatures in mountainous areas.

FOOD & DRINK

The South Caucasus region is known for its outstanding cuisine and food, meals on the trip will be varied and tasty. The enclosed country overviews contain detailed information about variations and regional specialties for every country. It is possible to accommodate special diets such as vegetarian or low-fat diets. Let us know in advance if you have any special dietary needs.

Bottled water will be provided throughout the trip.

ELECTRICITY

Electrical power in Azerbaijan, Georgia, and Armenia is 220 V, 50 Hz. Plugs require a European two-pronged socket with round pins. If you plan to bring American standard 110-volt equipment such as hairdryers, a converter, and an adapter plug will be required. (If your appliances have dual voltage, only the adapter plug will be necessary.) Most standard adapter/converter kits available in the US will have the necessary plug configuration to fit any of these electric outlets; they can be purchased online, at luggage stores, or specialty travel equipment shops. If you plan to bring sensitive electronic equipment, you should bring a 220-volt surge suppressor.



Type C



Type F

Bring as few electrical appliances as possible as their use will be limited. If you use an electric razor, you may wish to bring a battery-operated one, with extra batteries.

COMMUNICATIONS

International Telephone Service

It is easy to place international phone calls to Azerbaijan, Georgia, and Armenia. Placing an international call from a landline may be complicated or expensive. Pre-paid calling cards purchased in the U.S. generally DO NOT work in these countries.

Contact your cell phone provider to establish their international roaming fees and keep in mind that while you are connected to Wi-Fi at the hotels you will be able to access internet-based communication apps such as Facebook Messenger or WhatsApp.

Contact numbers will be provided with your final documents.

Country Codes:

Azerbaijan +994, Georgia +995, Armenia + 374

Internet

Wi-Fi is available at all hotels throughout the trip. Generally, free Wi-Fi is available in hotel lobbies. Internet access in rooms may be at extra cost – inquire at the hotel reception desk as internet availability and payment policies are subject to change.

Photography

You will generally be able to photograph or videotape freely on your trip, but there are certain situations where extra care should be taken. If photographing or videotaping an individual, ask permission first. Particularly in public places, you may encounter people who do not want their photograph taken and who may attempt to forcibly prevent you from doing so. **Do not** photograph police officers, military personnel, or their facilities. Photography of any kind inside sensitive installations is normally strictly forbidden. When in doubt, ask your guide's advice. Fees for taking photographs and videotaping at most museums range from \$3 per picture to \$5 for unlimited photographs, depending on the location. Your guide will advise you on the appropriate fee at each location.

Be sure that you are familiar with your camera, including any accessories, before leaving home. Bring extra memory cards with you so you are not forced to delete any photographs to save memory and don't forget your battery and charger.

SHOPPING

Shopping opportunities in the Caucasus are numerous. Refer to the enclosed country overviews for specific information about the most popular items and souvenirs in each country.

Important: All antiquities need to be certified "exportable" by a special certificate, which is available only at authorized antique shops. Any antiquities obtained in the Caucasus that do not have an "exportable" certificate or seal will be confiscated by Customs upon your departure and reimbursement will be nearly impossible to obtain. Any losses incurred from purchasing items that are confiscated will be the travelers' responsibility.

Bargaining or haggling is considered a necessity in the markets and bazaars, and you can help your cause by knowing some phrases and the number of words.

SAFETY AND SECURITY

Although generally safe areas for tourists, petty crime exists in the South Caucasus and you should be wary of pickpockets in crowded public places. In hotels, store valuables in the safe in your room or check them with the desk clerk. Travel only with valuables that you can wear or carry with you at all times. Leave others behind. It is also a good idea to carry your cash, credit cards, and passport with you at all times, or lock them in your hotel room safe. You may wish to bring a money belt or hip pack for this purpose.

To minimize the risk of loss or theft, we recommend the following:

- Make two photocopies of your passport: send one to our office and keep one in a safe place separate from your passport and other documents. This will provide a backup in case yours gets lost or stolen and will make checking into hotels quicker and easier.
- Make copies of the credit cards that you plan to take and keep the copies in a safe place.
- Don't bring any credit cards that you don't need.
- Don't carry your wallet where it can easily be stolen (e.g. hip or rear pocket).
- Don't bring valuables on the trip. It is a good idea to travel with a cheap watch and leave any jewelry (except wedding rings) at home. The only thing of value you should have is your camera, which we recommend to keep that with you at all times.

Keep your suitcases and carry-on luggage locked both in transit (except to and from the US unless using TSA-approved locks) and in your hotel room. Never leave your purse, pack, or camera bag unattended.

PACKING

Luggage

We recommend packing light and bringing one checked bag and a backpack that can be used for a day pack while on tour. If you are traveling with someone, it is a good idea to put half of your things in each other's checked baggage in case one bag gets delayed or lost, you will still have half of your clothes. Since baggage weight is restricted, we suggest you plan your wardrobe around items that can serve several purposes.

Airline luggage allowance policies are set by individual airlines and are subject to change. Airlines may impose fees for excess luggage which are the responsibility of the individual participant. Please contact your airline(s) for their current luggage allowance policies and fees. You must be able to easily lock and unlock your luggage, including carry-on, for all flights, and should mark all bags with your name and address, inside and out.

Your carry-on should include anything you may need in transit. We recommend bringing a change of clothing appropriate for the initial activities in Baku so that you will be more comfortable in the unlikely event that your baggage is delayed in transit or is slow to be delivered to your room upon arrival. A small daypack can come in handy to carry items such as snacks, camera equipment, and assorted rain gear.

Clothing

Due to the potentially wide range of temperatures during the day, casual clothing that can be layered is most suitable, for example, a shirt, sweater, or sweatshirt, and a windbreaker or jacket. Your personal preferences should be your guide when packing for the trip. In general, dress is informal, and for most of the itinerary, jeans, khakis or similar attire is appropriate. When dining, casual sportswear (i.e. a clean change of clothes) will suffice. Dresses for women and a jacket and tie for men are not necessary and are entirely optional. Proper footwear is essential; be sure to bring comfortable, supportive walking shoes.

Footwear

You will want a pair of comfortable walking shoes. Some people want footwear with good ankle support, which can make a difference when you are walking over uneven, rocky ground, though hiking boots won't be required. You may want a pair of dress shoes if you plan to dress up for the farewell dinner.

LAUNDRY

Laundry service is available. Check directly with the hotel for drop-off and pick-up times.

HAIR DRYERS

Hair dryers are available at all hotels.

CAMERAS & FILM

Bring a camera that you are familiar with and that is in good working order. You will also want to bring plenty of camera memory cards and batteries or a charging cable.

GENERAL PACKING TIPS

Never pack valuables in bags that you are planning to check. Such items include (but are not restricted to) cameras, credit cards, jewelry, medications, personal computers or other electronic equipment, and travel documents.

- If you must check an item of value, purchase excess-valuation insurance. Ask in advance to make sure the item is covered.
- Pack appropriate-sized toiletries (for updated information, please check the TSA website <https://www.tsa.gov/travel> and some clothing appropriate to your destination in your carry-on luggage. If your checked bags are delayed, you will at least have a change of clothing.
- If your bags are lost, liability insurance is quite limited and tends to cover clothing and clothing-related items only. For international travel, the amount an airline is liable for is based on weight.
- If your luggage doesn't appear upon arrival, fill out a claim at the airport immediately. Be sure to list everything that is missing. If you add items later, you will not be compensated. Do not leave the airport without your lost baggage claim form.

- Bring a photocopy of the information page of your passport with extra passport photos and keep it in a separate place from your passport in case of theft or loss.

Suggested Packing List

Everyone has personal preferences when it comes to packing; for this reason, the information below is offered as a general guide and not a definitive list.

Clothing:

- 2 pairs of walking shoes, one a little dressier, the other should be sturdy with ample tread
- Non-iron trousers (linen, cotton, light rayon, or quick-dry synthetic), or skirts
- Lightweight, long and short sleeve, non-iron shirts (linen, cotton, light rayon, or quick-dry synthetic)
- Scarf (for sun/wind protection)
- Lightweight rain jacket/windbreaker with hood
- Light cotton or wool sweater
- Underwear, socks, and handkerchiefs
- Hat with brim
- Pajamas
- Swimsuit (optional for hotel pools)
- A set of dressier clothing for farewell dinner (optional)

Miscellaneous:

- Passport and airline tickets,
- Cash
- Credit cards/ATM card
- Safety Wallet and/or money belt
- Photocopies of documents/tickets (kept separately from the originals)
- Spare eyeglasses
- Sunglasses
- Sun-blocking Chapstick
- Cell phone, charger and adapter(s)
- Binoculars (*optional*)
- Walking stick (*optional-should be packed in your checked suitcase*)
- Notebook and pen
- Sewing kit (*must be packed in your checked suitcase*)
- Pocket tissues
- Zip-lock bags
- Camera and/or video camera and memory cards
- Snacks
- Plug adapters/converter
- Inflatable pillow for on the bus or plane
- Extra foldable bag for extra space for souvenirs/purchases
- Headphones for headset system (*if you prefer to use your own in flight or on tour*)

Medications & Toiletries:

- ❑ All prescription and non-prescription medications, including copies of the prescriptions with brand and generic drug names
- ❑ Optional antibiotics with a copy of the prescription
- ❑ Pepto-Bismol or similar
- ❑ Aspirin or other pain medication
- ❑ Imodium or Lomotil (to control diarrhea)
- ❑ Assorted band-aids
- ❑ High SPF UVA UVB sun block
- ❑ Hand sanitizer and wipes
- ❑ Insect repellent
- ❑ Personal toiletries such as toothbrush, toothpaste, soap, and shampoo

It's a good idea to carry some toiletries with you, as well as an extra set of clothes, so you can use them on the plane or if your checked luggage is delayed in reaching your destination. You are allowed one piece of carry-on luggage that will fit up in the bin or under your seat. This restriction is more enforced now than ever before.

FLIGHT ARRANGEMENTS

Because there are several flight options available, there is no group flight for this program. If you would like assistance with booking your flights, you may contact Dmitry at 206-696-7052 or by email at dmitry@mircorp.com for assistance with making your flight arrangements. If you prefer to book your own air reservations, once your flights are confirmed, please send a copy of your itinerary to AIA Tours.

AIRPORT CHECK-IN AND SECURITY

Please arrive at the airport **at least two hours before your scheduled domestic flight departure and three hours before an international flight departure** to allow yourself enough time to check in and pass through security. **Remember to hand-carry your passport.** Participants will not be allowed to check in without proper identification.

Be certain that the check-in agent properly tags your bags through to the correct destination, and that you have all baggage receipts attached to your airline ticket. The airport code for the Baku Heydar Aliyev International Airport is **GYD**.

Many U.S. domestic carriers will automatically transfer your luggage to an international carrier if requested. "Interlining" is a convenient way of having the airlines handle your baggage, and saves you from having to claim your baggage at the end of each flight segment and re-check it onto the next flight. Although interlining may increase the probability of your bag going astray while being transferred at airports, most people feel that the convenience outweighs the possibility of lost luggage. To help prevent misrouting, remove all previous airline tags from your luggage before check-in.

For security reasons, all checked and carry-on bags are subject to X-ray and a physical search by the TSA (Transportation Security Administration) personnel. Travelers may be required to remove their shoes so they may be X-rayed with their carry-on bags. To minimize potential damage to your bags, we recommend that you do not lock your checked luggage. If you prefer to lock your checked luggage, we recommend that you purchase a lock from a manufacturer recognized by the TSA.

We recommend you avoid wearing clothes with metal grommets or fittings on flight days, as you may be asked to remove them or be subjected to further security checks in airports.

Duty-Free Shopping

You must show your international boarding pass and passport when making purchases in duty-free shops. Please allow enough time for security checks as you proceed to the boarding gate.

ARRIVAL & DEPARTURE TRANSFERS

Airport transfers are included for all guests who arrive in Baku Heydar Aliyev International Airport (GYD and depart from Yerevan on the Zvartnots International Airport (EVN) on the scheduled group program start (10/15/2024) and end (10/29/2024) dates, regardless of their arrival or departure times. The check-in time at Hilton Baku is 3:00 p.m. To join the welcome reception, please arrive at the hotel by 6:00 p.m. The check-out at the Tufenkian Historic Yerevan Hotel is at noon.

OTHER TRAVEL RESOURCES

To help you prepare for your trip, some useful websites follow. While we make every effort to provide complete and current information, it is important for you to be an informed traveler. Travel information frequently changes, so it is strongly recommended that you verify the information before your trip.

United States Embassy in Armenia:

1 American Avenue

Yerevan 0082

Republic of Armenia

Tel: (+374 10) 464-700

E-mail: ACSYerevan@state.gov

U.S. Citizen Services: 2 pm – 4 pm, M-F

Tel: (+374-10) 49-45-85 Fax: (+374-10) 46-47-37

For emergencies during Embassy business hours (M – F, 9 am – 6 pm) please call (+374-10) 49-46-86.

For after-hour emergencies please call (+374-10) 49-44-44.

United States Embassy in Azerbaijan:

111 Azadlig Avenue

Baku AZ1007

Tel: (+994 12) 488-3300

Fax: (+994 12) 488-3330

E-mail: consularbaku@state.gov

Website: <http://az.usembassy.gov/>

Consular Section's public hours for American Citizens Services are M–Th 2 pm–5 pm and Fri 9 am–12 pm, except for American and Azerbaijani holidays. Routine American Citizen Services are provided by appointment only. If there is a life-threatening emergency involving an American citizen after regular Embassy business hours (8:30 am–5:30 pm), you may call (+994 12) 488-3300 and ask for the Duty Officer. For an emergency involving an American citizen during regular business hours please call (+994 12) 488-3300 and ask for the Consular Section. If you are calling outside of Azerbaijan use 1-888-407- 4747.

The Embassy of the United States of America in Georgia

11 George Balanchine Street, Didi Dighomi
Tbilisi, Georgia 0131
Tel: (995 32) 227-70-00 Fax: (995-32) 253-23-10
U.S. Citizen Emergency Assistance: (995-32) 227 77 24
After-hours Emergencies, Duty Officer: (995 32) 227-70-00
E-mail: askconsultbilisi@state.gov
Web: <http://ge.usembassy.gov>
Embassy Hours: M - F, 9 am–6 pm. Closed on American and Georgian holidays.

The U.S. State Department:

We recommend that you visit this website for complete current travel information. Choose your destination country from the drop-down list to view specific country information, as well as tips for a safe journey. <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>

U.S. State Dept. Background Notes

The U.S. State Department issues *Background Notes* to provide an overview of each country's land, people, history, government, political conditions, economy, and relations with the United States and other countries. *Background Notes* for the countries to be visited during this travel program can be read or printed from <http://www.state.gov/r/pa/ei/bgn/>.

Library of Congress Locations in Country Studies: <https://www.loc.gov/collections/country-studies/index/location/>

Centers for Disease Control: www.cdc.gov

The site offers updated information on immunization requirements as well as detailed information on specific diseases, the area of outbreak, and a summary of health information for international travelers. Visit them online and select "Travelers' Health."

U.S. Customs and Border Protection: <https://www.cbp.gov/travel>

This site provides detailed information on U.S. Customs regulations, duty rates, trusted traveler programs, etc.

Transportation Safety Administration: <https://www.tsa.gov/travel>

This site provides information on airline travel and security, including regulations on checked and carry-on luggage, prohibited items, current restrictions, and news about travel warnings.

For calling the United States while abroad

AT&T's USADirect: (800) 428-8468

For cellular phone use abroad

www.ustronics.com

www.cellularabroad.com

For local weather

www.weather.com or www.wunderground.com

ATM Locator

<https://www.mastercard.us/en-us/personal/get-support/find-nearest-atm.html>
[https://www.visa.com/atmlocator/#\(page:home\)](https://www.visa.com/atmlocator/#(page:home))
https://network.americanexpress.com/en/atm_locator/