**PLEASE DON’T FORGET ME LIST**

**Name of Trip and location Date**

# Certified Tour Director

# Certified Travel Agent, Melanie Moore

We are so delighted that you are joining us for the upcoming excursion! I ask you to carefully read the following information to ensure that your experience is as physically comfortable and spiritually rewarding as possible.

Each journey invariably includes two itineraries. On the physical part of the journey, we each travel as a member of a group to places of extraordinary beauty, power and enchantment. On the inner journey, we travel solo down a long winding road often rife with potholes, detours and rivers to cross with no bridge in sight. The inner journey requires that we bring along all our love and courage to honestly deal with ourselves to separate truth from illusion.

The inner journey is potentially the hardest one we ever make. For the physical journey we just need a sense of humor, flexibility and a properly packed bag containing all the things a physical body could need!

**Mandatory items**  Money for alcoholic drinks if you have one in town (not allowed at the retreat), personal items and extra activities if so desired.

* Water bottle suitable for daily use (water can be purchased onsite).
* Sturdy, well broken in walking shoes/boots and/or sandals
* Enough of your medication for the entire trip in your carry-on bag, not packed in your luggage
* Your prescription glasses
* Earplugs – in case you have a roommate that snores
* A journal to write in
* Have a copy of your passport facepage (the page that has your picture on it) as well as two passport photos in case your passport is lost or stolen! This is critical when traveling.

**Strongly Recommended items & Check with Physician for Recommended Vaccines**

* A hat or visor is very important for protection from the sun.
* Suntan lotion and bug repellent, if critters are attracted to you!
* Sunglasses
* Travel pants that you feel good about sitting on the earth with. Often in the morning it’s cool and by afternoon it becomes warm. Make sure you have layers to accommodate any situation. If your physical body is comfortable you will find you are better able to deal with your internal processes.
* One thing to wear in town that is nicer for the restaurants.
* LAYERS!
* Poncho for rain  Camera, tissues and snacks  Alarm clock to be on time!
* A lightly packed bag - please! Just as a side note, we’ll be at altitude on this journey – often at a mile high.
* Whatever else your trip requires make sure you list it here.

Sistah Girls Luxury Tours and Travels

While each person’s body has different needs, we recommend the following vaccines and medications as a precaution when traveling, especially to foreign countries. **These** **recommendations are meant to prepare you so you can make intelligent choices regarding** **your body,** and what you will need to have on the trip. Please consult with your own doctor regarding these suggested medications.

**Trips in the U.S.**

* Pepto Bismol for mild stomach problems or diarrhea
* Imodium for moderate diarrhea problems
* Aspirin, Tylenol or Motrin for aches, pains, headaches, etc.
* Rolaids, Tums or any antacid of choice
* Benadryl for allergic reactions, bug bites or lack of sleep
* A tube of Bacitracin or Triple Antibiotic Ointment for cuts and a tube of Hydracortisone creme for itchy bites and rashes
* An Epi-pen if you are susceptible to severe allergic reactions

**International Trips**

* Six pills of Ciprofloxin 500mg (or the equivalent if you are allergic to Cipro) to be taken twice a day for three days for severe diarrhea that lasts more than a couple of days or for food poisoning.
* One set of ten days of Amoxicillin (or the equivalent if you are allergic to penicillin) for sinus infections, bronchitis or pneumonia
* Have you had your Measles, Mumps and Rubella vaccine?
* Tetanus shot
* Polio Vaccine
* Hepatitis B: This consists of three injections given over 6 months. All people regardless of whether they travel or not should consider this set of injections. Hepatitis B is passed through sexual relations and/or blood exchange. A person can be a carrier of this disease without you ever knowing it.
* Hepatitis A: It is recommended by the Center for Disease Control that all travelers have this vaccine. It consists of two injections given 6 months apart. You can catch Hepatitis A just from drinking a glass of water and pass it to an entire group of people from sharing water bottles, etc.
* Measles Vaccine: ask your doctor if you need a second dose
* Please consult your travel physician regarding the current Center for Disease Control recommendations.