



# The Dragon's Path

Cultural Walking Adventures

## **Destination Packet Turquoise Coast Active Cruise, Cappadocia Extension.**

The Dragon's Path is looking forward to welcoming you to a land of myth, history and legendary hospitality - the southwest Turkish Coast of the Aegean and Mediterranean Seas. For centuries travel by boat has been a tradition in the Turkey. Our trip will take us where it is easy to imagine the life of the early seafarers as you stand on the deck of our traditional wooden yacht. The words of Homer and the Greek myths take on new life. The experience is certainly romantic.

On this voyage of history and hedonism we travel aboard an elegant gulet (locally-built yacht) with double bed cabins and private bathrooms. On board and ashore we feast on Epicurean delights. As we travel beneath towering mountains that cascade into crystal blue seas, we visit quaint Turkish villages, hidden rock coves, wooded inlets and magnificent ruins of the Roman, Greek, Byzantine and Ottoman empires.

During our trip we will anchoring in remote sheltered bays embraced by the sun allowing us to hike along local paths to small villages and explore regions where tourists are unknown. The remote bays offer time to time to swim, snorkel and windsurf in warm, clear waters. Some nights will find us in small local towns strolling along the waterfront and savoring the local color in neighborhood cafes. Traditional Turkish meals are prepared on and off-board from an array of fresh vegetables, fruit, dairy goods, lamb, and freshly caught fish. Turkish cuisine has a reputation for being among the finest in the world.

From these harbors of antiquity we sail to tranquil villages decorated with mosques and minarets and meet the friendly locals. Our walks into the interior take us to isolated villages and scenic wonders. We roam among Greek, Roman, Byzantine and Lycian ruins, learning about the history, customs and daily lives of the people who once lived here, and joining in the lives of those who now inhabit this beautiful country. Nowhere in the world is there such a rich mix of culture and history as in Turkey.

Turkey's land mass is 780,000 sq km with 97% in Asia (The Anatolian Plateau) and 3% in European and Asian sides are divided by Bosphorus, the Sea of Marmara and the Dardanelles. Anatolia is a high plateau region rising progressively toward the east broken by the Dicle (Tigris) and the Firat (Euphrates). Turkey enjoys a variety of climates ranging from the temperate Aegean Sea to the Mediterranean coastal regions. The coastline of Turkey's four seas is more than 7,000km in length.

### TURKEY AT A GLANCE



#### **Population:**

Turkey has 67 million inhabitants, 50% of whom live in the countryside. The major cities are:

- Istanbul (9,000,000)
- Ankara, The capital (6,000,000)
- Izmir (4,000,000)
- Adana (3,000,000)
- Konya (2,000,000)

#### **Language:**

The Turkish language is neither Indo-European nor Semitic it belongs to the Uralo-Atlantic group and has an affinity to the Finno-Hungarian languages. Turkish is written with Latin characters and is spoken by some 80 million people.

#### **Religion:**

The Turkish population is 99% Moslem. Turkey is a secular state which guarantees complete freedom of worship to non-Muslims.

#### **Dates in History:**

- 6500 B.C. : Catal Hoyuk, the oldest Neolithic town.
- 3000 B.C. : First settlement at Troy.
- 2000-1750 B.C. : Assyrian Trade Col. Inscription.

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- 1750-1200 B.C. : The Old Hittite Kingdom and the Hittite Empire.
- 6th century B.C. : Golden Age of the Ionian cities. Ephesus, Pergamon, Miletos and Priene.
- 334 B.C. : Victory of Alexander the Great over the Persians and the conquest of Anatolia in a year.
- 30 B.C. : Roman Hegemony.
- 395 A.D. : Beginning of the Byzantine period.( East Roman)
- 1045 : Appearance in Eastern Turkey of Central Asian Turkish tribes, the Seljuks.
- 1071 : Defeat of the Byzantines by the Seljuks at Malazgirt and the foundation of the first of the Seljuks emirates.
- 1299 : Establishment of the Ottoman principality.
- 1453 : Conquest of Constantinople by the Ottoman Sultan Mehmet.II. The city is renamed Istanbul and made the Ottoman capital.
- 1520-1566 : Reign of Sultan Sulayman the Magnificent and the apogee of the Ottoman Empire.
- 18th-19th Century : Decline of the Ottoman Empire.
- 1914-1918 : Turkey allies with Germany in the First World War.
- 1918 : Occupation of Turkey by the Allies.
- April 23,1920 . Convening of the Turkish Grand National Assembly in Ankara.
- Mustafa Kemal is elected of Parliament.
- June,1920-October,1922 : Turkish War of Independence.
- 1923 : Lausanne Peace Treaty. Proclamation of Turkish Republic.
- 1925-1935 : Great Reforms.
- 1938 : Death of Mustafa Kemal Atatürk.
- 1950 : Following the establishment of the multiparty systems,general election.
- 1952 : Turkey's Adherence to NATO.

### Economy:

Agriculture plays a very important role in the Turkish economy in which the main crops are wheat, cotton and tobacco. Sheep (37 million head) are Turkey's most important livestock and Turkey is the major European wool producer.

### Natural Resources:

The principal minerals extracted are coal, chrome ( important export), iron, copper, bauxite, sulfur and oil.

### Industry:

Industry is developing rapidly and is directed mainly toward the processing of agricultural products, metallurgy, textiles and the manufacture of automobiles and agricultural machinery.

### Political Structure:

The Turkish Republic is a member of NATO,OECD and the Council of Europe and is an associate member of the EEC.

### Temperatures:

#### Average Temperature Variations

Area	Winter	Spring	Summer	Fall
Istanbul	43	75	80	75
Cappadocia	37	70	85	80
Antalya	54	68	82	72
Izmir	50	68	82	68

#### Average Sea Temperature

Area	Winter	Spring	Summer	Fall
Aegean region	52	63	79	72
Mediterranean	63	66	80	79

## **ENTRY REQUIREMENTS & TOURISM INFORMATION**

### **Passports:**

Valid passports are required for your travel to Turkey. Please check your passport expiration date prior to your departure.

### **Entry & Exit Requirements:**

A passport and visa are required. Currently, holders of all types of passports, if they are traveling as tourists, can purchase a 90-day sticker visa at the port of entry for USD \$20 cash.

Travelers arriving by cruise ship for a day trip to Turkey do not require a visa if they are not staying on shore overnight.

For further information, travelers in the U.S. may contact the Embassy of the Republic of Turkey at 2525 Massachusetts Avenue NW, Washington, DC 20008, telephone: (202) 612-6700, or the Turkish Consulates General in Chicago, Houston, Los Angeles, or New York. Visit the Embassy of Turkey website for the most current visa information. Overseas, travelers may contact a Turkish embassy or consulate.

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## **ARRIVAL & DEPARTURE INFORMATION**

### **Cab, Taxi or Shuttles:**

For transportation from your arrival airport simply leave the terminal and you will find the cab / taxi line. Take a cab / taxi and expect to pay about \$25 USD for the ride to Sultanahmet area hotels.

**Note:** if you would like us to arrange a transfer please let us know in advance!

### **Airport Security:**

Security precautions at airports, both domestic and international, are very strict. Don't be surprised if your luggage gets x-rayed several times. Don't be alarmed if you are even given a light body-frisk in a curtained compartment. You may be asked to re-identify your luggage on the runway before it is loaded onto the plane. Turkey has had very few incidents of terrorism and officials intend to keep it that way.

### **Hotel Arrival Meeting in Istanbul:**

We will meet at Aya Sohi Pension the arrival hotel for a welcome meeting prior to dinner on May 21st. Plan to meet the group approximately 6:00 PM local time.

### **Note:**

Aya Sohi Pension is both the Arrival and Departure Hotel (All pre-hotel nights are booked here)

Those taking part in the Cappadocia Pre-Trip will meet the guide in the Pre-Trip hotel to transfer to the airport on May 18th at 09:00 AM local time.

### **Arrival / Departure Hotel Information:**

Web Site - <http://www.ayasofyapensions.com/>

The historic Ottoman houses along the walls of Topkapi Palace, facing Hagia Sophia. They recently did a renovation. Marijana Blazica 2

Check in time: 2pm, check out time noon. rooms may be ready to check-in at an earlier time if prearranged.

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### **Hotel Departure in Istanbul:**

We will be departing from Aya Sohi Pension. There are no events planned for this final morning. Departure is based on your flight schedule or extension. Breakfast is included. Please arrange for your taxi's to the airport the day prior to departure.

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## **DAILY SCHEDULE**

Traveling in general takes patience and openness to cultural differences. Be aware that things might not happen on your schedule or the way that you would like them to. If you are open to being patient and working through the cultural differences we feel this will be an important part of your overall cultural experience – so try to accept and (if at all possible!) embrace it.

Our schedule has been designed to be flexible based on weather, sailing times and overall interest of the group. On some nights we will be in popular ports which allow for a bit of nightlife while other nights we may prefer to sail to a more secluded harbor. Each night at dinner we will let you know what the plan is for the following day after we have checked the weather and the wind with the Captain and our guide.

On hot days we will try to offer earlier hikes, returning to the boat for lunch, swim, relax. We have arranged some guided tours of more historic sites and these are of course optional. On occasion we will offer two options, one that involves a walk while the other involves cruising with the boat into a village where the walkers will arrive.

Though meals are included when on the boat, you may choose to have dinner on your own in one of the lovely village restaurants. Our guide and captain will do their best to recommend restaurants you may enjoy.

Each day our captain/crew visits local markets to supply us with our food for the day. If you would like to join them for market visits we will attempt to arrange this.

### **Physical Conditioning:**

Our trips to Turkey range from easy, hotel or yacht – based trips to more rugged adventures that involve trekking and camping in remote areas. Some trails are rocky and steep in sections. The better your physical condition, the more you will enjoy your trip. On the yacht– based trips, you can hike, snorkel or swim as much or as little as you prefer.

### **Weather & Bad Weather:**

The weather in Turkey in May should be very pleasant, with temperatures typically in the 70s and 80s during the day, and consistent breeze while on the water. Evenings on the boat may be cooler so you will want a sweater or light fleece. Of course there is always a chance of rain so we advise you to also bring a light rain/wind jacket.

Please note that this trip was set based on the date that worked for the group. There may be days when it is too hot to hike and we will spend more time in and around the water.

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## **HEALTH AND INSURANCE**

To go on this trip, you must be in good health and in reasonably good physical condition. We make every effort to ensure a safe and enjoyable trip, but you should be aware that there are certain risks associated

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with any type of adventure travel. You should bring a copy of your health insurance card with you and carry it on your person at all times. We strongly recommend you call your insurance carrier and find out about your coverage in terms of international travel BEFORE departing for your trip.

We also strongly advise you purchase separate travel insurance BEFORE your departure. Such insurance may help you around non-refundable costs if for example your luggage is lost or you have a last minute cancellation due to unforeseen reasons.

### **Personal Health:**

From a health standpoint Turkey is a safe country in which to travel. We recommend to use bottled water for drinking water, however in general it is OK to use tap water for such things as brushing your teeth. You will find sanitary facilities to be clean and modern. Although biting insects are not a problem in Turkey it is a good idea to bring a small amount of bug repellent.

### **Immunizations:**

As of date there are no required immunizations for Turkey.

The World Health Organization recommends that all travelers, regardless of the region they are traveling in, should be covered for diphtheria, tetanus, measles, mumps, rubella and polio, as well as hepatitis B. While making preparations to travel, take the opportunity to ensure that all of your routine vaccination cover is complete. Rabies is also endemic in Turkey, you might want to consider ensuring your rabies shots are updated.

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## **EMERGENCIES**

### **Guide & Hostess Contact Information While in Turkey:**

Emergency contact information will be send with updated guide and boat contact numbers closer to departure.

Guide Contact: Salih Orgun (our guide) +90-532-287-0631

Office Contact: Alper Ertubey (office support) +90-532-264-0429

Hostess Contact: Kathy Dragon 303-931-0785\*

\* Note: Kathy's number is forwarded to a skype mailbox for voice messages but does receive text messages/SMS messages as well as email at [Kathy@thedragonspath.com](mailto:Kathy@thedragonspath.com)

### **Emergencies While In Turkey:**

In the event of an accident seek help at the number 112 for ambulance and 155 for police! This number can be reached any time, day or night, regardless of where you are in the Republic of Turkey. Calls to this number are free of charge. Calls can be made through all operators and all telephone devices by dialing 112, or 155.

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## **TRAVEL INFORMATION**

### **What to Expect in Turkey:**

The coast and interior of Turkey offers a variety of terrain. Expect uneven stone paths often overrun with broom and other vegetation which may support long pants. You will also want to bring a comfortable and supporting shoe to hike and/or walk on the uneven stone paths. Paths are generally quite exposed to sun throughout the day so you will want a hat to help protect you head, face and neck from the sun.

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Turkey is a large country with wide climatic variations according to its distinctive regions. Humidity is quite moderate (40%) along the Aegean coast ,somewhat higher (70%-80%) in Istanbul, Cappadocia and along the Black Sea.

This coastal region is usually warm throughout the year with average temperatures rising to 30C (86F) in summer months. In spring and autumn the average temperatures are around 24C (75F). Evening temperatures can be cool requiring a sweater or light jacket.

Anatolia is a high plateau, which experiences a wide range of temperatures. In Cappadocia daytime temperatures can be quite hot (90s in July) with cool evenings requiring a light jacket.

### **Shopping and Souvenirs:**

Shopping in Turkey is an adventure!

It is also relatively inexpensive for many items. Turkey offers some of the greatest diversity of interesting handicrafts in the world. Of particularly good value are leather goods, rugs and carpets, clothes and jewelry. Istanbul has the greatest selection of items in general, especially at the exciting KapaliCarsi covered market featuring over 4000 shops (watch your belongings). Most shops are closed on Sundays (including Kapali Carsi).

Most shops are typically open from 8:00 AM until 8:00 PM on weekdays and until 2:00 or 3:00 PM on Saturdays. Some shops work a split-shift system: from 8:00 AM to 12:00 PM, and again from 4:00 PM to 8:00 PM. Many shops stay open until 10:00 PM, even on Sundays, especially in summer, while certain shops in the larger cities are open for business 24 hours a day. Public services and business offices work from 8:00 AM until 4:00 PM Mondays to Fridays.

Shopping among Turks is more than business: it is pleasant social event. In the less touristy shops the merchant's sincere welcome is quickly followed with an offers of refreshment if the thinks you are going to buy (usually a glass of hot tea or a soft drink). Shopping should be leisurely. Sit down, relax and sip your beverage while the goods are displayed and you learn about them from the merchant. After social custom has been satisfied, a polite discussion of price can save you as much as 30% (more or less) off the first price asked. Don't bargain unless you are seriously considering buying! It is considered extremely rude to not buy after a merchant has met your price, but if he hasn't, don't feel obligated to buy just because you were given a free drink.

Specific buys include Anatolian rugs and carpets, kilims (flat woven mats),hand-beaten copper and brass, embroidery, harem rings, traditional Ottoman costumes, cotton clothing (heavy shrinkage), gold and silver, hand painted plates, meerscham pipes and onyx. Bargaining is an accepted practice although prices in some of the more modern shops are fixed and bargaining can be an insult to the shop keeper. When in doubt, ask your guide to assist you.

### **Photography:**

You will find many outstanding opportunities for photographing beautiful landscapes and seascapes, colorful shopping bazaars, whitewashed villages, flowers, interiors and exteriors of beautiful buildings and exotic people. As in many other countries be careful of shooting pictures of people without first asking their permission. Women in particular, especially in rural areas and in Eastern Turkey, are very camera shy. It is best not to photograph women anywhere under any circumstance without asking. Military facilities, including airports, are also off-limits. Some museums and mosques do not permit photographs; others do but may charge a fee. Posted signs advise visitors.

### **Visiting Ancient Ruins:**

Many visitors are initially surprised so many of the Greek or Roman sites that they studied in classical literature or art history courses are located in Turkey. These include well-known cities like Troy, Pergamum, Halicarnassus, Ephesus and Constantinople. Lying on the crossroads of ancient trade routes between the Orient and Occident, the Anatolian coasts and have been populated by communities of indigenous

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prehistoric peoples, followed by waves of migrants and conquering armies arriving from both the East and West. Today excavated sites that one can view stretch through the riches of four great epochs from the early Hittite period (about 1500 BC) through the empires populated by Greeks and Romans, to the Byzantine Christian era, followed by the Seljuk and Ottoman Turkish Empires. Sometimes Byzantine-era churches were converted in to mosques; stone blocks from Greek temples or Roman aqueducts toppled by earthquakes later were reassembled into house foundations or used to construct Crusader castles. Despite all the natural and human caused devastation over the centuries many of the sites still evoke the sense of grandeur that they once possessed as ancient city-states. Most have been excavated and some restored only within the last 30 to 40 decades.

Foreign archaeologists have been working side by side with their Turkish counterparts to restore many ancient ruins. Unfortunately, foreign “amateur” archaeologists early in the 20<sup>th</sup> century removed many artifacts and treasures to their home countries. Turkey is now taking legal and political steps to reclaim these, especially from Germany, England and the U.S. Some of the typical monuments you might see at an archaeological site include such things as: Greek or Roman temples, an acropolis, baths, aqueducts, agora (marketplace), open-air theater, Odeon (small roofed theater, also used for town meetings, lectures, concerts), bouleterion (town hall), nymphaion (fountains), necropolis (cemereties,with tombs of all types), shops and house foundations, mosaic floor, marble-paved walkways, triumphal archways, commemorative statues, ancient harbor configurations, ancient Byzantine churches, Seljuk mosques, Crusader fortresses, castles and battlements, Ottoman mansions, palaces, and harem quarter’s.

### **Protecting the Environment:**

This area is becoming increasingly popular and special care should be taken to abide by local regulations and your guide’s leadership to minimize your impact on the environment. We are very concerned that your crew and guides also strictly abide by these regulations and that they do not pollute the marine environment. Any infractions or abuses should be reported to us upon your return.

### **Cross Cultural Tips for Turkey:**

Events will arise during your Turkey visit which place your own cultural beliefs and behaviors in contrast to those of your guide. On a short trip you will not learn all or even most of the differences between cultures, but it is possible to learn enough to better understand Turkey and to attune your behavior to that of the people around you. We offer the following suggestions to minimize cross-cultural faux pas and make the trip more enjoyable for you and the people you encounter.

### **Manners and Etiquette:**

The first thing you might notice in Turkey is an overwhelming politeness and hospitable welcome to visitors. This friendly attitude manifests itself in excellent service in shops and restaurants. Visitors are encouraged to be courteous and polite throughout your trip. The Turkish language has an abundance of polite phrases which you might want to learn. Turks also tend to speak in lower tones, rather than shouting volubly as is common in other Mediterranean countries.

The following gestures or behaviors are considered rude in Turkey: pointing or wagging your finger, blowing your nose in public, picking your teeth, exhibiting an open display of affection for the opposite sex in public, showing the soles of your feet or shoes toward someone’s face. One useful Turkish gesture you should know is the head movement for “yes” (evet) is a downward nod of the head.” No” (hayır) is an upward nod of the head, which invariably creates confusion among tourists.

### **Visiting Mosques:**

The Turkish population is 99% Moslem but Turkey is a secular state which guarantees complete freedom of worship to non-Muslims. Please remember that strict observance of Muslim customs should be followed when entering a mosque. Visiting a mosque is no problem for foreigners, although certain regulations should be observed. Don’t visit mosques on Fridays, which is the Muslim holy day. On other days of the week it’s fine to visit mosques although try to avoid the call-to-prayer time which is announced by the muezzin from the minaret five times daily. Prayer times are roughly announced at dawn, noon, mid-

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afternoon, dusk and evening. Wear conservative clothing when visiting a Mosque including a shirt, certainly no shorts, or overly revealing looks. Women should not be exposed, and legs should be covered at least to the knees. When entering the mosque remove your shoes. There will usually be shelves outside where you can leave your shoes before entering. Muslims kneel and touch their forehead to the carpet when praying, facing in the direction of Mecca. Do not disturb, stare at, or walk near anyone praying. Do not talk loudly or take flash pictures.

### **Women Traveling Alone:**

Women walking and traveling alone in Turkey are generally safe, although you will notice that most Turkish women and girls stroll or shop accompanied by another female. Western women should ignore any unwelcome advances made by men on the street. This situation does not arise often, and it can usually be dispensed with easily simply by not looking the man in the eye, and totally ignoring any remark or gesture.

### **Pedestrians and Traffic:**

Vehicle traffic can be a major menace in Turkey especially in crowded urban areas. Pedestrians should always be aware of Turkish motorists and be ready to yield to any vehicle even if in a crosswalk with a lighted "walk" sign.

### **Street Hustlers:**

Hustlers and hawkers sometimes pester tourists around shops, makeshift stands and archaeological sites. Usually they only want to sell you postcards or a guidebook. Some merchants will call out to potential customers as you pass by on the street. If you are not interested, ignore them and walk away. If you are traveling on your own (not on a The Dragon's Path group trip) and find yourself in a situation where you feel you are being hustled or taken to a tourist trinket shop tell your guide/driver you are not interested and don't buy at that location.

### **Children, Gift Giving & Begging:**

Except for common tourist sites, begging is not common in Turkey. Since about 50% of Turkey's population is under 20, you will find lots of curious little kids who want to practice their English. You are discouraged from giving out gifts or money whether it is solicited or not unless you have a meaningful interaction with an individual and want to leave him/her with a small remembrance. We do not want to encourage or initiate expectations of any kind.

### **Money & Banks:**

Turkey's currency is the Türk Lirası (Turkish Lira; TL). Lira comes in coins of 10, 25 and 50 kuruş and a 1 lira coin, and notes of 5, 10, 20, 50 and 100 lira.

As of March 2010 approximately 1.49 Lira = \$1USD

Foreign currency can be exchanged in banks, exchange offices, post offices, travel agencies, hotels, camps, marinas and checks can be cashed in banks. Please note bank hours are very different from bank hours in the U.S. Most banks are open only in the morning from 8 AM to 12:30 PM and a couple of hours in the afternoon.

USD cash is widely accepted. Euros are also accepted at some larger shops and hotels and generally taxi shuttles. Credit cards ARE widely accepted. If you need to change money during the tour we recommend that you look for a bank in the morning prior to any outing for the day. ATM's are best and Travelers Checks tend to be the worst.

ATM Bank Machines can often be found at major tourist stops, most ATM's dispense USD, and Euros while other machines may dispense Lira. If you prefer to have some Euros with you we suggest you withdraw them from a Bank prior to the start of trip or at an ATM in a transfer city in Central Europe.

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While you will be able to change money at the airport upon your arrival but the rates will not be as favorable as they are at banks or via and ATM so you may want to change a small amount at the airport, and more once you arrive in the city.

We recommend being prepared with a variety of money solutions and options. As an example you may wish to have USD cash (\$300-\$400 including a few \$1 bills to get through initial tipping at airport if you need), a small amount of local currency if you prefer, travelers checks in small denominations and of course an ATM card or a credit card that you can use at an ATM.

We **strongly recommended** you contact your banks to notify them of your travel dates and destinations as well as which Credit Cards and/or ATM's you plan to use. Remember to request your credit card &/or ATM PIN numbers well in advance of the tour. It is advisable to bring a more than one ATM or Credit card as certain machines only take specific affiliates.

### **Site Seeing in Cities:**

Be especially aware of your valuables when traveling within cities. Carry your money in a safe place on your body and either leave your passport, valuables and air tickets secured on the boat or take care to ensure their safety on your body.

### **Public Bathrooms:**

Toilets in Turkey are rapidly being changed to western-style "sit down" models however, you will still find many examples of the hole-in-the-ground type with two footpads like those found in Asian countries. Hole-in-the-ground restrooms will mostly be found in rural towns, restaurants and bus stations. After adapting to the squatting position many visitors find it preferable and more sanitary than sitting on a toilet paper as Muslims do not generally use toilet paper (although water for washing is always right at hand). In some cases you must dispose of toilet paper in a waste receptacle rather than by flushing. Public toilets are not always readily available so plan ahead! In descending order the best places to look for are hotels, restaurants, rest rooms adjacent to mosques, and then bus and train stations where cleanliness may leave a lot to be desired. Some public toilets have attendants and charge small fees.

### **Mobile Telephones / Smart Devices / VOIP Calls:**

GSM phones work throughout Turkey Public phones are also available and Internet cafes with SKYPE headsets. It is only when we are in more remote coves of smaller islands that phones service may not be available. If you have not set up a SKYPE login we advise that you do this in advance online at <http://www.skype.com>. Once you deposit a small amount of money into an account you can call a land line anywhere in the world at lower rates and you can call other Skype members free.

If you are planning to use your Mobile Phone or Smart Device check with your carrier as international rates are typically very expensive. A common mistake for travelers with data plans for Mobile Phones and Smart Devices is the phone or smart device has a limited amount of data transfer is often connecting for data while powered on in which you often will be paying for those data connections even if you are not accepting international calls and sending them to voice mail.

Smart Devices like Blackberry and Mobile Windows Phone users often have a limit on the number of mb of messages you can download without paying additional costs when roaming internationally. You may want to change your auto download feature to only download message headers or 5k of messages.

We strongly advise you contact your Mobile Phone Provider to carefully review your INTERNATIONAL Data and calling Plans as well as type of phone and/or smart device you plan to use while on your trip.

### **How to Make Calls:**

Turkey Country Dialing Code: +90

When calling from USA to Turkey 90 dial 011+90+Phone Number

To phone home from Turkey to the United States you must dial:

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**The Dragon's Path** WEB site: [www.thedragonspath.com](http://www.thedragonspath.com) E-mail: [kathy@thedragonspath.com](mailto:kathy@thedragonspath.com)

2105 Mapleton Ave. Boulder, CO 80304 Tel: 303-445-9974 Fax: 790-565-5949

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- o The "Foreign Call" code 00 or "+" (double zero or plus sign)
- o Your country code (USA = 1)
- o Your city code and phone number

From a mobile phone you may also try +1 and then the number

To call home if you wish to avoid high hotel rates a good option is to use a public phone. All public phone booths use a local phone card. Phone cards are available at any post office and most kiosks and many newspaper stands. Phone cards come in denominations of 100, 500 credits can be used for all local and international calls.

### Important Numbers:

Important telephone numbers: (note +90 is needed when calling from mobile phones or abroad, the other numbers are calling from public phones)

- \* International country code for Turkey: +90
- \* Police: 155
- \* Fire Brigade: 110
- \* Ambulance: 112
- \* Emergency when calling from abroad or by mobile phone, call +90-212-
  
- \* The countrywide number for all emergency situations: 155
- \* General information: 981
- \* Tourism Police 0212 527 45 03
- \* \* Weather forecast and road conditions: 060 520 520
- \* Call a doctor 113

### Paper (aka Snail) Mail:

Post offices are open from 7:00 AM to 7:00 PM on weekdays, in smaller centers from 7:00 AM until 2:00 PM; some offices work a split shift. In most towns and tourist centers, on-duty post offices are open on Saturdays and Sundays until 9:00 PM Postage stamps may also be purchased from newspaper and PTT kiosks

It costs about 1 TL (70¢) to send a postcard back to the U.S. The post office is fairly reliable but very slow. It takes about 4-10 days for postcards to arrive in the U.S. from Turkey

### Power Cords, Power Adapters & Electricity:

The electrical current in Turkey is 220 volts, 50 cycles alternating current (AC). You may wish to purchase a converter in the U.S., which will help determine which voltage the hotel has. You will need the adapter plugs, generally the rounded 2 prong plugs are found in Italy but you might want a converter/ adapter kit as other configurations can be found.

While on the boat there are both outlets as well as a few plug adapters for client use. You may prefer to bring your own.

### Electrical Plugs



220V 50Hz

### Noise:

Although generally not an issue you may find earplugs helpful to avoid boat, village and city noises.

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### **Sundries, Pharmacies, Medicines & Toiletries:**

There are numerous Pharmacies located in the larger villages. We suggest you bring extra medicines and prescription medications you are taking because it may be difficult to find replacements. We recommend you contact your doctor and pharmacy to have a sufficient supply while on trip. Replenishing toiletries such as toothpaste, tissues, etc. is easy and will keep your suitcase lighter. If you have a prescription for your eyesight we recommend you bring an extra pair of prescription glasses or contacts as well as the written prescription. Drugstores (Eczanes) are typically open from 8am to 7pm weekdays and until 2pm on Saturday. Items like Umbrellas and books are much cheaper in the US than in Turkey. There are plenty of stores in port towns to re-supply sundries.

### **Spoken Language:**

Many locals in Turkey, especially young ones can speak English or German. Don't be afraid to try to speak the local language if you have been practicing prior to your trip.

### **Time:**

Turkey is 2 hours ahead of Greenwich Mean Time, 7 hours ahead of New York (Eastern Standard Time), and 10 hours ahead of Los Angeles (Pacific Standard Time). Daylight saving time is observed from late March to late September, when clocks are advanced 1 hour.

### **What to Wear for Clothing:**

In general plan for the weather to be warm. Bring shorts, swimsuits, light evening wear but it can also be cooler on the boat in the evening so having a sweater or light fleece is recommended. We will be visiting churches and women may feel more comfortable covering their shoulders and avoiding short shorts.

### **Baggage Allowance While Traveling:**

There is a maximum allowance of 44lbs on domestic flights on Turkish Airlines. Individual travelers shall pay for any excess weight. There is no limit on treks or cruises, although storing large bags or hard suitcases on board a yacht can be cumbersome. We strongly encourage you to limit your luggage due to the confined space on the boat. Generally there will be some storage space under the beds for your bag and a small closet for clothes. The dress is "boat casual"...the lighter you travel the less hassle you will feel!

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## MEALS & BEVERAGES

### **Water:**

Tap water is potable in all parts of Turkey. Bottled water is also readily available. We recommend to use bottled water for drinking water, however in general it is OK to use tap water for such things as brushing your teeth.

### **Snacks & Water On the Trails:**

Please note that there is neither food nor water on the trails, and you should carry your own water and snacks. The general rule on the trail is "eat before you're hungry, drink before you're thirsty".

There is a rising interest in organic food in Turkey and organic products are available in small sections of big supermarkets, or at small specialty shops. Other than that, in small places, especially along the coastal areas where nature is friendly, soil is generous and population is small, there is always a chance to find the natural tasty food at the small farmer's markets.

### **Turkish Cuisine:**

Near Eastern cuisine is the product of a varied and rich history of a millennia of ancient empires, three major religions and modern cultures. It became a culinary trendsetter as the Ottoman Empire grew from Asia over the Balkans and up to the west, the Arab peninsula and North Africa along the Mediterranean Sea to the south and all the land surrounding The Black Sea to the north. The cuisine, besides being the refined

## **Turkey Destination Packet**

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product of centuries of experience, has a very pure quality. This stems from the superb freshness of the fruit, vegetables, meat and fish utilized in a region that produces all of its foodstuffs.

### **Restaurants:**

Turkish restaurants (lokanta) fall into several categories:

1. At luxury, white-linen more expensive restaurants, sometimes in hotels or along picturesque waterfronts, you'll find a menu with a wide variety of everything, especially grilled meats and fish or shellfish. Sometimes the cooking tends to be of the bland "international" variety, not necessarily typically Turkish. There are also many recommended "first-class" restaurants specializing in fine Turkish cuisine. Ask your guide for recommendations.
2. Hazir yemek ("ready food") restaurants have prepared-in advance dishes, usually ready for busy lunch time hours. They are freshest during this time of day. These dishes are typically Turkish, but be sure to inspect the food to be sure it is fresh and has not been sitting in the sun.
3. Kebabci restaurants specialize in grilled kebabs of many types usually served with flat bread.
4. Pide Salonu are restaurants serving pide, the Turkish flatbread, like "pita", which is topped with chopped ingredients like onion, minced lamb, white cheese or egg. Ask for everything! It's the equivalent of pizza, lacking the mozzarella.
5. Bufe are little snack stands that serve a variety of delicious finger foods such as boreks (pastry).
6. Breakfast usually consists of a plate with olives, white cheese (like feta), salami, yogurt and freshly baked bread with honey, jam and butter or pastries. It is accompanied by tea or coffee.

You can have the same selections for lunch with additional side dishes like vegetables, soup, and yogurt. Dinner is usually a meal of many courses including cold hors d'oeuvres, hot hors d'oeuvres, salads, main course and dessert. Turkish dishes are typically small so as to tempt the palate, so order a variety of dishes and sample them with your friends!

The most famous hors d'oeuvres or mezeh are the dolma, a name applied to vegetables such as eggplant, bell peppers, vine leaves or cabbage leaves stuffed with rice, pine nuts and/or currants and then are cooked in olive oil. Another versions of the dolma is imambayildi, meaning "the priest fainted." This is a dish of eggplant stuffed with fried tomatoes, onions and garlic.

The main course usually consists of a meat dish, lamb, chicken or fish, prepared in one of many different local styles with delightful spices. You will have opportunities to sample different kinds of kebab, be it shish-kebab, or doner-kebab. The main dish is usually served with rice or cracked wheat know as bulgur oreks are pies or blintzes of filo pastry dough filled with cheese, spinach and / or meat, baked and served hot. Desserts can be classified in three categories: 1) a bouquet of fresh fruits, 2) milk-based desserts such as puddings, and 3) a wide range of pastry desserts soaked in honey and stuffed with nuts such as baklava.

Although Turkish coffee is better known, tea (pronounced "chai") is the national drink and is available most everywhere. Turkish tea may be refreshingly different from what you may be accustomed to.

### **Tipping in Restaurants:**

Tipping in Turkey is becoming more commonplace, especially in upscale restaurants. In the past, tipping was welcome but not expected. Today, however, in newer, upscale places, an extra 10% or 15% is considered polite. In informal restaurants in smaller towns and coffee shops, tipping is rare and not expected, but most people leave any coins they receive in change. Turkish waiters work for salaries and benefits by law and do not depend on tips for living wages.

### **Yacht Cuisine:**

Delicious Turkish food is served on board yachts and in camp on trek. Our staff has a reputation for feeding our guests well. Special, vegetarian, vegan menus will be available. If you have a special request, please notify us in advance on your Health and Medical Report and remind your guide upon arrival. If you bring any food our cook will be pleased to assist you in cooking it. The cook staff is at your service 24 hours a day.

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If you feel ill or have any special needs for your stomach like soup, our cook will prepare it. Your food will not only be delicious, but our cooks are trained to meet the highest standards of hygiene and quality.

### **Alcoholic Beverages:**

The local drink is Raki, a liquor made with grapes and anisette. It is transparent but turns white when mixed with water or ice, and has a sweet licorice taste. Whiskey and imported liquor are expensive in Turkey. If you want them during your trip it is advisable to bring your own from duty free shops en route to Istanbul.

If you stick to Turkish-produced wines, beers and liquors, you'll find an adequate variety at very reasonable prices. Some Turkish wines are delightful; whites are usually your best bet, while reds tend to be rough and acidic. Three brands of beer (bira) are widely available.

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## CRUISE INFORMATION

The route between Antalya and Marmaris is the most beautiful and interesting stretch of the Turquoise Coast. From point to point it is less than 160 nautical miles, but the coastline is so contorted and there are so many diversions that it requires a minimum of 7 days to cruise in a gulet.

### **Boat Size:**

We have chosen to travel by a private small yacht for a number of reasons including the ability to travel on our own schedule and see regions which would not be accessible by vehicle. This all said, the cabins are small. They have been assigned based on when you booked and the make up of beds. Much of the time will be spent on the common deck, in the water and on trails.

### **Your Yacht:**

Your private chartered will be a locally-built motor-sailor called a gulet. Our boat is a are strongly built, clipper-bowed yacht 120 feet, long, made of local pine, sometimes with carved balustrades and ornate varnish work on the upper topsides, rails, and interior. Once built as cargo carriers, now they are designed for charter. Their biggest advantage is that they have large engines and are capable of motoring long distances very quickly. They usually motor at 8 to 10 knots to make sure headway, setting sails only rarely when brisk winds pick up. To see the coast and enjoy the harbors these boats are the best, but don't expect to be doing much sailing. Larger boats are manned by a captain and 3-4 crewmen. Most Turkish crew members smoke. However, smoking is not encouraged among passengers, and crew have been requested to avoid doing so in the presence of passengers. Nonetheless, if this occurs and it bothers you kindly speak to your guide.

Although these yachts are relatively spacious, storage for luggage is limited so follow the suggested packing list closely. Most baggage can be stowed under your bed. However traditional, hard, square suitcases are usually more difficult to stow away in small quarters. Small, soft luggage is best. The bag you take with you on the boat should have zippers you can lock so you can leave your valuables and documents locked on board while you are on shore excursions.

Though we have chartered our boat in advance, even so, the boats are subject to change. Your trip leader will advise you of your final boat assignment upon arrival.

### **On Board Routine:**

The pace is relaxed and easy going. You normally cruise from 3-5 hours a day with plenty of time to swim and relax at the end of the day. Shore excursions are daily lasting up to three hours.

Dinner is served around 7:00PM followed by a possible informal talk and conversation about the day's events or the next day's schedule. Most visitors retire early. Others play cards, read, or sit on deck admiring the constellations. Bring a small flashlight, especially if you like to read late into the night.

Board and Disembarking

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There is a ladder which can be lowered over the side to assist snorkelers and swimmers in and out of the water. Do not hesitate to ask the crew to assist you at any time. Be sure that you have secured your gear, cameras, and other belongings before attempting to transfer from the boat to the skiff for a shore landing.

The crew will inform and instruct you on the types of landing that you will encounter. Some are dock landings, but many are “wet landings” where you will step from the skiff onto the wet beach. You should be prepared to get wet, possibly up to your waist. You will dry quickly in the hot sun. The crew will be there to assist you. For wet landings you will either want to remove your shoes and put them on after stepping from the skiff, or wear Fibus sandals which can get wet and will not fall off in the water.

### **Air and Sea Temperatures:**

Temperatures average slightly higher the farther east you go on the Mediterranean coast. Temperatures are always a few degrees cooler when sailing or at anchor than when walking around towns and in the hillsides. The heat can be very intense in the mid-afternoon in downtown Antalya. Water temperatures warm by May and stay very pleasant for swimming well into October.

### **Sea Conditions:**

The eastern Mediterranean does not have the large rolling swells found in ocean sailing, nor even the medium ones seen in the western Mediterranean (around the Greek Islands). If there are windy days, a slight chop might develop gradually. In protected offshore waters where you will be cruising most of the time, it's unlikely you will experience much more than the impression of riding over “small square waves”. This is especially true on a gulet which is very large, heavy and stable craft. Mediterranean chop is nothing to be compared to the large rolling swells of the Pacific or Atlantic, where in an equivalent wind you would be gliding up, over, and down each wave.

Overall, sea conditions should be very pleasant. If you are susceptible to sea sickness you may want to carry a motion sickness remedy such as Dramamine, which is most common, although you will probably not need it. Scopolamine patches worn behind the ear are often effective although some people experience side effects. An alternative is ginger capsules, which reportedly cause none. Many people worry excessively about sea sickness, but most of those who are susceptible to motion sickness find that it turns out to be a very mild problem lasting only a short time. The captain will adjust the cruise itinerary if sea conditions warrant avoidance of open water crossing during possible windy days to assure comfort of the passengers.

### **Swimming, Snorkeling and Wind Surfing:**

There are many safe and interesting places to swim and snorkel. Passengers are advised to bring their own snorkeling equipment. Fins are recommended if you definitely plan to snorkel on several occasions. If you have never been snorkeling, your guide will be happy to teach you.

Clear water and marine life make this an excellent snorkeling area. This is not like snorkeling over coral reefs lots of colorful tropical fish as in the western Caribbean. Turkey has one unique and very exciting attraction: submerged ruins of ancient cities. Particularly in the Kekova Region from Antalya to Fethiye you can snorkel over remains of Romans and Byzantine house foundations, old breakwaters and fortifications, or even an occasional fluted column. In some areas, colorful pottery shards litter the bottom, but of course, it's illegal to pick up any type of artifact, so don't even consider bringing aboard any “finds”. **Attempting to export or take home archaeological “souvenirs” can result in confiscation of a yacht, or a jail sentence.**

Swimming is enjoyable year round, but you may want to bring a “shorty” wet suit during April and May if you intend to spend much time in the water. Most people wear a T-shirt while snorkeling to avoid sunburn. It is unwise to swim alone without letting someone on board know. When snorkeling or swimming in areas with rocky shores, it's best to start from your boat or dingy rather than the shore. In some areas, sea urchins inhabit rocks near shore, and can pose a hazard to your unprotected foot. Scuba diving is prohibited unless with an organized dive trip planned in advance.

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All cruise participants should be able to swim. If you are not a particularly strong swimmer you may wish to bring along your own personal life jacket. Be sure to advise our office and your trip leader aboard the boat if you have any concerns about swimming and snorkeling away from the boat. The currents in protected anchorages are minor or nonexistent.

### **Itinerary Changes:**

Although we have prepared a specific day-by-day itinerary, it might still vary according to weather, to avoid other boats or to visit areas of special interest. The Captain reserves the right to make any changes necessary at any time. Changes may also be made if strong winds or choppy seas persist. Usually, the sea and air conditions are mild.

### **Bathing and Laundry:**

Most yachts do their laundry the traditional way, in a bucket on board. It is good idea to bring some detergent. Liquid detergent is most useful as it can be used in sea water. Cleaning services are available in most coastal towns, but it is not likely you will be in one long enough for the minimum 1-day turn around.

Private showers are available in each cabin on most (but not all) gulets. But a genuine Turkish bath (hamam) should not be missed. Good places to try the baths along the Turquoise Coast are Marmaris or Fethiye.

### **Shore Excursions:**

In larger coastal towns where tourist ships call, local residents will pay little attention to you unless you request assistance. By contrast, small villages, especially those slightly off the beaten track where you hike and explore on foot, may have a "yacht greeter" who speaks English and who may show you around. Local acquaintances can be most enjoyable. In these situations it pays to learn a few Turkish phrases, beginning with a simple merhaba ("hello") and tesekkür ederim ("thank you"). You'll likely be invited to anything that's happening such as weddings, circumcision ceremonies, holiday celebrations, etc. The further east you go along the Turkish coast or inland, the less westernized are the villages.

Some shore excursions are rigorous, involving day hikes under the hot sun over rough trails. You must be reasonably fit, healthy and sure footed. If during your trip you are concerned about your ability to do any particular shore hike, please consult with the trip leader before beginning the hike. The trip leader has the right to require that any passenger remain on board (or on the beach) when he/she believes that the passenger's health and/or physical ability make that particular hike, climb or landing a substantial risk to your well being and to the enjoyment of the activity by other trip members. Medical facilities are relatively available all along the route to assure reasonably prompt attention for minor injuries. The Dragon's Path assumes no liability regarding provision of medical care.

On all shore excursions to ruins, bring along a hat, sunglasses, sturdy and comfortable walking shoes, suntan lotion or sunblock, insect repellent, a quart-size water jug and a snack. Most major sites have a nearby café. Long pants and covered shoulders are advisable to prevent sunburn. Temperatures will be warm but should generally not be extreme in April-June and September-October.

### **Additional Boat Information:**

- All rooms come with in-suite bath and shower, luggage storage under the bed, night table, reading lamp, closet, drawer, and AC.
- Hair dryers: The boat has 4 on board to share, you may prefer to bring your own.
- Towels : both shower and swimming towels are available and can be changed over as needed or requested.
- Drinking water: Bottled water will be provided at all times for drinking on the boat and for hikes.
- Showers/Bathrooms are small: there is a separate section for showers in the bathroom
- There is also a shower on deck to use after swimming
- Linens /sheets are changed once during the week.

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- No hard bottom shoes on board. Best to just take shoes off or bring deck shoes, or kindly wipe your sneakers to use on board
- A few kayaks are available on the boat.
- Snorkel gear is also supplied, however you may want to bring your own, or buy a cheap set for 10-15 USD
- Plug Adapters: the boat has a few European adapters to share or you may prefer to bring your own.

### **Tipping:**

Guide Tipping: Our guides are paid as professionals, and tipping is discretionary. However, guests who choose to tip the guides have requested that we offer suggestions on the amount: we suggest a range of \$12-15/per day per person and \$200 for each of the yacht crew.

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### PACKING LIST

Adventure cruising in the Mediterranean can bring any kind of weather from hot to cool, as well as a combination of active, rugged travel and more leisurely excursions. Primarily you need wind and rain resistant layer, sun protection, water clothes, fast drying and easily laundered separates and lightweight options for city sight seeing. We recommend smart, lightweight, versatile travel clothing. Packing lightly will reduce fatigue and make for a more enjoyable vacation.

#### ESSENTIALS

- Plane Ticket or E-ticket print out
- Passport, along with copy of the inside page of your passport and extra passport photo carried in separate place (in the event it is lost or stolen this will expedite new passport)
- Membership Cards (airline, lounge, AAA)
- Drivers License or Passport, along with copy (carried in separate place-in the event it is lost or stolen this will expedite the process)
- Business Cards
- Hotel Reservation Confirmation
- Computer and necessary power adapters or wireless cards if necessary
- Cell phone and charger or calling card
- Good pair of lightweight hiking shoes, (shoes you can't live without). These should have support, fit well, have good soles and be broken in well before the trip.
- Credit/ATM cards (with PIN numbers)
- Cash, \$200-\$400, some in small bills for tipping
- Insurance cards (health, dental, etc): make sure you have checked on the international coverage for your health insurance policy
- Second pair of prescription glasses or contacts
- Any medication you might need in original bottles, copy of prescriptions and Drs. Numbers
- Personal toilet kit (I recommend a small carry-on with moisturizer, lip balm, sunscreen, toothpaste and brush, anything you can't live without).
- Natural Energy Bar or healthy snack & water bottle to fill. E-mergency packets.

#### CLOTHING

- Good pair of hiking shoes/Trail running shoes. These should fit well, have good soles and be broken in well before the trip. They should be the ones you are used to hiking with.
- Lightweight walking shoes for city visits (these may be your water sandals)
- Pair of comfortable shoes or sandals for evenings
- Water sandals (good for swimming and beach access as usually stony!)
- Dress for evenings: casual (light skirts or dress, short/sport shirts) A Pashmina for cooler evenings for women.
- Rain/Wind jacket (light weight)
- 1-2 pair lightweight long pants. i.e. synthetic or micro fiber: one can be Zip-off short combination)
- 1-2 pair of shorts (one can be your zip offs)
- 1-2 long sleeved shirts/blouses (synthetic or synthetic blend fabric - with a moisture-wicking finish. Synthetics/and blends are also wrinkle resistant/wash-n-wear etc. )
- 3-4 t-/ short sleeve shirts. We recommend "performance knit" fabrics which have a moisture wicking and anti-bacterial finish to wick perspiration and fight odor. They also dry quickly when you was in the sink and will not wrinkle.
- Light weight jacket or sweater (fleece or smart wool)
- 3 pairs performance travel underwear made by Ex Officio and Patagonia (these are our favorites but of course there are other brands). The fabric is a synthetic/spandex blend and treated with an anti bacterial finish. They dry in mere minutes and fight odor/bacteria
- Sleepwear (silk or other lightweight, Ex Officio makes a performance Pj's for travel that wash-n-wear/dry overnight etc)
- 3-4 pairs "smart wool" or other good hiking socks
- Sock liners (which can be washed out at night)

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- UV rated/Sun protective shirts or pants
- 1-2 Swimsuits
- Cover up for swimwear on boat

### TIPS

- If you can, avoid dressing like a tourist, for safety sake!!
- Dress in Europe can be fashionable and functional. Basic separates sets provide the base
- Accessorize for Women: Scarves, few pairs of earrings, color!
- No time to iron, don't even think about it unless you plan on staying in a city hotel
- Tired of schlepping?: bring good luggage with rollers, don't over pack, make sure you can carry your own luggage if need be. Space for storage in your cabin is limited!
- Footwear: COMFORTABLE is the key word is LAYER! Don't bring bulky items but a series of micorfiber clothing that can be layered based on the weather

### EQUIPMENT

- The perfect suitcase! Soft sided, has wheels, but you can carry for short distances and collapses to fit under bed in cabin
- Water bottle (at least one quart size) or hydration system
- Backpack (daypack, ideally with good waist belt to keep weight off your shoulders): large enough to carry lunch, water, camera, and extra clothing
- Polarized sunglasses with case (and extra pair)
- Sun hat with Brim
- Personal first aid kit/Toilet kit: Some suggestions
  - Moleskin or "Second Skin" to cushion any possible blisters
  - Preventive/Quick Fix Medication: Echinacea, Melatonin, Advil or other pain reliever, cold medicine, vitamins.
  - "Wet-naps" or hand sanitizer
  - Mosquito repellent
  - Laundry soap and small clothes line
  - Safety pins, small sewing kit
  - Sunscreen for body and lips
  - Motion sickness medication such as Dramamine, scop patch or acupressure wrist bands
- Plastic bags of various sizes
- Travel alarm clock
- Lightweight flashlight or micro-light
- Security wallet
- Telescopic walking pole (optional but could helpful)

### OPTIONAL

- Wetsuit Shorty or neoprene top
- Travel Hairdryer
- Snorkel gear or goggles
- Swiss Army knife (pack in your checked suitcase)
- Small travel umbrella (very nice for walking in light rain)
- Camera, film, extra batteries: If you are bringing a digital camera, clear the card and bring spare batteries or recharge your batteries
- Travel journal
- Small locks for suitcases
- Small notebook and pen for pocket notes
- Binoculars
- micro-flashlight
- Voltage converter and plug adapter if taking electrical appliances
- Currency converter for money
- City guidebook for pre/post travel
- Pre-printed address labels for postcards

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- Bandana (many uses!)
- Personal pillow depending on your hotel this can be handy
- Epi-pen if you are allergic to bees!
- Underwater disposable camera

### CONSIDER:

- Confirm airline ticket and seat and dietary requests
- Synch PDA, update Ipod Playlist
- Print out of hotel confirmation and directions to get there from airport, map of city, recommended restaurants or shops, city book.
- Leave an extra house & car key outside or with the neighbors in the event you lose yours.
- Put mail & papers on hold if you are going to be gone for a while.
- Thank you cards (scenic or local cards from your home, small gift from your area, etc. for giving to people who help you out or host you.

### PLEASE DON'T FORGET

- To give your family a copy of the contact addresses (see Hotel List sheet)
- Bring a copy of the inside photo page of your passport, extra passport photo, copy of your travelers check numbers and bankcard information. Keep all of these separately from originals in case of loss/stolen documents or give them to your travel companion.
- Leave your valuable jewels at home
- To bring this information booklet
- Carry your walking shoes, rain jacket and hotel list with you on the plane as well as anything you can't live without in case your luggage is delayed or lost for a day or more.

Hotel List: Details to follow

Cappaodocia – Peri Masali - <http://www.perimasalihotel.com/>

Istanbul – Aya Sofya Pensions <http://www.ayasofyapensions.com/>

Ephesus area – Gullu Konaklari - <http://www.gullukonak.com/>