



The Olive Odysseys
'Bucket List' Italy-Venice to Rome
October 1-10 2018

Staying Safe on Tour- Be Aware, Heads Up, Be Proactive, and Enjoy!

As we have been travelling a while, we can weigh in on some things you might need to stay safe on tour. First of all, the places you will be going are really safe. They are safer than most American cities. Violent crime is rare, but stealing is not. We will be in very well travelled spaces that naturally attract people that might want to separate you from your wallet, or iPhone or...

AWARE

So we always tell you to be aware. Backpacks that are not locked can be opened in crowded places and you will never know it until it is too late. We prefer messenger bags that go across the chest and have the contents in the front. They should also be closed securely and you need to make sure that you do just that, close it well.

We have seen many times when people go into a international chain (St*rbucks, MickeyD's-we don't judge) and think they are home and totally relax and leave their bags open and a few feet away from them. These places are especially rife with people looking for just that. Keep your bags closed and near you. Even in non-chain places, I (Patricia) routinely loop my purse around the chair and put it very close to me, so that it cannot be snatched.

MOST IMPORTANTLY-when you leave the hotel each day, you do not have to take much with you. A little bit of cash, one of your credit cards, your phone and or camera and a **copy of your passport**. The rest of your stuff can be left in your hotel safe. **So take a photocopy of your passport right now. If you can, place it in a plastic sleeve- all the better to keep it looking good.**

HEADS UP & DOWN

We will be on uneven pavement, cobblestone, marble ruins, etc., on the course of our tour. Please have very grippy shoes that are comfortable. While it is important to keep your head up to see the views, it is important to first look where you are walking. Walk while watching your steps, then stop, and then look up.

The same holds true with taking pictures. Do not be looking through your smartphone/ camera while walking. You will crash into other people or miss that step.

Be PROACTIVE with your health-A Travelers Mini First Aid kit

Please put this together *before your trip*. As we are travelling, we will be busy seeing the sites and on the move. It will take time out of our day to try to track these things down. Also pharmacy opening times are from 8 a.m. to 2 p.m. every day. There are one or two pharmacies open at night, but they are usually across town :)

You might need all of these items below, or you might need some of these items. We provide this list so that you can be proactive to have on hand those things *you* might need to protect *your* health.

We (Patricia & Manolis) do carry a first aid kit on tour. But we might not be by your side the whole time, so it is worth it to have at least some of these essential on you.

Each one of these items, remember, should be very small trial sizes, or individual packets. You can find most of these at a well stocked pharmacy. We like individually wrapped alcohol wipes and band aids etc. These should all fit in a small zippered pouch 5x7 inches or smaller (not including the EpiPen®) to make your own mini first aid kit.

The travelers mini pharmacy that you might like to have-

EpiPen®) for serious allergic reactions (you should also have your prescription with you for this in case of refills)

Antibacterial hand liquid

Antibacterial wipes (oh yes, starting with that seat tray on the plane :)

Analgesics (one that you have been known to tolerate and that you have asked your doctor about)

Ibuprofen (same as above)

Antidiarrheal

Anti Nausea meds for motion sickness-non drowsy (for our bus trips, ferry trips, boat trips, or plane trips-depending on your tour)

Or- Anti motion sickness wrist bands (we use these-not sure how they work, but they work for us)

Antiemetics

Electrolytes in packets

Light cathartics (to help traveler's constipation-past travelers use magnesium pills-try this out BEFORE the trip)

Cortisone cream for insect bites

Latex gloves (one use) -a couple of pairs

Band aids

Gauze

Elastic gauzes

Antiseptic pads

Small scissors

Sun tan lotion

Aloe for burns

Eye drops

Thermometer (electronic)

Insect repellent in a small spray bottle with 30-50 %DEET

Prophylactics

Have a safe trip!

We, The Olive Odysseys, have put together this list in order to help you protect your health on the trip. This list is neither complete or mandatory. In each case you should ask your doctor about any of the medicines or items on this list. Some people cannot use everything that we list-please consult your physician. We are not responsible for the use or non use of any of the items above.