



## Aramfo Travel Guide

This document is to be used as a reference for both frequent fliers and for those who have never traveled outside of the country. The guide will help to equip you with the essential information for travel to another country, what to prepare for, and what you will need while in the country. This guide is complete with a checklist for travel as well as all traveling restrictions and guidelines for international travel. Additional information can be found in the important information page of this guide.

Should you have any further inquiry beyond what is covered in this guide you can contact ARAMFO directly for any concerns or questions.

[info@aramfo.org](mailto:info@aramfo.org)

[www.aramfo.org](http://www.aramfo.org)

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## Dressing Do's and Don'ts



### 1. Overall

- i. It is advised that you have sturdy, comfortable walking shoes that are already **broken in**.
  1. \*Note: If you bring new walking shoes you will most likely have blisters from the walking.
- ii. You will want to bring light colored (white, tan, etc.) clothing for the days when we will be visiting the desert.
- iii. Refrain from packing shirts that have profanity or violent images on them.
- iv. You should wear pants that do not hang low. If you have loose fitting pants you should also wear a belt.
- v. Sunglasses are recommended.
  - vi. Hats are recommended.
  - vii. Sunscreen is recommended. Loose fitting comfortable clothes ideal for movement are advisable

### 2. Women

- i. Women are required to cover themselves in the Mosques. You might want to bring a long scarf for any of the Mosque visits. Additionally, you need to have wrist length shirts and pants or skirts that go to your ankle. You can pack an over shirt and long scarf (and dress in a long shirt or pants for the days you know you are going to Mosques) to be considered appropriately dressed. If you forget, most Mosques typically have robes for women to wear while in the Mosque.
- ii. Dress in a manner that exhibits respect for the culture below are examples:
  1. No low cut shirts or shirts that show mid drifts
  2. Shirts should have a sleeve even if it is short (no tank tops without an over shirt, etc.)
  3. Shorts that go to the knee are ok (anything shorter might seem disrespectful)
- iii. Bathing suits should be a one piece.

## Traveling Tips

- b) Call your bank and/or credit card Company before travel and let them know you will be traveling. Sometimes banks will assume fraud and they will cut off funds to your card (which would not be fun if you planned to buy things).
- c) Many of the Hotels we will be visiting have wireless internet so you might want to bring a computer/ iPad/ Nook/etc. to communicate with family back home.
- d) Laundry- When traveling using a laundry service at the hotels can be very expensive. It is recommended bringing powder detergent and a stain stick to wash your clothes in a shower at one of the hotels if needed. Many hotels have clothes lines in their showers for such a need. \*Note: Jeans are particularly notorious for taking too long to dry so pack accordingly.
- e) Important: Many Middle Eastern places lack toilet paper at Public Bathrooms. Pack accordingly.
  - 3. A great website for particular questions on traveling is on Wiki Travel - <http://wikitravel.org>



**What to Pack-Check list for travel-** Not all items may apply to each individual

- \*Any prescriptions you have
  - You will want a copy of all prescription meds (type and dosage) in the event you lose you prescription during the course.
  - Any devices needed to administer the medication (syringe, meters, etc.)
- \*Pass Port/(to those that it applies) Green card-current/U.S. visa-current
- \*Medical Insurance Card
- \*Photo ID
- Money/wallet
- Contact lenses/ Eye Glasses
- Tooth Brush
- Tooth Paste
- Brush/Comb
- Toilet Paper- for public bathrooms
- Shampoo and Conditioner
- Face wash/ cream
- Soap
- Hand sanitizer/ wipes
- Deodorant/ Hygiene products
- Shaving products
- Laundry Kit
  - Powder Detergent
  - Stain remover
- Clothes for all 14 days
  - Shirts
  - Pants
  - Belt
  - Socks
  - Undergarments
  - Sleep wear
  - Long Scarf \*Optional for women
  - Dresses/ skirts\*Optional for women
  - Jacket
  - Bathing suit
  - Towel
- “Broken in” comfortable walking shoes
- Nice pair of shoes
- Any snacks you enjoy
- Converter-The voltage is generally 220 V, and outlets will fit the two-pin plug known as the Europlug
- Voltage converter
- Bug Spray
- Hat
- Sun Glasses
- Phone Numbers of Family
- Sunscreen
- Pillow and light Blanket- Recommended
- Reading material
- Sense of Humor
- Pencils/Pens
- Note book/Diary
- First Aid Kit
  - Anti-diarrheal
  - Antihistamines
  - Disinfectant Wipes
  - Pain reliever
  - Band Aids
  - Sleep aids
  - Vitamins
  - Anti-nausea
  - Lip Balm
  - Eye drops
- Camera
- Hand bag/ Carry on
  - In the rare event your bag does not make it from the flight, pack a spare set of clothes in your carry on or hand bag.
- Electronics- IPod/ MP3/ etc
  - Plugs and chargers
- Others
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## Medications and Health

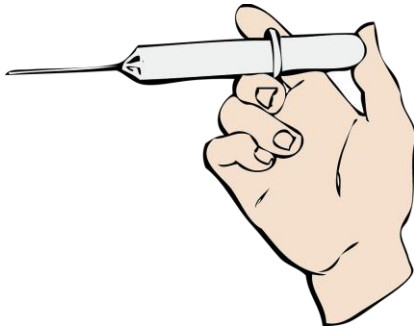


- a) It is important to pack ALL prescriptions and a copy of all prescriptions including the dosage and the name of the prescriptions.
- b) It is important to pack ALL materials necessary to administer any prescriptions (meters, syringes, inhalers, etc.)
- c) You may want to talk to your doctor about writing you a back up prescription for while in the country in case you lose your medication while on the trip.
- d) It is important to let the ARAMFO team know of any existing medical conditions and prescriptions in the event of a medical emergency.
- e) Water will be provided on the trip. To avoid digestive upset it is recommended to drink bottled water.



## Important information on etiquette and Laws

4. Physical Contact
  - a) Individuals should refrain from trying to hug or make any other physical contact with others from the opposite sex that is not family, other than a hand shakes. Meaning if you meet someone in the Arab world that is of the opposite sex you should not try to hug them even if you grow fond of them, because it is considered disrespectful in their culture.
  - b) It is Illegal for unmarried couples that are not family (brother and sister, father and daughter, son and mother, etc.) to share the same room.
5. Homosexuality and Same Sex Partners
  - a) It is illegal for same-sex partners to show public displays of affection. Best guideline in Arab countries is “Don’t ask don’t tell, don't display affection” and you will be completely safe.
6. Cultural Warnings
  - a) Wearing reveling clothing is considered disrespectful.
  - b) Drinking alcohol is considered disrespectful.
  - c) Left hands used to traditionally be considered 'unclean' in the Muslim religion and Amazigh nomadic cultures, as they used to be reserved for hygiene in toilets. As in many cultures it could be considered impolite to shake hands or offer or accept something from someone with your left hand, more so is giving money by your left, so try to avoid that.- Wiki travel



## Immunizations and the CDC

d) When traveling you should always check the CDC (Centers for Disease Control) website [www.cdc.gov](http://www.cdc.gov) before traveling to see the most up to date information on

recommended immunizations.

Special note:

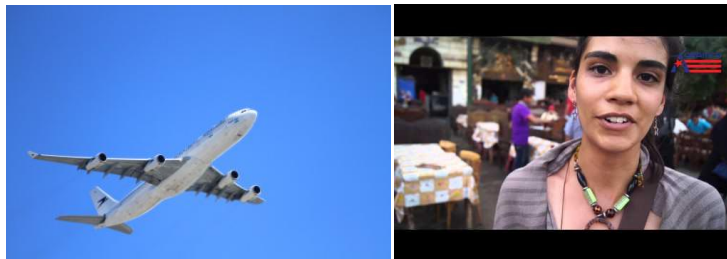
- i. You should always discuss the immunizations with your doctor
- ii. Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.
- iii. Check website [www.cdc.gov](http://www.cdc.gov) for more detailed instructions

- e) As of December 5, 2013 the recommended (up to date) immunizations are as follows \*Note: You may already have some of these vaccinations and can check with your doctor to see if they are current.
- i. Recommended updated- Hepatitis A
  - ii. Recommended in rural visits- Typhoid
  - iii. Recommended for some travelers- Hepatitis B
  - iv. Recommended for some travelers- Rabies



## At the Airport

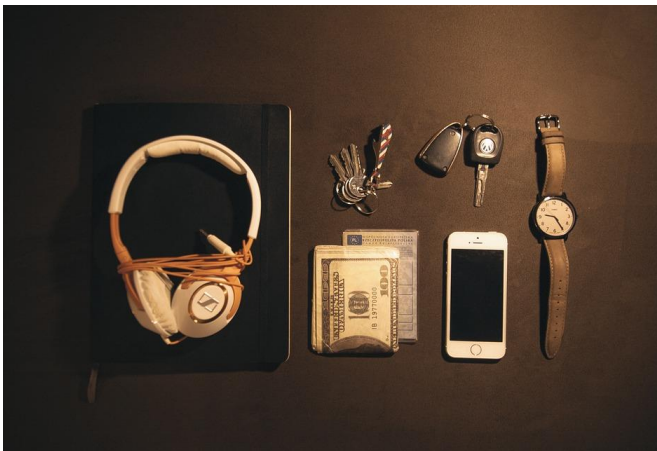
1. As Seen on TSA website Concerning Liquids and Aerosols <http://www.tsa.gov/>
  - a) Liquids, aerosols and gels, in limited quantities, are safe to bring aboard an aircraft. Each traveler is allowed one bag in order to limit the total volume of liquids, aerosols and gels. Consolidating products into one bag and X-raying them separately from the carry-on bag enables security officers to quickly clear all items.
  - b) **3-1-1 for carry-ons** = 3.4 ounce (100ml) bottle or less (by volume); 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. One-quart bag per person limits the total liquid volume each traveler can bring. 3.4 ounce (100ml) container size is a security measure.
  - c) **Be prepared.** Each time TSA searches a carry-on it slows down the line. Practicing 3-1-1 will ensure a faster and easier checkpoint experience.
  - d) **3-1-1 is for short trips.** If in doubt, put your liquids in checked luggage.
  - e) **Declare larger liquids.** Medications, baby formula and food, and breast milk are allowed in reasonable quantities exceeding three ounces and are not required to be in the zip-top bag. Declare these items for inspection at the checkpoint. Officers may need to open these items to conduct additional screening.
2. Luggage Dimensions and Restrictions as most of airlines
  - a) Maximum weight of checked bag/bags allowed 23 kgs / 50 lbs
  - b) Maximum Dimensions 158 cm / 62 in
3. You may want to pack under the recommended 50 pounds on your checked luggage if you plan to bring souvenirs back
4. All other travel restrictions and information can be found at <http://www.tsa.gov/>
- 5.





## Important Documents for Travelers

- a) Passports are a **must** when traveling outside of the country
- b) Passports must be valid up to 6 months after the trip.
- c) An additional photo ID is recommended- (Drivers license/ Military ID/ etc.)
- d) You will be required to buy a visa while in the country. For 3 to 90 days stay period (one entry) the cost will be approximately \$15 dollars US. You can buy a visa when you land at the air port as long as you are a U.S. citizen.



- e) Green Card Holders and Non-U.S. citizens
  - i. Green Holders and Non- US citizens will have special requirements
    6. Green card holders are required to have their passport from the country of citizenship and a current green card/visa when traveling outside the U.S. \*an additional photo ID is recommended.
    7. Student Visa- Student Visa Holders PLEASE ALSO PROVIDE a Registration Letter from school.
    8. For Business visa: a letter from the company indicating the detailed purpose of the trip and financial guarantee of the company.
  - f) For travel restrictions on Green Card holders and Non- U.S. citizens please visit these sites for more detailed information  
<http://travel.state.gov/>

## ARAMFO on Facebook

- a. In order to keep friends and family updated on what we are doing day by day we will make posts on Facebook, everyday of the trip. We encourage all participants to have family and friends familiarize themselves with the ARAMFO Facebook page to see the updates on the trip as they are happening.
- b. <https://www.facebook.com/aramfo>

