



Women Only Travel Guide

ABOUT THE AUTHOR

Cobblestones and Pomegranates, Her Dream Vacation, was created by Stamie Turner, a middle age women filled with wanderlust and a zest for life. Let me introduce myself, I am Stamie, your traveling concierge and author of this travel guide.

I believe that traveling is good for the soul. It allows you to learn, experience and be a part timer in another culture. You discover yourself, new passions and unexplored territories.

I've traveled the world for decades. Not only as a daughter, wife, mother but also as a solo traveler. Along the way I learned many valuable lessons. It was only through these experiences and lessons that the "Women Only Travel Guide" has come to be written.

Over countless oceans with my passport and money tucked away for safekeeping, I've experienced amazing places, and I've met incredible people. But most importantly, the memories and friendships have taken me beyond those distant shores. They are part of me, my soul and reside in my heart. The bond between me and my travels have shaped me into who I am today and the daughter I have raised. I want to use this same bond to encourage and inspire women to travel but also to give them tips on how to travel well.

To travel well, it took more than wishes and dreams to make those experiences a reality. And depending on the destination, there can be a lot of planning and monetary expense to ensure a vacation goes smoothly and safely. Isn't that what we want?

To begin, we know traveling is not always a cheap venture. We can save and plan but there are always unexpected extras and things we have not considered. When thinking about airfare, hotels, food, sundries, tours, guides, entertainment and local transportation, the costs add up. And then you have to pack. What will you take? It can be scary. But in my experience, it's always been money well spent. Looking back, the monetary cost to

travel is a forgotten stress. I don't regret any trip or vacation, because every journey has been priceless. Do we really need more things or should we be collecting memories?

For those just starting to travel, don't let the dollar signs scare you. It will be an investment in yourself, and will leave you changed in ways you never dreamed. Saint Augustine once said, "The world is a book, and those who do not travel read only a page." And along with my **travel tips for women**, that's what I want to share with you. The experience of travel has the power to change you! I believe this with all my heart.

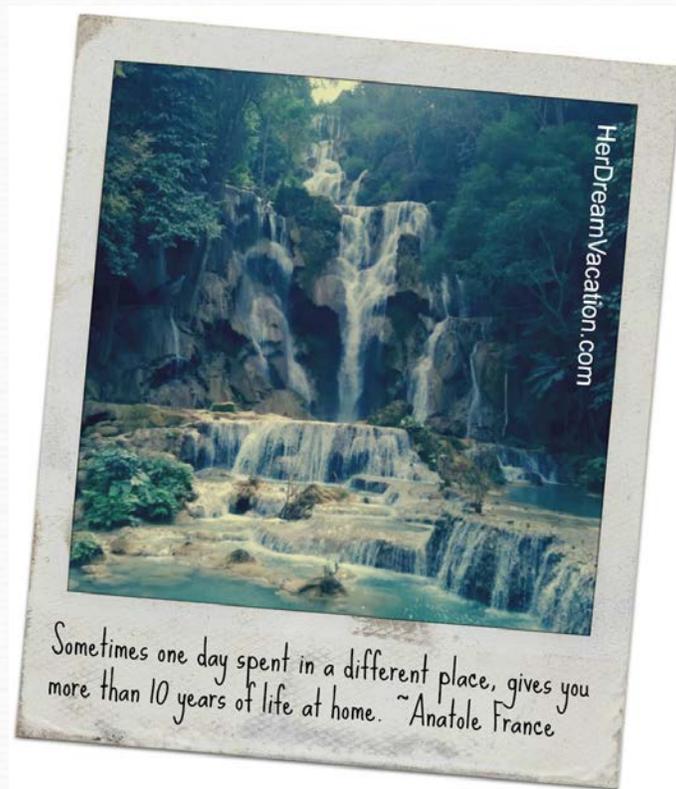
We travel for different reasons and in different seasons of our life. If you are thinking about new travel, more travel or just a weekend getaway, you are in good company. No matter where, or when you are planning to go on your trip, I'm honored you chose the "Women Only Travel Guide" to help make your journey an easier and safer experience.

As you prepare to read this travel ebook, keep in mind that beyond the "Women Only Travel Guide" there is an amazing community of women who want to travel. Just like you, they are seeking new destinations and friends who want to share in their experiences. On Facebook, I have over 6,000 women who share a passion for traveling, and we would be thrilled to have you join the discussion by *liking* the page. You can browse recent posts, and see photos from around the world, and if you want to take a minute, click the link --> www.facebook.com/herdreamvacation . Join us! The Her Dream Vacation page is there to inspire, motivate and educate in a safe and friendly environment. All travel questions are welcome. Everyone from the first time traveler, to the seasoned explorer is invited to join. Please visit the page, *LIKE* and introduce yourself! It will be a delight to get to know you! You can also follow Her Dream Vacation on Instagram, Twitter and Pinterest by following the links on Facebook. Trying to keep it simple for you!

Finally, before, during, or after reading "Women Only Travel Guide", if you have any questions about traveling, I'm happy to help. My phone number is 1-844-HER-0613 or you can reach me via email info@HerDreamVacation.com.

Safe travels, and take care of YOU!

Stamie



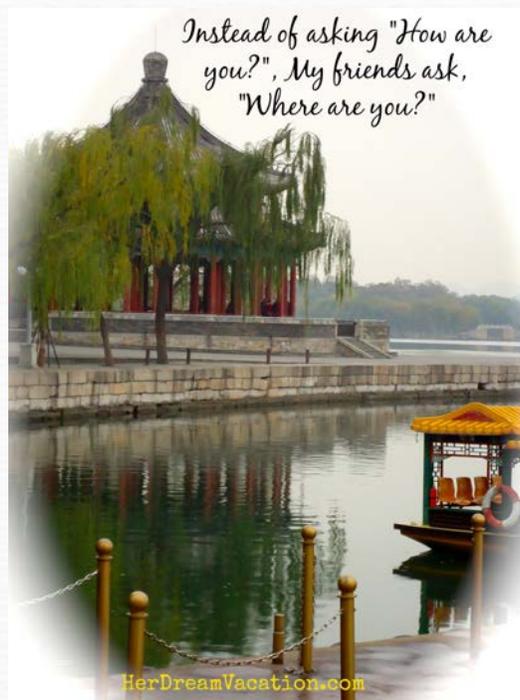
CHOOSING THE RIGHT VACATION FOR YOU

You may be a last minute traveler or have had your travel plans made months in advance. All travel planning is good and choices of destinations are personal.

What are you looking for in a vacation destination? Is it a warm sunny beach destination, a cabana boy and tropical drinks? Is it an adventurous adrenaline rush vacation? Or do you want to be on the go more slowly, visit museums, enjoy great meals and interact with the locals?

Be discerning in choosing and planning for your dream vacation. No two vacations are alike. It is good to be different and so are the details in the fine print. Know exactly what it is you are paying for. Understand and get to know those you are trusting to make your plans. And if planning on your own, make sure you are covered in the event of any flim flams.

It is sad but we live in a culture of “too good to be true” bargain travel deals, a world of information that may or may not be accurate and travel sites that all want your business. All the choices are enough to make your head spin during an important decision making process. Choose what feels right for you. Ask questions and be open with what it is you really want. Take care of YOU.



FLIGHT ARRANGEMENTS

Now that you know where you want to go, how are you getting there? There are so many sites for booking that perfect plane ticket and great airfare. It is the best of the traveling games. How do we win?

In my head, I set a budget and try to be flexible. I start searching and use a new incognito window for each search. It is important to clear your caches. Be sure to check flights on different days and different hours. I do belong to several loyalty programs and go there first. Most airlines will let you lock in a fare for 24 hours without losing money. Try selecting different airports. Use carrier partners that may not be as large, fly into a different city and use local transport to your destination. Regional airlines are often cheaper and flights more convenient for traveling within a region. Remember to check the seating. Another personal choice but I would highly recommend avoiding the middle seat! Yes, the dreaded middle seat. I am rarely in the mood to fight over the arm rest and am convinced there has to be a better solution!

It is a game. Be patient, set a budget that is reasonable and be flexible. Use different resources for finding your flights and learn how to compare before booking. Check and double check arrival and departure times, layovers and alternative routes. Sounds complicated but you will be an expert in no time!



PACKING MADE EASY

The decisions have been made and you are on your way! You've been dreaming about a dream vacation and probably have packed in your mind a thousand times. Everyone has an opinion about the right way and the wrong way. Make it easy for you. But these are



my suggestions and as a sometimes road weary traveler, I have learned the hard way.

Get excited about pulling out your carry-on bag and packing. Yes, carry on bag. This is a gentle reminder to pack light. You will be glad that you have properly prepared to worry less

about luggage when you have narrowed it down to a carry on. Who wants to spend a dream vacation, packing, unpacking and not able to keep up with their own belongings?

Do you roll, use packing cubes or vacuum sealed bags? I do a little bit of all 3 and try to find a “home” in my suitcase for my things. If I can find the perfect “home, those items are always within easy reach when needed and travel life is much easier. *Is there a perfect suitcase?* I am still looking!

LUGGAGE: Choose to be different

Choosing luggage can be daunting but it really is a personal decision. Budgets are as different as luggage choices. However, it is an investment. Choose wisely or you could have a suitcase/bag that will only last one flight. Baggage handlers *do not* handle with care.

In one year, I went through three suitcases because I wanted to save money. In the long run, I could have bought the suitcase I really wanted. Not having the best luggage created hardships and a few laughs. My suitcase was the one on the conveyer belt separate from the handle. The handle came out first and alone.

Make sure your bag/s are identifiable and not because the handle arrived first! Don't be shy in attaching a colorful ribbon, crazy tag or that bright piece of duct tape. Nothing is

more frazzling than trying to find your own black bag amongst the other of 100's of black bags! Choose to be different!

But before you start with your clothing, shoes and personal hygiene products. Get your travel documents in order!



TRAVEL DOCUMENTS: Have papers, will travel

Keep in a safe, easy to reach place. I keep all documents in an accordian file with pockets, in my carry on. I add to it throughout my travels for the safe keeping of additional travel info I pick up along the way.

- **Passport:** Know the expiration date of your passport and understand the entry requirements of each country you may be visiting. There are restrictions and minimum requirements of each. It is best to renew your passport before you reach 6 months from expiration date. Be on the safe side. How many pages in your passport do you have left?
- **Plane ticket:** Technology has made it easy to download etickets to phones, iPads, etc. If you do so, also print a paper copy. In the event you need to have an extra source for your ticketing information, you have a copy. Saving trees is great but not having your much needed information accessible can create unnecessary stress. Travel stress free!
- **Airport information:** Yes, this is great information to have if you are changing planes or traveling through several airports. Know the layout and save time. All of this information can easily be found on line. With most airports upgrading to include great

places to eat and rest, know before you go! So much energy can be wasted finding your gate, bathroom, Sky Club, etc.

- **Health Insurance Card:** It is a good idea to call your insurance company and verify coverage while traveling. Nothing worse than having to seek out medical treatment in an unknown city and hoping they will accept your insurance.
- **Travel Insurance info:** In the event of a change of travel plans, emergencies, etc. It is wise to have this coverage and know who to reach when you need to file a claim. Digging through emails, looking for the stray paper with information...let's just stay on top of the travel game. Keep it handy!
- **Make a copy of passport info page to keep in separate place in your luggage (leave a copy behind as well)** I also keep a photo of my passport on my iPad/iPhone.



FINANCIAL: There are no free lunches

- **Credit Cards:** Most credit cards are widely accepted, however, European banks have been progressive with the chip technology and sometimes magnetic strips are not recognized. Be prepared. Check foreign transaction fees and call your credit card companies. *Do this before you reach the airport.* I recommend a couple of days prior.

- **ATM card:** Your ATM card is your best bet for a cash withdrawal and currency conversion. It will be important to have cash for incidentals. ***REMEMBER to call your bank and alert them to your travel plans.*** You will not be charged as high of fees using your ATM card as you might be from going to an Exchange Currency booth.
- **Cash:** My recommendation is to have a few dollars available in US dollars even when traveling to a foreign country. I do not find it necessary to have other currency before I arrive to my destination unless I have it leftover from a previous trip. I either use an ATM upon arrival at the destination airport or I have made prepaid prior transport arrangements.

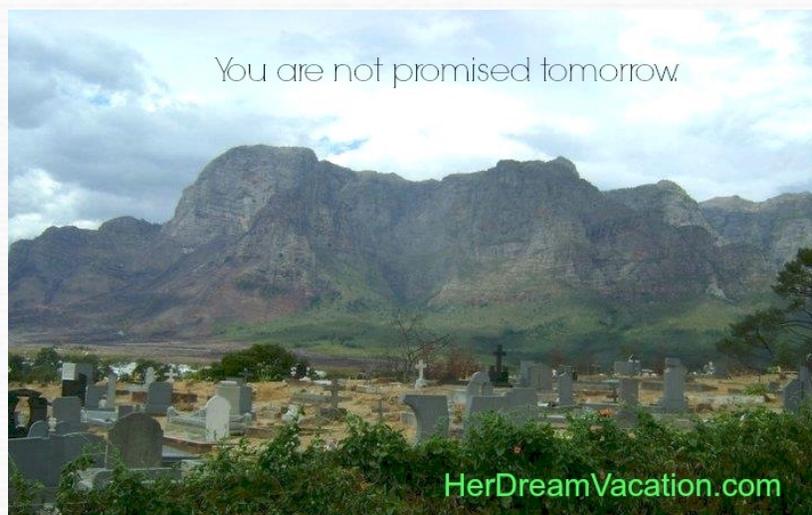


ELECTRONICS: Our world of technology. Can't live with it, can't live without it.

- **Charger/Adapter:** You will need this for charging any of your electronic devices you bring from home. Check the labels and follow the recommendations. Not all chargers/adapters will work the same in every country. Be sure to check the guidelines for the country you are visiting.
- **Cell Phone:** It's tough but I hope you will "unplug" for the time you are on your dream vacation. But if this is not a possibility, activate your phone's global capabilities. This

will save you the outrageous roaming fees. It is a good idea to clear all histories and saved photos to make sure that you do not find yourself in the perfect photo opp spot but there is no space on your phone to capture the moment! Also, be reminded to keep your phone on airplane mode when not in use. If access to email or texting is required, use WIFI which is readily available in most countries. There are several apps for texting at no charge: For example, Whats App and Viber which should be downloaded before you leave home by you and those you need to contact.

- **Laptops/iPads:** *Do not pack in checked luggage.* WIFI will mostly be available but again, UNPLUG for awhile and immerse yourself in your surroundings. Take Care of YOU.
- **Camera:** Understand and know your camera before embarking on a dream vacation. I once bought a camera on my way to the airport. Huge mistake. I do not have one photo from my beautiful trip. I could not find what I needed to operate my camera in my destination country. Remember, extra batteries and memory cards. Do not forget charger!
- **Earphones or ear plugs** for using devices on plane and drowning out nearby sleeping companions.



PERSONAL ITEMS

Travel size items are recommended. Be careful with bringing liquids that may not adhere to TSA guidelines. Check the sizes of your make up bottles, cleansers, lotions and perfumes. No more than 3 ounces in your carry ons. Be mindful of the weight, if you decide to pack any liquids in checked bags. Make sure those lids are tight and you have used a handy dandy zip lock bagged. Uncapping and using a small piece of cellophane, then recapping may also help with any leaks or spillage.

- **Prescription Meds** (carry on) If you are taking a narcotic, it is a good idea to have a doctor's note and/or a copy of the prescription. Same with any other prescriptions but not always necessary. Be proactive. Check the quantity of your meds and make sure you will have enough to cover you for the extent of your trip.
- **Anitbacterial hand wipes.** Lots of wipes and gel. I use the wipes to clean the area of my space on an airplane, the hotel room and some dining areas. It is better to be safe than sorry.
- **Face Mask** When traveling long distances and in the air for many hours, I do have an antibacterial mask. I wear it if I feel susceptible. I look funny, feel embarrassed but it is worth saving my vacation from an illness gone awry.
- **Ziploc bags** will be a life saver! These bags have multiple uses at multiple times. Pack your soaps, shampoos and any other liquids in a bag to ensure there is protection from any spillage.

(shhhhhh....You may want to pack an extra foldable catch all bag for extra items.

Translation: shopping.)

The good news about traveling with a group of women, whatever you do not have or have forgotten, someone else will have it! Do not stress over your packing! If you are traveling alone, there is sure to be a local place to find just what you need.

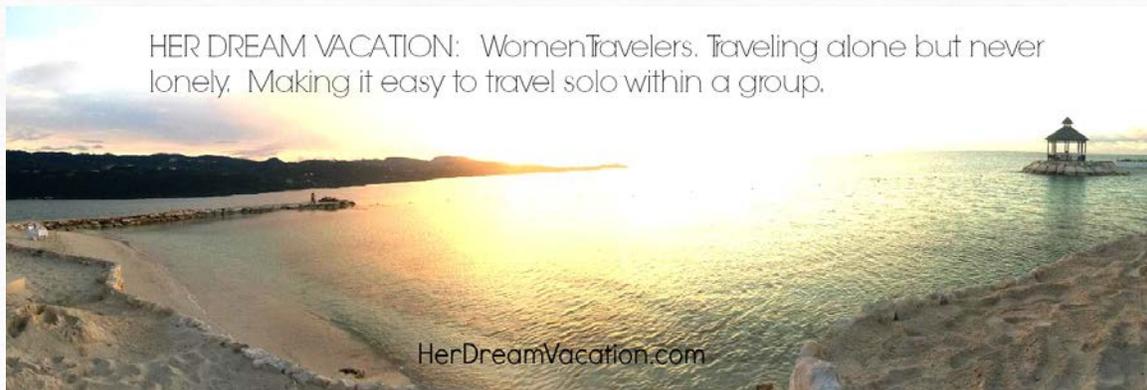


FOR THE PLANE: Yes, there are necessities

Traveling shouldn't be hard. Make a plan to use your time on the plane for rest. You will be filled with excitement and anticipation for your upcoming travel experiences. Bring "leave behind" reading materials. i.e. The magazines you have been meaning to read, a general guide book and the newspapers that have piled up because you've been too busy packing!

- Travel pillow, if you must. It can be hard to get comfortable on a plane. Hopefully, you are not in the middle seat!
- Toothbrush and paste should always be in your carry on.
- Mouthwash
- Moisturizing lotion
- SOCKS. It will be easier to get through TSA security if you are wearing sandals. But socks will be necessary on the plane to keep your feet warm. DO NOT go to the lavatories without sliding back into your sandals. The floors can get very nasty.
- Healthy snacks are encouraged. Remember to pick up a bottled water before you board your flight and once you are through security. You may bring an empty water bottle that can be filled. Do not load up on the carbs that might hamper your recovery from jet

lag. I like bringing edamame from the frozen section of the grocery store. By the time the plane takes off, I have thawed edamame and can say no to the pretzels, cookies, etc. Stay hydrated!



TRAVEL CLOTHES

If you insist on checking a bag, pack an extra set of clothes in your carry on. It will just make life easier in the unlikely event, your luggage is lost or delayed. Plus, you might find more comfort in a fresh set of clothes after spending long hours on your flight.

To check a bag or not check a bag can depend on the number of layovers you may have or change in planes and airline fees. Use good judgement in making those decisions.

Recommended essential clothing items:

- Light jacket, sweatshirt or sweater for cool evenings. A reminder to be watching the weather in your travel destination. Will you need a coat or a rain jacket? Can it be worn while traveling and not placed in your luggage?
- Scarf or shawl which is easy to stash when not in use. A scarf has many uses when you least expect it. Oh, the serendipitous wine and cheese picnic...oila! a cloth to drape over...You get the idea!

- Clothes that can be layered and matched with multiple items.
- Sunglasses and if you are like me, more than one pair to replace the ones I know I will lose!
- Sports bras are great for security. They take the place of ugly money belts and hidden compartments. Yes, now that you have the visual, everything but the kitchen sink can be tucked into a sports bra and worn under a dress or blouse. However, DO NOT use it as a place to store your cell phone. High incidents of breast cancer have been associated with bras and phones and we want all precautions to be observed.
- Comfortable walking shoes. Women and shoes. Be practical as you will be on cobblestone alleys and pathways in many foreign cities you may visit. Walking is the best way to see a city and you will need good shoes!
- If you are fair skinned or sun sensitive: a good hat, cap or visor and sunscreen.
- Clothing of natural fibers that can be hand washed as needed.
- NO BLING! Please leave your valuable jewelry at home. There is never a good reason to call attention to ourselves when traveling.

AVOIDING JET LAG

- **Be rested!** You want to arrive rested. Try to have your packing completed the weekend before you leave on your overnight flight. This will help derail any last minute stress.
- **Reset your internal clock.** Our internal clocks need to be reset. A few days before departure, stay up later, eat at times that will coincide with your destination and get good sleep. If you are accustomed to taking melatonin, do so a few nights before departure and again on plane. Your body will be reset to your natural clock if you continue to take before bedtime in your new time zone.
- **Stay hydrated.** If you can, try to eliminate caffeine and stay hydrated. For every glass of wine you decide to have on your flight, have two glasses of water.

- **Take a walk!** Once you arrive to your hotel, take a walk and take in some sunshine!

ARRIVAL

You have arrived! Remember to hit up the ATM machine, take a bathroom break before getting to luggage claim, put on a smile...Your vacation has just begun!

SAFETY TIPS

I was that mother who always dropped her child off at school and followed “I love you” with “Make good decisions.” Traveling is about using common sense and following your gut. Making good decisions.

Whether you are traveling alone or with a group, safety should be front of mind. Even in a group, you will have alone time. Take care of YOU.

- **Walk with a purpose:** Just as we were taught growing up to stay out of dark alleys, to walk with a purpose, don't leave valuables in plain view, you should stay alert and know your surroundings when traveling.
- **Know the country you are visiting:** Learn a few key phrases before leaving home. Be aware of the customs and values of the country you are visiting and be respectful. Understand the difference in gender roles and the expectations of you as a visitor. Remember, the NO BLING tip from packing and dress modestly.
- **Know your hotel room:** Do not let a front desk clerk announce your room number. It is best to have it written down and passed to you. I will admit this is a huge pet peeve of mine. The same for being in a hotel bar, sundry shop, etc. Be careful with revealing your room number. If it is announced and you are made uncomfortable, ask for a different room. Know your room, how the keys work, the windows and balconies. Do not answer the door without verifying who is on the other side.

- **Leaving the hotel:** Take a snapshot of the address of the hotel and a landmark that will be a reminder to you. You should also have the hotel business card with you. Those details in the native language can be very helpful! If possible, let someone, even the front desk clerk, know where you are going. And if you need help...ASK! I found hotel staffs to be most useful in stressful situations and always glad to help.

We still live in a world where we are judged and often times women traveling alone are noticed and thought to be “available”. The best bet is to not call attention to ourselves which does not mean we can’t enjoy traveling alone, we just need to remain cautious and be smart about our decisions.

- **Distractions** are the perfect set up for thieves. Mind your own bags and know at all times where you have your passport. Be careful rifling through your bags. Keep your money out of sight and tucked into that sports bra you are wearing! Most importantly, trust your instincts. If you feel uncomfortable, move on!



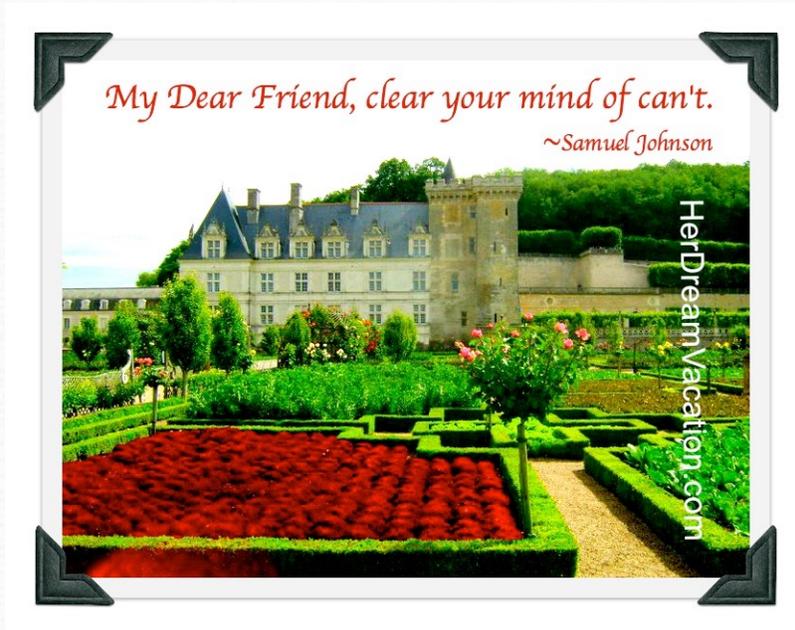
FUN TIPS TO SAVOR THE MEMORIES

Once you return home with your dirty laundry, fun souvenirs, great memories of trip traveled well and new friends, what will you do with all of the photos?

Did you journal along the way and have reminders of your days? Sometimes it can all become a big blur. We have great intentions when snapping that perfect photo, jotting

down details we've learned from a tour guide and documenting by camera that savory meal.

- **Journaling made easy:** As you begin your vacation, look for postcards that represent your day. Jot down a special memory or two and mail the postcard to yourself. Once you return home, you will have a postcard journal of your trip. It is already written and you can easily bound into a cute picture book.
- **Photo Books:** There are so many great photobook companies. I try to take two photos of the same thing and end up with way too many photos. However, use your flight time home to thin out your photos. They are in order and when uploaded to a photo book site, you can easily manipulate and fill in details. BUT WAIT....don't immediately have your book printed. Go back a day later, a few weeks later and see what other memories have surfaced and add what you need to as a great reminder of a wonderful trip.
- **Entry tickets** to museums, etc can be laminated for bookmarks. Maps, brochures? A decoupage project?
- **Social Media** is great for the highlights of a dream vacation. Remember to post to Instagram, Facebook and Pinterest. Share with your friends and family to inspire more travel!



ONE LAST TIP

Remember to smile. It is a universal language and always my go to when I stumped for something to say, I'm lost, or I'm hungry! Smiling makes you feel better, look better and act better! Keep on smiling!



Thank you so much for reading this eBook. Traveling with other women alleviates some of the pressures of traveling alone but having some great tips does also! I hope you find some of these tips useful and will use them when you break out and make the decision to travel alone or with a group of women.

This guide is an abbreviated version of my soon to be released Her Dream Vacation Tales and Tips ebook on Amazon. I appreciate your support and look forward to sharing more with you through the Cobblestones and Pomegranate newsletter and the website www.HerDreamVacation.com. Remember, you can also find us on Facebook <https://www.facebook.com/herdreamvacation>.

Please share and recommend **Her Dream Vacation** to your traveling female friends and family. I hope I have inspired you to travel, to learn more and Take care of YOU!

~Stamie

Your Travel Concierge

Timeless Travel Tips

Don't assume your way is the only way.

Go Slow. Immerse Deeply.

Zip lock bags for every thing!

Do not pack that second dressy outfit.

Even if you're starving, NEVER, ever go into a McDonald's in a foreign land.

Learn PLEASE, THANK YOU, I'M SORRY in the native language....and "Do you have that shoe in a size 37?"

A passport protector is useless.

If a menu is posted in 3 different languages, probably not the best food, eat somewhere else.

Do not put your phone or your wallet in a back pocket...easy for pick pockets and it makes your *ss look big.

Embrace the moments.

www.HerDreamVacation.com

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