



Scotland



KNOW BEFORE YOU GO

Everything you need to know
to prepare you for your trip.

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YOUR CONTACTS

A note from your travel advisor

I'm so excited you get to take this extraordinary trip through Scotland! This book of info contains everything you need to prepare for your upcoming trip, from packing tips to money matters, what to bring with you and what to bring home, cultural education, and more.

Don't forget to send me photos. It's the best part about this job!

Enjoy your trip!

Jennifer



Your contacts

BEFORE TRAVEL

Email

jennifer@joybyjourney.com

Phone/Whatsapp

+1 910-294-0523

DURING TRAVEL

Main Contact

Local Provider in E-Docs

Nearest US Consulate

Regent Terrace

Edinburgh EH7 5BW

+44 (0)131 556 8315

uk.usembassy.gov

When you need assistance, it's always a good idea to contact your local providers first. They are on the same time zone and can provide support and assistance promptly and with knowledge of local conditions.

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AT A GLANCE

Travel Information

[US State
Department](#)

Safety Information

[STEP
Program](#)

Travel Authorization

[Electronic Travel
Authorization \(ETA\)](#)

Currency

£ - GBP
British Pound
Sterling

Time Zone

British Time;
5 hours ahead of
Eastern Time

Passport Validity

Duration of stay

Language

English

Emergency

To place an
emergency call,
dial 999, not 911

WHAT TO PACK

Make or break your trip with these:

- ☐ Clothing: lots of layers
- ☐ Sunglasses / Hat
- ☐ Rain Jacket / Windbreaker
- ☐ Comfortable, Waterproof Walking Shoes
- ☐ Hand Sanitizer
- ☐ SPF Chapstick
- ☐ First Aid Kit (pain reliever, bandaids)
- ☐ Day Bag
- ☐ Outlet Adapter
- ☐ Step Down Converters are needed to use appliances brought from home, such as hair dryers and flat irons.

in your carry-on

- Passport
- Pen
- Credit/ATM Cards
- Prescriptions
- Hand Sanitizer
- Change of Clothes
- Toothbrush & Toothpaste
- Electronics
- Sunglasses / Hat
- Insulated, Reusable Water Bottle

Type G
230V / 50Hz



Jennifer's travel essentials

- Multi-Outlet Adapter or Simple Adapter
- Portable Power Bank
- Ear buds
- Checked Luggage Tracker:
 - Apple Air Tag
 - Samsung Smart Tag
- Travel Hangers
- Insulated, Reusable Water Bottle
- Space Bags
- Movie(s) or podcasts loaded on phone/table



SOUVENIRS

from Scotland

For the foodies

- **Scotch whisky:** The Famous Grouse is the top selling Scotch whisky.
- **Tablet:** similar to fudge, it's more crumbly and flavored with vanilla or whisky.
- **Butteries:** aka "rowie," this savory, salty roll is usually served with butter or jam.

For the fashionistas

- **Pebble jewelry:** made from silver and stones indigenous to Scotland.
- **Kilt:** synonymous with Scottish traditions, choose a tartan, leather, or even fur kilt.
- **Cashmere scarves:** Scotland produces some of the softest cashmere in the world.

For the home

- **Quaich:** a two-handled cup, usually made of wood, but can also be stone or pewter.
- **Edinburgh crystal decanter:** a beautiful crystal piece for your home whisky bar.
- **Three Hills Soap:** handcrafted, small-batch artisan soap made in Kells.

CUISINE



Scottish cuisine is known for its hearty, rich flavors and wholesome ingredients. Dishes often include oats, barley, potatoes, seafood, beef, lamb, and root vegetables like turnips and carrots. Savory and robust, dishes often incorporate herbs like thyme and rosemary. Two popular dishes are haggis, a savory pudding made from sheep's offal, oatmeal, and spices, traditionally encased in a sheep's stomach (I actually tried it and it's not as bad as it sounds!); and Cullen skink, a creamy smoked haddock soup.

When dining as a vegan or vegetarian, there are plenty of options available. Vegetarian haggis made from lentils, beans, and nuts is a popular alternative to the traditional version. Other dishes like neeps and tatties (mashed turnips and potatoes) are also commonly found on menus.



DRINKS

Scotland has a deeply ingrained love for tea and coffee. Tea is a staple for many Scots, enjoyed throughout the day. Coffee culture is also thriving, with specialty coffee shops popping up in cities. The national drink of Scotland is whisky, but don't use a mixer with your whisky in Scotland! Popular alcoholic drinks include beer and gin. Non-alcoholic favorites include Irn-Bru and various fruit juices.



CASH, CARDS, & GRATUITIES

Cash & Cards

- Major credit cards (Visa, MasterCard, American Express) are widely accepted.
- Cash is preferred in small towns and for small purchases.
- If you did not order Euros from your bank before travel, we recommend withdrawing cash from an ATM on arrival instead of exchanging cash at a currency booth. This is both easier and more cost effective.

Suggested Gratuities

Tipping for good service is customary in Scotland, and is often included in the bill. Employers are banned from topping up wages with tips from customers. While not necessary, it's always appreciated. When in doubt, 10% is a wonderful gesture for great service. Suggestions for great service as follows:

- **Taxis:** Round up to the nearest pound or 10% of fare
- **Private Drivers (half day/full day):** £1-2/£2-4 per person
- **Porters:** £1-2 per bag
- **Housekeeper:** £1-2 per night, left on the bed on the first night
- **Room Service:** £1-2
- **Hotel Concierge:** £5-10 for special services
- **Private Tour Guides (half day/full day):** £5-10/£10-20 per person
- **Group Tour Guides (half day/full day):** £2-3/£3-5 per person
- **Restaurants:** 10-15% of the bill if service isn't included
- **Spa Treatments:** 10-15% of the treatment cost

FAQ

What documentation do we need to enter Scotland?

US citizens need a passport. As of 2025, an Electronic Travel Authorization (ETA) is required. [Apply online at gov.uk](https://www.gov.uk).

Do we need any vaccinations to visit Scotland?

Generally, no. Most routine vaccinations in the USA are plenty, but check with your doctor.

How do I use my phone? Do I need to buy a SIM card?

Contact your carrier to discuss your international options. Most major US phone services have great coverage, especially in tourist areas. A local SIM card may be a better option depending on your service plan.

What is the availability of internet / wifi like?

WiFi is readily available, and is usually reliable and fast, though your service may vary in rural areas.

What cultural norms / etiquette should we know?

A few main things to know: As an American, do not claim to be Scottish, only of Scottish descent. Be courteous, like moving out of the way of other pedestrians on the sidewalk. Also, don't complain about the weather, just be prepared for any season with layers.

FAQ

Is it safe to drink the tap water in Scotland?

Yes, absolutely.

How much should we budget for traveling?

We suggest planning for at least £75-100 per person per day while traveling. This varies widely based on your personal taste, travel style, and what's already included in your package.

What should I know about the hotel before I go?

Hotel rooms in Europe are generally much smaller than we may expect, including the bathrooms, which makes a hanging toiletry bag essential for the space. Rooms are named by occupancy, not bed size, so for example, a double room means two people in one bed which could be any number of sizes, while a twin room means two beds for two people.

How do Scots treat tourists?

In Scotland, tourists, especially those from the USA, are generally welcomed warmly by the locals. Scots are known for their hospitality and friendliness towards visitors, often going out of their way to help them navigate the country and explore its rich culture and heritage. From sharing local tips and recommendations to engaging in friendly conversations, Scots make an effort to ensure that tourists feel comfortable and enjoy their time in Scotland.

ABOVE ALL ELSE

Remember that you're on vacation. Things can (and do) go wrong, like a delayed flight or a bad meal, but don't let it ruin your good time. Be flexible and enjoy your trip at every stage.



If you have any questions about
this incredible destination, do
not hesitate to reach out.
I am here for you!.

