

TO: THISTLE TREKKERS
 FROM: COACH RON GUNN
 DATE: MAR 8, 2025

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BEST OF SCOTLAND PRE TRIP ORIENTATION

- ♦ **TUESDAY:** Dress for hiking around Edinburgh as we will have a few hours before our rooms are ready (about 3:00PM). No trekking poles needed and no access to your luggage until we check in. [**TIME:** Scotland is 5 hours ahead of EDT]
- ♦ **MONEY:** The least expensive way to obtain Scottish money is at Scottish ATM's (Cashpoint), Banks or post offices. The most expensive is at the airport.
- ♦ **CASH:** I suggest ordering £500 at your local bank before you leave. [Exchange rate is about \$1.29 per £1.00 and note that the *Scottish Pound* and the *British Pound* are interchangeable, both are *Pound Sterling* with the same value.]
- ♦ **CREDIT CARDS:** Inform your credit card companies of your travel plans in advance. Check to be sure they do not charge a fee for foreign transactions.
- ♦ **MAPS:** I highly recommend getting the *All Trails* app for maps of our Scotland hikes. It really works well!
- ♦ **COPIES:** Pack copies of your passport photo and signature pages, front and back of your credit and medical cards and keep separate from your passport.
- ♦ **ELECTRICAL:** Obtain a US to UK adapter for your chargers and devices. Check to be sure the voltage range goes to 240v. [You'll find more details on my website *Travel Tips* page]
- ♦ **COFFEE & WAKE UP:** Bring a reliable alarm clock and some instant coffee.
- ♦ **EXTRA SHOES:** Consider bringing a pair of old but sturdy shoes for use in boggy and wet conditions.
- ♦ **STREETS:** Look right as well as left when crossing a road or street.
- ♦ Consider bringing a swim suit, umbrella and two way radio.
- ♦ Bring a warm sweater (Wool is best).
- ♦ **PARK FEES:** Cairn Stone will handle all park fees and the admission to *Urquhart Castle*. Any other attractions such as Edinburgh Castle is your choice and a personal responsibility.
- ♦ **ETA** (Electronic Travel Authorization) You can't board the plane without one. Details on the Scotland page of my website.
- ♦ **Special thanks** to Cairn Stone vet, Linda Diehl for her assistance with lodging.

I am excited about this trip! Thanks for your cooperation and FIRE UP for a great adventure!