

Flights

**Please review and make sure your name appears correctly below*

PASSENGER NAME	TICKET NUMBER	SEAT ASSIGNMENTS			
CERULLO/JULIEKATHERINE	006 7095811845	32C	21C	26C	33C
CORTES/CASEYSEYMOUR	006 7095811846	32E	22B	27B	33E
DENNIG/CATHERINECORINNE	006 7095811847	32F	22C	27C	33F
DEWEY/ALEXANDRAFENTON	006 7095811848	32G	23A	27D	33G
EYRE/ELIZABETHELLEN	006 7095811849	32H	23B	27E	33H
FEELEY/CAROLINEGENEVIEVE	006 7095811850	32J	23C	27F	33J
FULLER/ALICEADELE	006 7095811851	33D	24A	25C	34D
LUNT/ALEXANDRAKIRSTEN	006 7095811852	33G	25A	28D	34G
SAUNDERS/ALEXISANNE	006 7095811853	34B	26B	26H	32D
SAWIN/ALEXANDRAROSE	006 7095811854	34C	26C	26J	32E
BERSANI/ISABELLAFARRELL	006 7095811855	32A	21A	26A	33A
BUNYAN/NICOLESHIVONNE	006 7095811856	32B	21B	26B	33B
CHU/HADLEYHOLT	006 7095811857	32D	22A	27A	33D
HARRINGTON/TARAJEANNE	006 7095811858	33E	24B	25D	34E
LEIZMAN/RACHELANNE	006 7095811859	33F	24C	25E	34F
MAINE/ELIZABETHDAVENPORT	006 7095811860	33H	25B	28E	34H
RAMSEY/GAI	006 7095811861	33J	25C	28F	32C
SCHLOSS/KATHERINEROSE	006 7095811862	34D	27C	26D	32F
ROHRER/KATHERINETINLEY	006 7095811863	34A	26A	26G	34J

KLM 642Q 27OCT SA JFK To AMSTERDAM 600P 625A#1
KLM 597Q 28OCT SU AMSTERDAM TO CAPETOWN 925A 945P

KLM 598R 03NOV SA CAPETOWN TO AMSTERDAM 1130P 1010A#1
KLM 641R 04NOV SU AMSTERDAM TO JFK 125P 335P

Zag Sports Representative

Zag Director Chris Brothers Cell—+27 (0) 82 771 9873

Zag 24 Hour Hotline – 1-800-530-7924 ext. 4

Zag Hockey– 1-800-530-7924 ext. 2

Zag Sports, Fax-- 1-800-530-7924

Zag Sports, Email—info@zagfieldhockey.com

Zag Sports, Office Cell Phone for emergency contact on day of departure only—609-712-4667

Accommodation

Strand Tower Hotel

Corner Strand and Loop Streets,

Cape Town, South Africa

8001

<http://www.strandtowerhotel.co.za>

Tel: +27 (0)21 431 7500

Fax: +27 (0)21 419 2422

Trip Prep

Climate

Cape Town, South Africa

October/November High/Low: 72/55 F

Generally the temperatures will be around 70 however at night it can be in the low 50's so pack accordingly. If you want to check the weather closer to the departure date, you can use

www.weather.com. You can also check www.wunderground.com. Go to trip planner and you can see the weather for the last 10 years for the dates that you are expected to travel.

Time

Cape Town is 6 hours ahead of Eastern Standard Time.

Exchange Rate

The unit of currency in South Africa is the Rand(Zar). It is roughly 8 Rand to 1 USD

For updated exchange rates visit <http://www.xe.com/ucc/>.

Foreign Money Advice

Cash

American currency can be exchanged for foreign currency at most international airports prior to your departure, at the international airport of your destination, and at most major banks. It might be wise to bring and exchange a small amount of money(100usd-200usd) on arrival in order to have some cash on hand . In general, exchange money at bank branches and not at hotels, restaurants, or retail shops, where the exchange rates are unfavorable. Banks abroad afford you the fairest exchange rate available, but you can expect to pay a commission, which varies every time you exchange currency. At some banks commission is based on a percentage of the amount you exchange, while in others there is a flat fee regardless of the amount of the transaction.

Credit Cards/Debit Cards

The best way to carry most of your money is in the form of credit or debit cards. Ireland accepts most credit cards, however that is slowly changing as many retailers are moving the cards that have special micro chips inside. The amount charged to your credit card bill is based on the exchange rate on the day that your bank or credit card company processes the transaction. If the merchant is slow in submitting your charge slip, the bill could be a bit different from what you might have expected. For all financial transactions abroad be sure to have adequate identification with you (e.g., your passport). If you have a credit card or bankcard that is on the CIRRUS network, you should be able to withdraw money from most bank machines.

The debit card is the best and easiest way to get cash . ATMs may limit the amount of cash per transaction . Depending on the bank, the withdraw fee will vary. You do receive the lowest exchange rate, when using your debit card. Check with your bank or credit card company before you leave to determine the withdraw fee, or any related foreign surcharges. **Many credit cards**

have begun to charge surcharges for using your credit card abroad, so be sure to inquire with the card you hope to use to verify. Check with your bank to insure that your credit or debit card will work in Cape Town. If you don't have a debit card it may be worthwhile going to your bank and talking with your banker about possible temporary or prepaid debit cards that might work in Cape Town.

Traveler's Checks

Carrying large amounts of cash is not recommended. Traveler's checks are safer and more convenient. Lost or stolen cash cannot be replaced; traveler's checks can be refunded. Be sure to keep a separate record of the serial numbers of your traveler's checks. It is best to have three copies of these. Should the checks be lost or stolen, it is important to have these numbers available in order to obtain a refund. Traveler's checks are available in various denominations of different currencies and can be obtained at most banks. The major companies dealing in traveler's checks are Citicorp (First National City Bank), American Express, Bank of America, and Visa. There is usually a 1-1.5% commission charge for the purchase of traveler's checks. It might be to your benefit to contact the AAA since they do not charge members a fee for the purchase of American Express checks. Although purchasing traveler's checks in small denominations means carrying a bulkier package of checks with you, it also means that you can better control of the amount of cash you carry.

Money Summary

While travelers checks are your safest bet, they are often a bit more costly and difficult to exchange. Use a diverse strategy..maybe bring a little cash to change over and then have an ATM, credit or travel card to access additional funds.

Electricity

Standard voltage in Cape Town is 220/230 volts. If you are bringing any electric appliances, bring a converter and adapter. The hotel may have one as well. You will also be able to purchase an adaptor in the destination airport. Check with your device maker to be sure you don't need a converter. **Do not make the mistake of using only the adapter and burn out your device. Please check with All of your devices to make sure you won't have any issues...especially with Cell phone/Tablet Chargers.**

Customs

When returning to the United States, U.S. citizens who have been away for at least 48 hours are allowed to bring back, US\$400 worth of merchandise duty-free (without tax). You'll be charged a flat rate of 4% duty on the next \$1,000 worth of purchases. Be sure to have your receipts handy. On mailed gifts, the duty-free limit is \$100. You cannot bring fresh foodstuffs into the United States; tinned foods, however, are allowed. For more information, contact the **U.S. Customs Service**, 1-800-973-2867 or 202-354-1000 or on the web at www.customs.gov.

Items not permitted to enter the US or SA. Firearms, Drugs (unless for medical use), wildlife, plants, fruit. For more information visit, www.customs.gov.

Medications

If you require particular medication while you are traveling, **make sure you carry the medication in its original container and make sure you take the medication in your carry-on luggage.** Depending on the type of medication, it is a good idea to have a letter or prescription from your doctor to verify that you legally use the medication.

International Phone Calls

Phone Cards

We recommend the use of phone cards to call back to the U.S.

Most cards purchased in the U.S. will not work. You can find competitively priced cards in your destination country (at the airport once you arrive). They can be purchased at a fixed value and can be used from any payphone or local phone. You will likely not want to use the phone in your room as the rates will be too high.

Cell Phones

U.S. cell phones may or may not be able to be used while in South Africa. Most of Europe is on GSM, some US cell phones may be compatible, but need to be tri-band phones operating on 3 frequencies (900/1800/1900). Most US cell phones operate only on one frequency (1900). Talk to your cell phone carrier for more details.

Internet

Internet is readily available and is the easiest and cheapest way to stay in touch with family and friends. The hotel does have wifi and there is a small fee in certain areas(rooms,etc).

Tipping

Tipping in Cape Town is only expected in restaurants and high-end cafes and many times is included in the bill. However if you think the service warrants a tip, usually 5-10% is sufficient. You may want to tip your driver and tour manager roughly 150usd each.

Travel Insurance

Your school is providing travel insurance. Contact your coach for more info.

Luggage

Carry-On Luggage

Carry-on and 1 personal item.

Not to exceed 25 lbs and 45 linear inches.

Checked Luggage

1 checked bags – Free.

Not to exceed 50 lbs or 62 linear inches.

Passports

All persons traveling from country to country must have a passport. **Please make sure your passport does not expire before March 1st, 2013.** If you do not have a passport you must contact us immediately.

Keep your passport in a VERY safe (but accessible) place. Losing a passport while you are overseas is not the end of the world, but it may seem like it. The procedures for obtaining a new one are very complicated and often extremely time-consuming. Before leaving the US, make two copies of your passport. You should always carry a copy on your person throughout the trip. You should put the actual passport in a safe or in a locked piece of luggage. .

Immunizations

It is advised to keep up to date with vaccinations such as polio, tetanus and diphtheria. **We always advise you to consult your University physician regarding your travel and various vaccinations needed.**

Important Document Copies

It is advised to have 2 copies made (back and front) of the following items:

Passport	Health Insurance Card	Driver's Liscence
Medicine prescriptions	Credit Cards	Debit Cards
Traveler's Checks		

Each student should keep one copy of the his/her passport, driver's license and health insurance card and leave the other copy with his/her family. It is advised to give copies of the credit card, debit card, and traveler's checks to your family.

Packing Info:

*BRING RAIN GEAR!

Medicine and toiletries

Pack in Checked Luggage

Toothbrush and toothpaste

Soap and Shampoo

Sunscreen, moisturizers, cosmetics

Deodorant

Feminine Products

Pack in Carry-on Luggage

Prescription medicine (carry copy of prescription)

Extra eyeglasses and sunglasses

Extra contact lenses and cleaning solutions

1 change of clothes (if luggage is delayed)

No tweezers or sharp items

*Make sure to abide by liquid restrictions.

Miscellaneous:

Watch (reliable)

Digital Camera

Day Pack/small compressible knapsack

Rain Gear and Cooler Weather Clothing for evening and most activities are outside.

Adapter and voltage converter/ appropriate plugs

A healthy supply of nutrition bars for the long flight and longer days. (Typically not a problem at customs)

Sleeping Attire

A lock to lock your bags once you arrive at the hotel(hotel has safes)

All other usual items

*3 or 4 small pins or gifts to exchange with the other team.

Playing gear