



Health

- All participants are required to complete a medical form as part of the booking form and return this to the charity at the point of registration. The charity must keep Classic Tours up to date with medical conditions of participants and send copies of the forms to Classic Tours.
- It is compulsory for all participants with an existing medical condition or aged 65 + to have obtained a doctor's signature on their medical form. All conditions will be passed on to the group doctor.
- Participants should bring their own regular medication with sufficient supplies for the whole trip and a small first aid kit (see packing list).
- It is advisable that participants are up-to-date with the following jabs:
 - Hepatitis A
 - Polio
 - Tetanus
 - Tuberculosis
 - Typhoid

We strongly recommend that all participants consult their doctor as things do change.

- Participants will be advised to drink plenty of water (which will be provided by Classic Tours) whilst trekking to avoid de-hydration and constantly re-apply sun-cream (minimum factor 20) to prevent sunstroke.
- Participants will be advised about the necessity for good hygiene on the event – it is essential to wash hands before eating and not to share water bottles.
- There will be an English speaking fully qualified doctor on hand throughout the trek. He or she will trek with the group and will be available in the evenings for participants.
- There are good hospitals in large towns and cities with clinics in many villages.

SunSmart

Classic Tours has committed to support SunSmart - the UK's national skincare protection campaign. The campaign works to make people aware of the dangers of sunburn and excess sun exposure, and effective methods of sun protection. In order to honour this commitment we will be ensuring:

- Everyone carries their suncream on their person whilst trekking
- At break stops participants are reminded to re-apply cream.
- Participants will be advised to seek shade at break stops.
- Where possible avoid trekking during hottest part of day.

Safety and Security

- Classic Tours keeps up-to-date with the political and security situation in Israel from information supplied by the Foreign Office.

Insurance

- All participants must have adequate travel insurance cover to participate in the challenge.
- Classic Tours will be providing travel insurance cover for the whole group through Campbell Irvine. Please see the attached Campbell Irvine insurance policy document, and read through this carefully to ensure that you are happy with the cover provided. The document contains certain terms and conditions, especially relating both to your own health and the health of persons not necessarily travelling but upon whom travel depends, such as a close relative.
- Cover is excluded for any pre-existing medical condition from which the participant or any person upon whom travel depends are suffering. Participants are required to declare any pre-existing medical conditions. Please contact the Campbell Irvine medical helpline in confidence on 0844 826 2686, as additional cover may be purchased directly from the medical screening help line for certain pre-existing medical conditions. If a participant fails to do this, s/he will be liable for any costs incurred should emergency treatment be needed whilst on the event.

Passport / Visas

- Participants must have at least 6 months validity on their passport from the date of return to their country of residence. If not, they should obtain a new one between now and the trek. Visitors to Israel holding passports with less than 6 months validity may be refused entry. If this happens it would be the participant's responsibility (and cost) to arrange travel back to their country of residence.
- We will require a list of passport details 6 weeks prior to departure for our records. This should include: nationality, date of birth, place of birth, passport number, passport issue and expiry and country of issue.
- The majority of visitors do not require a visa (with the exception of holders of passports from most African and Central American countries, India, Singapore and some of the ex Soviet republics) and will be issued with a 3 month stamp on entry. However please check with your local embassy or online for your visa requirements.
- Participants must check visa requirements if they are extending their stay in Israel.

Money

- Currency: New Israeli Shekel (NIS)
- Exchange rate (April 2011) – subject to fluctuations:
£1 = 5.67 Shekel approx.
\$1 = 3.40 Shekel approx.

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- Approximately £100 - £150 spending money is recommended. Israeli Shekels are readily available in the UK.
- American Express and Visa are widely accepted whereas MasterCard and Diner Club have more limited use.
- We do not recommend Travellers Cheques for the event itself as it will not be possible to change them during the course of the week. They would be useful if anyone is staying on afterwards and to avoid additional exchange rate charges, participants should bring Traveller's Cheques in US Dollars.

