



RunQuest Travel Portugal Supply List

Please limit your gear to one large suitcase or backpack and two smaller bags or backpacks. Due to the limited capacity of our vans there is an additional fee of \$75 dollars per suitcase/large backpack or \$25 dollars per small luggage/backpack item for transportation. Plan your trip in advance and bring what you need but pack relatively light. We will also have an opportunity in Lisbon and Porto to help you find a Laundromat.

Please review the airport checklist of prohibited carry-on items, baggage size/weight restrictions, etc. Please forward your flight details to info@runquesttravel.com so we may arrange transport to and from the airport for the days of the trip. If you are arriving early or if you are staying on beyond the trip, please indicate that in the e-mail and inform us of the hotel along with the address you plan to stay. Our airport transfers are only applicable the dates and times listed on the itinerary. However, if the hotel is within the city it should be reasonable to transfer you to our lodging with advanced notice.

While we have listed a supply list for running as well as international travel you will also want to bring your preference of clothing for casually exploring the town by day, spending the afternoon at the beach and going out for dinner or drinks in the evening. While we have a planned itinerary our trips are built around you. There will be daily opportunities to explore on your own and the chance to explore freely as you wish. Consider what will make you most comfortable.

Supply List for International Travel

Required

- Passport
- Photocopies of passport identification pages (stored separately from passport)
- Copies of prescriptions for medications you're bringing
- International travel health insurance or policy
- Prescription medications or inhaler (if you have asma)
- Travel Itinerary (This will be mailed to you by RunQuest Travel by May 15, 2014)

Recommended

- Additional identification documents; International driver's license (not mandatory)
- Country specific travel guides (we recommend Lonely Planet)

- It is nice to have some Euros for incidental purchases, meals, gifts, and other items not covered by RunQuest Travel. You can exchange money at the airport and numerous places in the major cities of Portugal. ATM's are also readily available.
- Electric plug and voltage converter (Voltage is 220-240 Volts in Portugal versus 110-120 Volts in the United States/Canada).
- Spibelt or moneybelt to carry your currency, credit cards, passport, etc.
- Camera
- Trip Insurance documentation
- Credit card
- Emergency contact numbers
- Medical records if applicable
- Over-the-counter medications
- Snacks for between meals
- I.D. Tags for your baggage

Recommended Running Supplies List for RunQuest

- 2 pairs of running shoes
- 1 pair of flip flops or sandals
- Swim suit, beach towel
- Flashlight or headlamp
- Hat with visor
- Sunglasses
- 4 pairs running shorts
- Sunblock lotion
- Lip balm with sun protection
- 4 Short sleeve technical shirts
- Rain jacket

- 1 Long sleeve technical shirt or equivalent
- 1 pair lightweight running pants
- Body glide, skin lube or Vaseline
- 7 pairs of comfortable wicking socks
- Day Backpack you can use on a hike, exploring the city, beach, or countryside
- Watch
- Personal nutrition preferences
- Plastic bags for dirty cloths
- 2 Ziploc bags for electronics or cell phone (There will be opportunities daily to find a computer or cell phone. It is not necessary or even recommended that you bring a phone.)
- Race number from a previous race, perhaps one that you really liked. It will be used in a meet and greet with the other guests of the trip.

We will provide you with:

- Two Simple Hydration Water Bottles
- Clif gels, shots, and bars
- Spibelt
- RunQuest Travel technical shirt
- Adventure!