

YOUR TRAVEL GUIDE

CANADIAN ROCKIES



Pre-Departure Information

GETTING READY FOR YOUR UPCOMING JUST BE ADZENTURE...

Join our private, Photo Circle Group

ALL THE MEMORIES, IN ONE PLACE!



Please join the PhotoCircle group where you can share images and videos of your trip with each other. Your lead AdZENTurer will be part of this group and will upload/share all of the photos taken of the group. You decide what to share and what you want to keep private.

[JOIN HERE](#)



Entry Requirements

To visit Canada, a visa is not required for **U.S. citizens** staying less than 180 days. Your passport must be valid upon the date of entry and up to 3 months AFTER your return date to the U.S.

It is your own responsibility to find out additional visa information and entry requirements if you plan to visit other countries or stay longer than our retreat duration. Below are some links you can refer to ***for travelers from the U.S. If you are not a u.s. citizen, please reach out to your consulate for travel questions and/or requirements to ensure a smooth travel experience.***

[U.S. Embassy & Consulate information](#)
[Ministry of Tourism](#)



Practical Information



POWER OUTLETS

In Canada, the supply voltage is 120V and 60 Hz. They use power sockets (outlets) of type A and B, like in the United States. Plug type A is the plug which has two flat parallel pins and plug type B is the plug which has two flat parallel pins and a grounding pin. You should not need a power adapter for most things if you're traveling from the U.S.



TIPPING

Tips are essential for many service industry workers. Your all-inclusive Just Be AdZENTure includes a standard tip for all meals and planned excursions. However, if you LOVED an experience and feel like you'd like to offer an additional gratuity for a meal or an excursion, please feel free to do so! Based on previous experience, we advise guests to bring \$50-100USD for additional/optional tips.



CASH & CARDS

Cards are generally accepted everywhere in Canada with the exception of small boutiques and tipping guides. We suggest guests bring \$100-200USD worth of local currency (CAD or Canadian Dollar) for personal purchases and/or added gratuity.



Cell Phone/Data Plan

CHECK WITH YOUR CARRIER REGARDING INTERNATIONAL RATES

Check with your carrier to understand the international rules/offer for your data/phone plan. If needed, you can usually add an international data plan for the duration of your trip. If that's not an option or expensive, we recommend using an e-SIM.

What's an e-SIM? An eSIM is an industry-standard digital SIM that allows you to activate a cellular plan from your carrier without having to use a physical SIM. You can install eight or more eSIMs on an iPhone and use two phone numbers at the same time.

E-SIM OPTION



Travel Insurance

MEDICAL COVERAGE REQUIRED ON OUR JUST BE ADZENTURE

We strongly recommend that you purchase travel insurance, some people may be covered through their standard health care but travel insurance can be helpful for other areas of the trip such as Trip Protection. Travel insurance helps protect against unforeseen emergencies which can occur at any time. It also helps protect you against other circumstances like travel delay, lost or stolen baggage and personal items, missed connections and so much more.

One of the recommended travel insurance providers is IMGlobal because it is designed for adventurous travelers with cover for overseas medical, evacuation, baggage and a range of adventure sports and activities.

IMGLOBAL



Code of Conduct

THE ADZENTURES AGREEMENT

This Just Be AdZENTure is carefully designed and planned specifically for your group. Our hosts are experts in the destination and have personally curated this retreat to include the very best experiences we could find and create. We ask that you be respectful to our local partners and follow their instructions, especially during our adventures.

Please be mindful of the other guests in our small groups. Be respectful of every person, their opinions and their choices on the retreat.

Unruly, disrespectful, or inappropriate behavior will not be tolerated on this AdZENTure, our hosts reserve the right to stop your participation in this retreat and no refund will be provided if this occurs. Additional costs may be incurred for transportation and/or alternative accommodation and AdZENTures will not be responsible for any additional expenses.



Alcohol & Smoking

THE ADZENTURES AGREEMENT

Please note that limited alcohol is provided on this Just Be AdZENTure. If you would like to purchase additional alcohol for the accommodations, feel free to do so. If you have any concerns regarding this aspect of your retreat, please don't hesitate to reach out to your hosts and we will respond with the utmost discretion.

If you choose to consume alcohol on this trip, please do responsibly and note that others might not want to partake. Please be respectful of the others in the group and their personal choices.

Please note that this is a **no smoking** retreat. If you wish to smoke, you will not be permitted to do so on our retreat premises.



Dietary Restrictions

THE ADZENTURES MEALS

Throughout this Just Be AdZENTure, we're excited to immerse you in the vibrant flavors of our local cuisine, thoughtfully curated based on seasonal and traditional foods.

Please note that our menus are not designed for a vegan or vegetarian diet, but we do strive to accommodate various dietary needs and restrictions by offering a variety of options for each meal. If you have specific dietary requirements, we'll do our best to make adjustments within the framework of our offerings. Our goal is to introduce you to the rich tapestry of local flavors, and we believe that includes a diverse range of culinary experiences.

If guests require custom meals beyond our standard offerings, there may be an additional fee, similar to an upcharge at a restaurant. We appreciate your understanding and look forward to providing you with a delicious and culturally enriching experience.



Packing List

SUGGESTED ITEMS

- Passport (and visa, if applicable)
- Copy of passport (so you can leave original at the accommodations)
- Devices
- Respective chargers (phone, comp, e-reader, etc.)
- International plug adapter (if applicable, Type A & B)
- CAD or Canadian Dollars for personal purchases and tipping
- Luggage locks
- Any necessary medications or supplements
- Glasses / contacts
- Headlamp
- Neck pillow / plane comforts / Eye Mask
- Earplugs
- Camera / GoPro / Waterproof phone pouch
- Water bottle



Packing List

TOILETRIES

- Sunscreen
- Toothbrush / toothpaste
- Shampoo / conditioner / soap
- Hair brush / hair tools
- Razor
- Skincare routine products
- Deodorant / perfume
- Makeup
- Bug spray



Packing List

ITEMS PROVIDED / NOT NECESSARY TO PACK

PROVIDED

- Shampoo
- Soap
- Towels
- Yoga mats
- Yoga blankets



Packing List

CLOTHING

- 4-5 sets of clothes for yoga
- Hiking attire (shorts and/or light pants)
- Comfortable hiking shoes/boots and 4-5 pairs of socks
- Comfortable walking shoes / sandals
- 2-3 long sleeve shirts
- Hiking Poles (optional)
- Water shoes / hiking sandals (optional)
- Hat / Sunglasses
- Comfortable outfits for everyday wear
- 1-2 fun outfits for a night out
- Raincoat / Rain pants
- Light jacket
- 1-2 Swimsuits
- Hat / Gloves / Warm Jacket (optional if you get cold easily)



Your Hosts

KETTI, HILLARY, KRYSTAL, JORDAN & LINDSEY

If this is your first retreat with Just Be & AdZENTures, we'd like to take this opportunity to introduce you to your hosts:

The Just Be Travel Co team: Ketti, Krystal & Hillary

The AdZENTures team: Jordan & Lindsey

Please DO NOT hesitate to let them know if you have any questions or concerns throughout your experience.

We cannot wait to explore and experience the magic of the Big Island with you!

See you in September!

xx Just Be Travel Co + AdZENTures



Welcome to your Just Be AdZENTure!

ARRIVAL INFORMATION

Our amazing AdZENTure begins on
September 8, 2024 at 3pm!

Pick-up information:

We will pick up guests at the Calgary
International Airport at 3:00pm local time!



WE CANNOT WAIT TO ADZENTURE WITH YOU!!



Contact Us

REACH OUT BEFORE, DURING OR AFTER YOUR ADZENTURE WITH ANY QUESTIONS, CONCERNS OR EXCITED MESSAGES



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[@adzventures](https://www.instagram.com/adzventures)

Feel free to share this information with your loved ones back home, so they know how to reach you in case of an emergency.

