

YOUR TRAVEL GUIDE

T E N E R I F E





Pre-Departure Information

GETTING READY FOR YOUR UPCOMING 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 Tenerife, a visa is not required for **U.S. citizens** staying less than 90 days within a 180 day period. 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

For Tenerife and the Canary Islands, power plugs and sockets (outlets) of type C, type E and type F are used. The standard voltage is 230 V at a frequency of 50 Hz. You will need a power plug travel adapter for sockets type C, E and F on the Canary Islands.



TIPPING

Tips are essential for many service industry workers. Your all-inclusive 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 an experience 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 Tenerife with the exception of small boutiques and artisans. We suggest guests bring \$100-200USD worth of local currency (EURO €) for personal purchases, additional excursions 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 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.

Amanda, with Live Well Travel, can help you book and navigate the travel insurance process. Please feel free to reach out to her at the email link below for assistance.

LIVE WELL TRAVEL



Code of Conduct

THE ADZENTURES AGREEMENT

This 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 during certain meals on this AdZENTure. If guests choose to buy additional alcohol to have at 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 **non smoking** retreat. If you wish to smoke, you will not be permitted to do so on our retreat premises (i.e. accommodations, transfer vehicles, etc.).



Dietary Restrictions

THE ADZENTURES MEALS

Throughout this 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, vegetarian or restrictive diets, 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 must be notified in advance if special dietary alternatives are requested. 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 (Type C, E & F)
- Euro € for personal purchases and tipping
- Luggage locks
- Any necessary medications or supplements
- Glasses / contacts
- Neck pillow / Plane comforts / Sleep mask
- Earplugs
- Camera / GoPro / Waterproof phone pouch
- Water bottle
- Day pack for hiking



Packing List

TOILETRIES / MISCELLANEOUS

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



Packing List

CLOTHING

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



Packing List

ITEMS PROVIDED

PROVIDED

- Shampoo & Conditioner
- Soap
- Beach Towels
- Yoga mats



Your Hosts

AMANDA, LINDSEY & JORDAN

We are so excited to introduce you to your hosts - Amanda, Jordan and Lindsey! They will be your guides, drivers, hosts, knowledge experts, yoga instructors and more on this Live Well Travel AdZENTure.

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 Tenerife with you!

See you in October!

xx, Amanda, Jordan + Lindsey



Welcome to your AdZENTure!

ARRIVAL INFORMATION

Our amazing AdZENTure begins on
October 12, 2025 at 3pm!

Pick-up information:

3:00pm at Reina Sofía Airport in Santa Cruz, Tenerife (TFS Airport Code)



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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Lindsey || (406) 690-2605



[@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.

