

An Excerpt from one of....

## PREMIER RIVER CRUISES' COMPASSPOINT™ GUIDE SERIES

### Healthful Hints – Boy & Girl Scouts are Always Prepared

Generally speaking the tap water on river cruise ships is perfectly safe to enjoy without asking for bottled water. The same can be said for most of Europe, at least the portions where river cruise passengers vacation. That would include all of the potential pre/post cruise land extensions. You may want to use a bit more discretion when traveling in Russia. While in Russia we do suggest you drink bottled water while ashore. Other than that, enjoy and drink plenty of water during your vacation.

You're on vacation and the last thing you think about or want is a cold or the flu. Colds and other viruses can spread quickly in an enclosed area such as a ship or motor coach. Almost all river cruise ships now provide hand sanitizers as you board and in public areas – use them. Practice common-sense hygiene and respiratory courtesy. We also recommend you carry a travel sized anti-bacterial hand sanitizer which does not require rinsing with water. Use it frequently [i.e. after shore excursions, prior to meals and throughout the day] – you will thank us.

We encourage you to ensure you have all of your personal medications along with a copy of the prescription in case you need it. You might also want to consider a small extra supply in separate bottles carried in your hand carry luggage. Same goes for eye glasses as well.

### Minimizing Jet Lag

While there's no magic cure for jetlag, here are a few ideas on how to minimize its affects.

- ∞ Try to arrange your trip to spend a few days at your destination before the cruise
- ∞ Stay up a bit longer on the flight and try to also get some sleep time
- ∞ Drink plenty of juice or water on your flight, avoid caffeine and eat very lightly
- ∞ When you arrive at your destination, try to stay awake into the evening – take a walk
- ∞ If your hotel has a pool, use it. Scientists say that a swim is one of the best cures for jetlag
- ∞ Leave the curtains in your hotel room open so that you awaken naturally with the sun

### Tipping on your River Cruise

We're very confident that you will return from your river cruise not only beaming about your experiences on shore, but speaking highly of the extraordinary quality of the service levels aboard your river ship. All of the river cruise brands we promote at Premier are known for their overall quality and in particular for the onboard product & service delivery.

To ensure all crew members are rewarded for such high levels of service, crew members aboard river cruise ships “pool” the gratuities extended by guests. Your local tour guides and bus drivers are not part of this “pool” and should be tipped at the conclusion of their service assuming it met your expectations. All tipping is completely at your discretion and should only be tendered if you are very satisfied with the services of other shipboard or ground personnel. Please review our suggested guidelines below.