"Explore Europe on Foot" Final Tasks Checklist

Three Days Before Your Flight

Get Your Banking in Order

Authorize debit and credit cards for use in Europe
Verify debit and credit card PINs
Figure out how much cash you'll need when you arrive in Europe
Look online for your bank's European partner banks
Find out where those ATMs are

Plan Your Pre-Trail Errands

List everything you need to get or do when you arrive in Europe
Figure out how you'll get to each spot
Figure out what time each spot is open

Pack Your Bag

Use your checklists
Highlight any missing items
Keep items accessible for airport screening

Get Plenty of Rest

Stop training and give your muscles a break
Get a full eight hours of sleep each night

One Day before Your Flight

Check in for your flight
Print your boarding pass or save it to your smartphone

The Morning of Your Flight

Add final items to your backpack
Check everything off your packing checklists
Stow any uncompleted checklists (such as your pre-trail errands) in your backpack

During Your Flight

Put your phone in airplane mode
Set your watch to European time
Sleep, eat and drink caffeine on European time

Shut off screens if you have trouble napping
Stay hydrated

When You Get to Europe

Let yourself get a little hungry
Stay awake until European bedtime
Do your pre-trail errands
Connect to Wi-Fi

The Day Before Your Walk

Take local transportation to your trailhead accommodations

The Night Before Your Walk

Figure Out What Time Breakfast Is

Set your alarm for an early start
Plan to take your backpack to the dining room

Reorganize Your Backpack

Integrate things you picked up on your pre-trail errands
Take your toiletries out of their TSA- approved plastic bag and stow them in your toiletry bag
Fill your water bottles
Put a day's worth of snacks in your pack's outside pockets
Lay out your trail clothes for the morning

Get a Good Night's Sleep

Consider taking a natural sleep aid