

COVID-19  
**Travel**  
Survival Guide

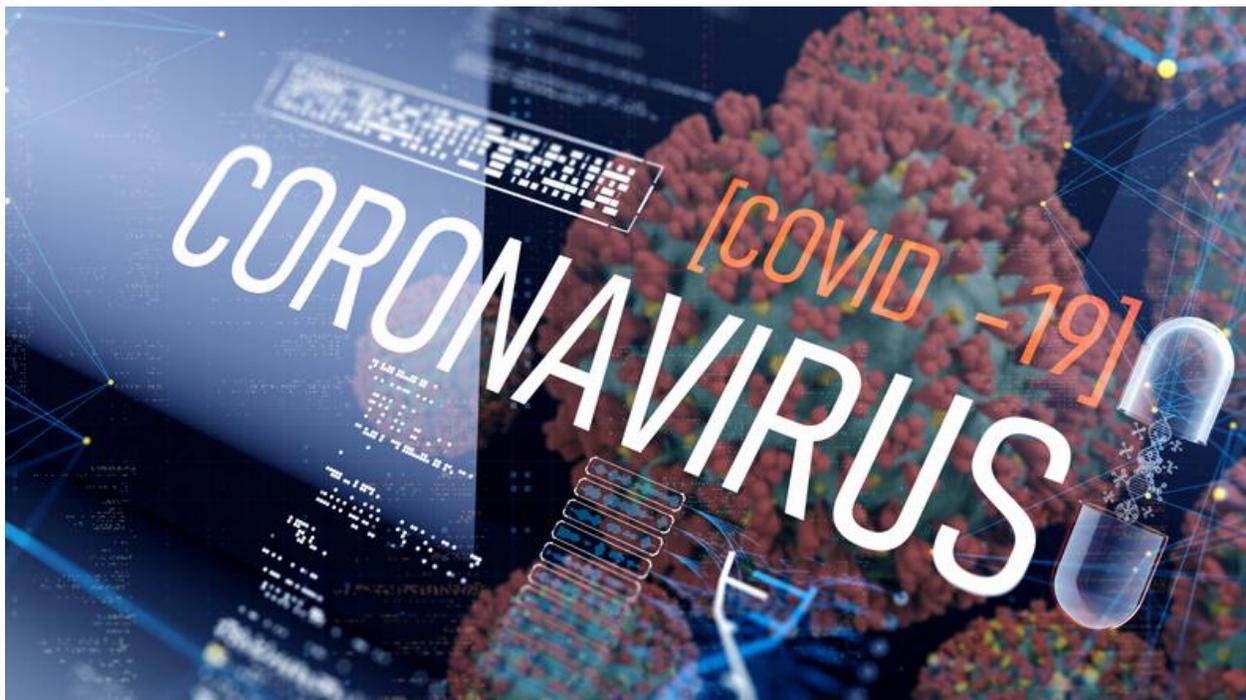
## COVID-19

None of us have expected this pandemic to last for as long as it has lasted. However, now countries are reopening, and the vaccine is being dispersed. This has allowed for a resurgence in travel and exploration. However, this must be done with the proper precautions and consideration in place. Here at Bucket List Group Travel we're your one stop shop for all things travel.

Therefore, we have written below a comprehensive guide for COVID-19 and how it has affected travel, adventure, and exploration.

### Travel Rules and Guidelines for COVID

Overall travel and the associated guidelines are dictated by the Center for Disease Control and prevention. They are continuously monitoring COVID-19 and its associated variants and incorporating best practices into the travel destinations and rules. This guide will be updated frequently with news and data as it pertains to COVID and travel. However, the best place to get the majority of your information is straight from the [source](#). Also our friends at Kayak, have a beautiful travel restrictions map we recommend checking it out [here](#).



### Travel During COVID

Believe it or not travel during COVID has not changed too much. Aside from the health practices of wearing a mask and limiting the amount of people within the plane for the most part things have been 'business as usual'. However, there is one notable difference, the travel experience. Prior to COVID one would simply pick up their bags and plan a solo trip

to a beautiful destination and expect to have a great time. However, during COVID many trip destinations are notably a lot less accessible. Opposed to having to spend **hours** on researching the best places to travel we have done the heavy lifting for you. Here at Bucket List Group Travel not only have we picked the best place for us to travel, we've also planned out amazing itineraries also. That being said, continue reading to see our travel tips and tricks, brought to you straight from professional travelers and adventurers.



## Things to Bring

Are you wanderlust, an adventurer, an explorer? Do you like to fly high in the sky as a free bird? Do you know that the best view comes after you have climbed to the highest point?

Yes, the mountains are calling, and you must go!

But before your voyage, we bring forth some essential backpacker's guide to help you on your adventurous trek!

How many bags are you planning to take—a whole trolley?

One of the most important things to keep in mind about travel is your destination. For instance, if you're traveling to an Artic environment there is no need for a sunhat no matter how fashionable. One the other hand a robust and thick jacket is a deeply needed necessity. So while traveling this season only essential things to look out for when traveling, such as daily clothes, hiking shoes, everyday grooming accessories Some COVID specific items to bring include medicines, face masks, gloves, and sanitizer.



### **Good hiking shoes are a must!**

We all know the importance of dancing shoes but what about hiking shoes?

Well, these are of the utmost importance when you are going on a backpacking trip.

We recommend that if your trip is going to include a large amount of backpacking, or walking in general that you then pack a pair of hiking shoes. Or at the very minimum a pair of shoes that are comfortable to walk in for long periods of time.



### Maintain a regular drinking water schedule

Its amazing how the majority of the human body is water but most of us do not think of it very much. Due to COVID much of the travel being done right now is giving to take place outdoors. As such, be sure to pack a water bottle that has a large volume but is portable. The one we use is this one. Someone to keep in mind is that water consumption will improve immune health, sleep, alertness, memory and many other things that will make the trip a more enjoyable experience.

### Have a healthy meal

If any of you are foodies like us here I the office, one of the most exciting parts of traveling is tasting the local cuisine. However, this may be a bit more difficult during the time of COVID as such its important tot look up places to spot for food ahead of time. Usually places with outdoor seating are best. Here at Bucket List Group Travel, we have taken the leg work out of things for you. Your experience with us is very much plug and play. We have you taken care of for all of your food desires.



## Travel With the Right People

We as humans are very social creatures, usually doing anything with someone else enhances the experience. That is of course if you're with the right people. In the case of travel, there is no other better group to travel with the members of the Bucket List Group Travel Family. Our amazing reviews speak for themselves but also the amazing host that we have that are able to make sure that everyone has a great time together on these various excursions. Due to this, Bucket List Group Travel is perfect from both the group and solo traveler alike. As our motto says, "Travel Solo but Never Alone"



If you're planning a trip in the near future, consider signing up with us here at the Bucket List Travel Group! We're an inviting group of fun friendly travelers who's passion is adventure with amazing and great people like yourself. You can click [here](#) for upcoming trips! Looking forward to seeing you at our next adventure!

Cheers,

Buck List Group Travel Team