

Girona (GRO) airport Cheat Sheet

Print and take with you when you travel

Phone:	972 186 600
Web:	www.aena.es
Email:	gironainfo@aena.es
Flight Info:	972 186 600
Lost & Found:	972 186 787
Where:	12km from Girona

Airport Info:	Two information desks may be found on the terminal's arrivals level, as well as a tourist information booth.
Luggage:	The lost property office is in the terminal building. There is no left-luggage facility at the airport.
Money:	There is a cashpoint on the arrivals level of the airport.
Other Services:	Several travel agencies, a pharmacy, a post office (in Arrivals), Internet access points are available throughout.
Shopping:	Selection of airport shops selling perfumes, cigarettes and other duty free goods. Other shops include a Sunglass Hut and Watch Station, Football Corner, isanti and Lune Bleu fashion and accessory outlets.
Eating & Drinking:	3 cafeterias: Café-Café offers a wide selection of pastries, and sandwiches. Medas offers hamburgers, hotdogs, sandwiches. Ready offers coffee, salads, pastas, sandwiches, etc.
Business Facilities:	A VIP lounge in the departures hall. Also a meeting hall equipped with a bar, located in the old terminal, which can be hired in advance.
Disabled Facilities:	Lifts and disabled toilets are available. Also disabled parking spaces near the terminal entrance.

29 airport & in-flight tips to make your journey easier

Security

- Check your airline's list of banned items** on their website, as prohibited items can vary by airline.
- Take medications in their original containers** to avoid them being confiscated at security.
- Watch the liquids.** Regulations for liquids vary by airport, but play safe by only taking small amounts (up to 100ml) and pack them in your hold luggage.
- Remove laptops and DVD players** from hand luggage for inspection and screening
- Don't take wrapped gifts**, as they will be unwrapped at security.

Inflight Beauty

- Tie your hair** in a scarf to combat bad hair.
- Use hair powder** to help prevent oily scalp or limp hair.
- Use cucumber eye pads.** Pre-moistened pads soothe and refresh tired and puffy eyes.
- Bring pre-moistened makeup remover cloths** to remove make up or just clean the skin mid- or post-travel.
- Try cake mascara** - it's a great alternative when liquids are not allowed.

Health & Comfort

- Walk or move around** as much as you can on your flight to help prevent deep vein thrombosis.
- Drink plenty of water** and avoid alcohol and salty snacks, as cabin air can be very dehydrating.
- Chew gum** to help prevent your ears popping.
- Wear flat-soled, lace-up shoes** so you can loosen them if your feet swell.
- Wear loose fitting clothes.** In-flight dining and drinking may leave you feeling bloated.

Travelling with kids

- Check your kids' backpacks** and carry-on luggage for banned items sneaked in at the last minute.
- Point out the security officers** when you arrive at the airport, and make sure your kids know who to ask if they get lost.
- Seat your child by the window.** Kids find the view fascinating. It's also safer than sitting on the aisle, where arms and legs could get bumped.
- Instruct kids not to talk to strangers.** The airport is a crowded, busy place, so it's essential that kids practice safety first.
- Make sure your kids carry your mobile number** on them at all times in case they get lost.

Money

- Don't change money at the airport**, as the rates are invariably terrible. 'No commission' almost always means a worse rate.
- Avoid using your mobile abroad.** Texts are cheaper than voice calls, and think of buying a local prepaid SIM card at your destination if you need to make a lot of calls.
- Use debit cards instead of credit cards** to get cash from foreign ATMs to avoid higher commissions and interest charges.
- Use the currency of the airline's country** to avoid overly inflated exchange rates when making in-flight purchases.

Other tips

- Locate electricity sockets** by looking behind pillars, in dining areas, under payphones & near drink / food machines.
- Prepurchase Wi-Fi access** to avoid having to input your card details in the airport, where they can be easily stolen. Check <http://www.travelpost.com/airport-wireless-international.aspx> for Wi-Fi supplier details.
- Camp out within sight of the info boards** if your flight is delayed, as new times can be posted repeatedly.
- Check your airline's carry-on luggage restrictions** on their website to avoid a surprise fee when checking in.
- Carry a spare credit card and photo ID** away from your main documents, in case of theft or loss.