

### Barcelona (BCN) airport Cheat Sheet

Print and take with you when you travel

Phone: 93 2983838

Web: [www.aena.es](http://www.aena.es)

Email: [bcninfo@aena.es](mailto:bcninfo@aena.es)

Flight Info: 902 404704

Lost & Found: 93 2983349

Where: 12km S.W. of Barcelona

#### Airport Info:

Airport information desks available in Terminals A, B, C. Tourist information only in Terminals A & B. Hotel information only in terminal B.

#### Luggage:

The left-luggage office is in Terminal B, Arrivals. Lost property office is in the 'Bloque Tecnico' building.

#### Money:

Terminals A and B have banks, bureaux de change and cashpoints.

#### Other Services:

Post office in Terminal B (ground floor). Also: pharmacy, childrens' play areas, 24/7 medical service, tour operators, travel agents. Pay Wi-Fi available in all terminals. The 'Diver's shop' (Terminal B) has an Internet kiosk.

#### Shopping:

Terminals A and B: duty-free, jewellers, bookshop/newsagent, tobacconists, clothes shop, and shoe shop.

#### Eating & Drinking:

Large range of cafés, bars, sandwich shops, and cafeteria-style eateries located post-security in all terminals. Food/drinks available 24/7.

#### Business Facilities:

Sala Europa conference room is located in Terminal B, with 2 meeting rooms for hire with telephone, fax, Internet and audiovisual equipment.

#### Disabled Facilities:

Entire airport is designed for easy access by disabled passengers. Disabled toilets throughout the airport, low telephones & reserved parking.

### 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.