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Grenoble (GNB) airport Cheat Sheet

Print and take with you when you travel

Phone: (0)476 654 848
Web: www.grenoble-airport.com
Email: info@grenoble-airport.com
Flight Info: (0)476 654 848
Lost & Found: (0)476 654 848
Where: 45km S.W. of Grenoble

Airport Info:	There is one information desk in the terminal.
Luggage:	There is a lost and found office in the terminal building. There is no left luggage facility at the airport.
Money:	Whilst there is no bank at the airport, there are several ATMs in the terminal.
Other Services:	A first aid room is available. Also, baby care facilities are available in the boarding lounges.
Shopping:	There are several shops at the airport, including a Relai newsagent, a dutyfree shop and a winter sports shop.
Eating & Drinking:	The terminal has a bar and restaurant serving food, snacks and cold and hot drinks.
Business Facilities:	There are meeting rooms available, and a VIP lounge
Disabled Facilities:	Disabled passengers are well catered for, with special ramps, parking spaces and bathroom facilities.

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.