

# What We Learned on Our European Trip

Ah, the lessons learned during our week in Portugal and a week on a river longboat...

On April 24, 2025 we returned on a pleasure trip where I lost 5 pounds despite having lots of great food. Now, why is that, you want to ask.

I'll tell you why but not now.

Our adventure first.

1. Marie forgot to take her essential meds. We discovered this while in Portugal.
2. I lost my wallet somewhere between Lisbon airport and Basel Switzerland.
3. Pocket clutter made me crazy. Yup, I wore tactical trousers with 99 pockets.
4. Over packed and forced to purchase another roller bag before departing Europe.
5. I learned that pushing a wheelchair up a carpeted ramp is not for couch-dwellers.
6. The European idea of a short walk is damed un-American.

A month after we got home, we learned that Marie's slow movements, loss of balance, and inability to walk more than a 'click' (soldier speak) was due to Parkinson's. Fortunately, she is now on medication that works quite well.

So, it seems that my slow-walk to keep her steady on her feet was enough exercise to account for my 5 pound weight loss.

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## My notes on what we learned

1. Too many pockets
2. Pocket clutter
3. Focus on essential documents
4. Meds packing
5. Overpacking bags
6. Cellphone as essential
7. How to get lost on a guided tour
8. Mind-blowing Meds availability and prices in Europe