

DONOR GUIDE

# Travel Guide

*for your donation*

ANYWHERE · UNITED STATES · LOS ANGELES

suma FERTILITY®

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# Your journey starts here

*"I was a donor too.*
*So I know exactly how it feels to pack that suitcase."*





Congratulations on taking this step. You're about to help a family make their dream come true, and to live an experience very few people ever get: traveling, discovering a new city and taking care of yourself along the way.

We put this guide together so you can travel **calm, informed and excited**. It's organized in three levels:

1

**Anywhere**

The essentials for any donation trip: self-care, the retrieval, warning signs and packing.

2

**United States**

Entering the country, money, tipping, your phone, health and the rules that surprise people most.

3

**Los Angeles**

Getting around, photo spots, plans for every budget, where to eat and weekend getaways.

If anything urgent comes up, **call or text us anytime**: we'll talk to the clinic, the hotel, the insurance... whoever we need to.



**All information in this guide is for general guidance only. Every donation is personalized and some details may be different in your case.*

# The must-knows

If you only read one page, make it this one.

### ESTA

Apply as soon as we confirm your donation (esta.cbp.dhs.gov, about $40).

### Physical credit card

Hotels ask for one as a guarantee, even when everything is prepaid.

### eSIM before you leave

Holafly or Airalo: data the moment you land.

### Type A/B adapter, 110 V

Straightener and hair dryer only if they're dual voltage.

### Tip: 18–20%

At sit-down restaurants. And listed prices don't include sales tax.

### 21+

Minimum age to drink and to get into many venues. Bring your passport.

### Drink 2–3 liters a day

With electrolytes during stimulation. And no cannabis: it shows up in your tests.

### Warning signs

Severe pain, growing bloating or shortness of breath: call the clinic and text us right away.

### Suma, 24/7

+1 856 646 6155. For anything, at any hour.

### Enjoy it!

100+ ideas in Part 3. And ask us for recommendations based on what you love.

# Before you travel

## 1. Medical screening

To keep the process safe for you and successful for the family, before your trip you'll complete:

- Blood work and hormone tests (including AMH).
- Genetic testing.
- Infectious disease panel (STIs).
- Drug test.
- Psychological evaluation.

> **Important:** some tests (drugs, STIs, blood work) are repeated when you arrive at the clinic. An abnormal result can put the donation on hold, so if you think any of them might come back flagged, **tell us beforehand** and we'll guide you.

## 2. Contract and legal

- Before you travel, you sign a contract with all the terms and conditions of your donation.
- You have **your own independent attorney**, who reviews it with you, explains everything and asks for changes if needed.
- You never travel without a signed contract and every question answered.

## 3. Your travel calendar

- We set the dates with the clinic based on **your menstrual cycle and your availability**.
- If we've asked you to, let us know as soon as your period starts: the whole calendar depends on it.
- If anything comes up (work, exams, health), tell us right away. Everything has a solution if we know in time.

# What your trip includes

We book everything. All you have to do is take care of yourself and enjoy.

### Flights

Round trip in economy, with a checked bag and, whenever possible, nonstop.

### Accommodation

A comfortable, safe hotel or apartment close to the clinic.

### Transfers

Airport–hotel when you arrive, every hotel–clinic ride and hotel–airport on your last day.

### Meal allowance

A daily allowance for your meals throughout your stay.

### Medical insurance

Donation-specific insurance that covers any complication related to stimulation.

### Bring a companion*

Come with your best friend, your partner or your mom: we also cover their flight and stay.

### Independent attorney

Reviews your contract and protects your interests, just for you.

### 24/7 support

Someone from the Suma team by your side before, during and after your trip.






**Subject to the terms of your program. We confirm everything in writing before booking.*

# Your stay, step by step

1

**Arrival**

You arrive one or two days before your first appointment to adjust to the time difference and rest from the trip.

2

**First appointment**

Blood work (general health, hormones, drugs and STIs) and a transvaginal ultrasound to check your uterus and ovaries. The clinic uses this to fine-tune your treatment.

3

**Stimulation · 9–14 days**

You give yourself the medication every day, following the clinic's instructions (we'll remind you of every dose). Ultrasound and blood work checkups every 2–3 days.

4

**Trigger shot**

When your follicles are ready, you take the trigger shot. The retrieval is scheduled about 36 hours later, at an exact time.

5

**Egg retrieval**

A 20–30 minute outpatient procedure under sedation: you won't feel a thing. You'll spend a couple of hours at the clinic, then head back to the hotel with someone to rest.

6

**Recovery and home**

You may have period-like cramps for a few days. Most donors fly home the day after the retrieval, though sometimes it's the same day.

The exact length of your stay depends on how your body responds. We confirm it before booking flights and, if anything needs adjusting along the way, we handle it.

PART 1

# Tips for any destination



# Take care of yourself

## During stimulation

- **Drink plenty of fluids** (2–3 liters a day) and include electrolyte drinks like Gatorade, Pedialyte or coconut water.
- Focus on **protein**, veggies and fruit. Go easy on sugar and refined carbs: you'll feel less bloated.
- Avoid **alcohol, tobacco and cannabis**.
- You can go about your **normal life**. Listen to your body: if you feel bloated or sore, slow down.
- Comfy clothes with an **elastic waistband**: it's normal for your belly to feel swollen.
- It's best to **avoid sex** during stimulation and the following month. If you do have it, always use protection: you'll be more fertile than ever.

### Retrieval day

- Follow the **fasting** instructions from the clinic (usually no food or drink from the night before).
- Go without makeup, nail polish, jewelry, contact lenses or perfume.
- Comfy clothes and socks: the operating room gets cold.
- Always **bring someone**: after sedation you can't drive or go back alone.

### After the retrieval

- That day, rest and treat yourself: shows, room service, pampering.
- Listen to your body. If you feel good, you can go about your day, gently.
- Use **pads** (not tampons): there may be some light bleeding.
- Keep drinking lots of fluids and eating protein.





# Your well-being

## ⚠ Warning signs

Call the clinic and text us **right away** if you notice:

- Severe or worsening belly pain
- Nausea or vomiting
- Peeing very little
- Fever
- Bloating that increases quickly
- Trouble breathing
- Gaining more than 1 kg (2 lb) in a day
- Heavy bleeding

They're rare, but they always need to be checked. For emergencies in the US: **911**.

### Your emotions

Hormones can make you feel more sensitive or tired. It's normal and it passes. Talk to us: that's what we're here for.

### You're never alone

Your Suma agent is on your side throughout the whole process, for whatever you need, at any hour.

## If you need medical care

1

### Text us or your clinic

For any symptom or question, let us know first. We'll tell you what to do and talk to the clinic for you.

2

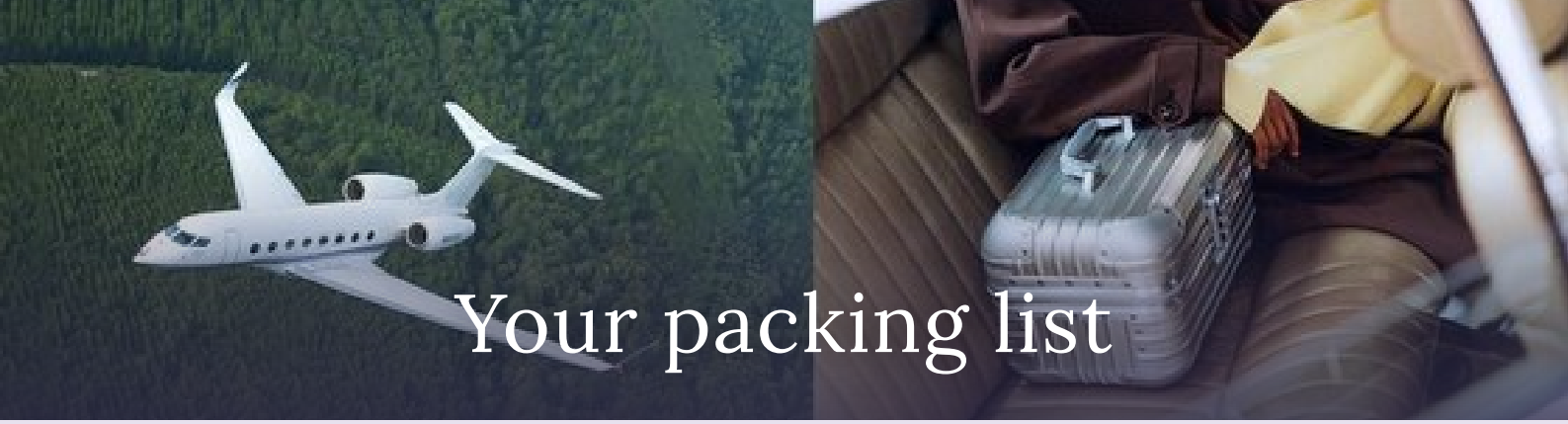
### Use your medical insurance

The instructions and phone number are on your insurance card. They'll tell you which facility to go to so you're covered.

3

### ER only if it's serious

Go straight there only if you feel really unwell. Otherwise, call your insurance first: in the US an uncovered visit can cost thousands of dollars.



# Your packing list

Print it or screenshot it and check things off.

## Documents

- [ ] Passport (valid for your whole stay)
- [ ] Approved ESTA (printed or on your phone)
- [ ] Return ticket and hotel booking
- [ ] Insurance policy
- [ ] Physical driver's license (if you'll drive)

## Money

- [ ] Physical **credit** card
- [ ] Debit card with no foreign transaction fees
- [ ] Some cash in your home currency, to exchange there if needed

## Health

- [ ] Your usual medication (for the whole stay)
- [ ] Pads
- [ ] Mini first-aid kit

## Clothes

- [ ] Comfy clothes with elastic waistbands
- [ ] A couple of nice outfits for the clinic
- [ ] Jacket or hoodie (the AC is strong)
- [ ] Comfortable walking shoes
- [ ] Swimsuit and sunglasses
- [ ] Pajamas and socks

## Tech

- [ ] Type A/B plug adapter
- [ ] Charger and power bank
- [ ] eSIM installed before you leave
- [ ] Headphones

## For the flight

- [ ] Travel pillow
- [ ] Healthy snacks
- [ ] Moisturizer and lip balm
- [ ] Something to read or watch

PART 2

# Traveling to the United States



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# Entering the US

**ESTA:** apply online at **esta.cbp.dhs.gov**. It costs about **$40** and is valid for **2 years**. It's all you need to enter with a passport from a Visa Waiver Program country (like Spain or most of the EU).

## ESTA or visa

- There's no specific visa for egg donation: it isn't a job and your compensation isn't a salary.
- With a Visa Waiver Program passport you need an **ESTA**. Apply online at **esta.cbp.dhs.gov**; it costs about $40 and is valid for 2 years (or until your passport expires).
- If you don't have one yet, **apply as soon as we confirm your donation**. Only use the official site: other pages charge double for the same thing.
- If your country isn't in the program, you may need a B1/B2 tourist visa. We'll guide you case by case.

## At passport control

- The ESTA covers tourism, visits and medical treatment.
- The easiest way through is to mention **tourism** and answer **naturally and calmly**.
- Have your **return ticket** and **hotel address** handy on your phone.
- Jot down a few plans from this guide in case they ask what you'll be visiting.

## Passport and documents

- E-passport in good condition and valid for your whole stay (ideally with 6 months to spare).
- Save a photo of your passport and bookings on your phone and in the cloud.

# Money and staying connected

## The price you see isn't the price you pay

**+ SALES TAX**

Prices in stores and on menus **don't include tax**: it's added at checkout. In Los Angeles, it's around 10%.

**+ TIP**

At sit-down restaurants you leave **18 to 20%**. It's expected there: not optional.

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*Example: a $20 dish on the menu ends up costing about $26.*

- If you pay at the counter before getting your food (fast food, coffee shops), tipping is optional.
- Check the receipt: if it says *gratuity* or *service charge*, the tip is already included.

### Bring a physical credit card

Hotels and car rentals ask for a **credit card** (not virtual or debit) as a guarantee, even when everything is prepaid. They may put a hold on a deposit that's released when you check out.

### Cash and fees

No need to bring dollars from home: pay by card (one with no foreign transaction fees, like Revolut, saves you a lot) and bring a little cash in case you want to exchange it there.

### Data from the moment you land

Buy an **eSIM** before you leave (Holafly, Airalo…) and activate it when you arrive. Also check whether your home carrier includes US roaming.

### No need for perfect English

Lots of people in California speak Spanish, and everyone is used to visitors. Google Translate reads menus and signs with your camera, and translates conversations out loud.



# What might surprise you

### Plugs and voltage

Type A/B outlets and 110 V power. Buy your adapter before you travel. **Straightener and hair dryer**: only use them if they're dual voltage (110–240 V), or they can burn out.

### Other units

Temperature in °F (100 °F ≈ 38 °C), distances in miles (1 mi ≈ 1.6 km) and weight in pounds (1 lb ≈ 0.45 kg). Handy if the clinic asks you to track your weight.

### Pharmacies

CVS and Walgreens are everywhere, but many medicines that are over the counter back home need a prescription here. That's why it's best to bring your own.

### Healthcare

Medical care is extremely expensive. Your donation insurance covers anything related to treatment; extra travel insurance covers luggage, delays and other surprises.

### Jet lag

California is 9 hours behind Spain/Central Europe. From day one, live on local time, get natural light and watch out for long naps.

### Air conditioning

Stores, clinics and restaurants are freezing, even in summer. Always bring a layer.

## Rules you should know

**21+.** The minimum age to drink alcohol and to get into many bars and clubs. Always carry your passport: you'll be asked for ID.

**Cannabis.** It's legal in California, but **completely off-limits during your process**: it shows up in your tests and can cancel your donation.

**Smoking.** Not allowed indoors, on patios, on beaches or in many parks.

PART 3

# Los Angeles



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# Los Angeles: the essentials

## Getting around

- **Transfers included with Suma:** airport–hotel when you arrive, every hotel–clinic ride and hotel–airport on your last day.
- **Uber and Lyft** are the easiest option. Distances are huge and prices go up at rush hour; Uber Share saves you a bit by sharing the ride.
- **Metro and bus:** they exist and they're cheap ($1.75 a ride), but distances are huge and they're neither comfortable nor fast. For almost everything, Uber or Lyft is better.
- **Renting a car** gives you the most freedom to explore, and gas is cheaper than in Europe. You need your passport, a physical driver's license (an International Driving Permit is recommended) and a physical credit card. You can rent one for just a few days.

### Weather

Sunny almost all year, but mornings and evenings are cool, especially near the ocean. In May and June it often starts out cloudy (*June gloom*). Check the forecast before you pack.

### Neighborhoods and safety

Downtown (DTLA) is great by day, but avoid it at night and **stay away from Skid Row**. Hollywood Boulevard is best by day. Don't leave anything visible in the car and share your location when you go out.

**Want to meet people?** Ask us if there are other donors in town during your stay: if you'd like, we'll connect you so you can make plans together.






# The most photogenic spots

The ones all over TikTok. Almost all of them free.

Tap any underlined name to open it in Google Maps.

- **Urban Light (LACMA)** FREE ★ TOP
  The iconic Miracle Mile streetlights, open 24/7. Go at blue hour, when they light up, or very early.

- **Griffith Observatory** FREE ★ TOP
  The city at your feet with the Hollywood Sign in the background. Stay for sunset and the city lights.

- **Paul Smith Pink Wall** FREE
  The most famous pink wall on Melrose Avenue. Go before the store opens: there's a line on weekends.

- **Angels Flight** ~$1
  The tiny funicular from *La La Land*, in Downtown. Ride it and shoot the photo from the bottom.

- **Bradbury Building** FREE
  The Victorian atrium from *Blade Runner*. Best mid-morning, with light pouring through the roof.

- **The Last Bookstore** FREE
  The book tunnel upstairs. One of the most beautiful bookstores in the world.

- **Walt Disney Concert Hall** FREE
  Frank Gehry's steel facade, right next to The Broad. Head up to its hidden garden.

- **Venice Canals** FREE
  Little bridges, storybook houses and rowboats. First thing in the morning or at sunset.

- **Venice Art Walls** FREE
  Graffiti that changes every weekend, right by the beach. Then stroll down Abbot Kinney.

- **Beverly Hills sign** FREE
  The "rich girl" photo in Beverly Gardens Park. Keep going to the cobblestone street of Two Rodeo.

- **Chateau Marmont** FREE
  Old Hollywood glamour on the Sunset Strip. Guests and members only: take the photo from the street.

- **Santa Monica Pier** FREE ★ TOP
  The Ferris wheel lit up at sunset. The best shot is from the sand.




# Hikes to the Hollywood Sign

You can't reach the letters themselves (fences, cameras and fines), but these trails get you really close.

## How do I find the trail?

1. Tap the trail name: Google Maps takes you to the trailhead.
2. Download **AllTrails** (free) and search for the trail name.
3. Follow it with the app's GPS. Download it first in case there's no signal.

| TRAIL | DISTANCE | LEVEL | WHAT YOU'LL SEE |
|---|---|---|---|
| **Mt. Hollywood (Charlie Turner Trail)**<br>Start: Griffith Observatory | 4.3 km · 1–1.5 h | **Easy–moderate** | 360° views, sign to the side. Pair it with sunset at the observatory. |
| **Brush Canyon Trail**<br>Start: Canyon Dr (free parking) | 10 km · 2.5–3 h | **Moderate** | Right behind the letters, with the city framed below. Detour to the Batman cave. |
| **Wisdom Tree from Innsbruck**<br>Start: Innsbruck Dr | 2.4 km · 1 h | **Hard** | The lone tree with a box of hikers' notes. Very steep. |
| **Wonder View → Cahuenga and Burbank Peak**<br>Start: Wonder View Dr | 3.2–4.8 km · 1.5–2 h | **Hard** | The sign from the side and views of the Valley. Loose ground and little parking. |

**No hiking:** Lake Hollywood Park (a lawn facing the giant sign) and the Jerome C. Daniel Overlook. **If you hike:** go early, bring 1.5 L of water and sunscreen, and never hike down in the dark.

## More trails with a view

- **Griffith Park**
  Open. Dozens of trails; the most famous starts at the observatory.
- **Escondido Falls**
  Easy, 5.6 km, in Malibu. Lower falls only.
- **Runyon Canyon**
  Only partly open after the 2025 fire. Check its status before you go.
- **Temescal Canyon**
  Rivas and Sunset trails open; the waterfall trail is closed.

# The classics

## Beaches

- **Santa Monica and Venice Beach** ★ TOP
  Bike along the boardwalk, skaters at the Venice skatepark, the pier with its Ferris wheel and a one-of-a-kind boho vibe. Movie-worthy sunsets.

- **Manhattan and Hermosa Beach**
  Beach houses, the Manhattan pier and breakfast at Uncle Bill's Pancake House. More local, less touristy.

## Hollywood

- **Walk of Fame** ★ TOP
  Look for the stars of your favorite actors and singers.

- **TCL Chinese Theatre and Dolby Theatre**
  The stars' hand and footprints, and the home of the Oscars.

- **Madame Tussauds**
  Photos with wax figures of your favorite celebs. Kitschy, but so much fun (from $29 online).

- **Hollywood Forever Cemetery**
  A gorgeous cemetery where movie stars rest. Free to wander during the day.

## Chinatown

- **Thien Hau Temple**
  Red lanterns, traditional architecture and the temple of the sea goddess, in Central Plaza.

- **To eat**
  The *French dip* sandwich at Philippe the Original (since 1908) and the shrimp at Yang Chow.

- **Chung King Road**
  Chinatown mixes tradition and street art: murals and independent galleries.

- **Olvera Street**
  Right next door: the Mexican birthplace of Los Angeles, with market stalls and taquitos.

> Closed due to fires and erosion: Eaton Canyon (until 2027, with fines up to $5,000), Point Dume and Solstice Canyon.









# Museums and art

Low-key plans, with AC, and lots of them free.

- **Getty Center** FREE ★ TOP
  Art, gardens and spectacular views. Book a time slot online; you only pay for parking. Closing for renovations in March 2027.

- **The Broad** FREE ★ TOP
  Contemporary art and Yayoi Kusama's Infinity Mirrors room, booked separately.

- **MOCA**
  Experimental contemporary art on Grand Avenue, next to The Broad.

- **Lucas Museum** NEW
  George Lucas's museum about the art of storytelling, opened in September 2026.

- **California Science Center** FREE
  From November 13, 2026, the Space Shuttle Endeavour in its new pavilion (reservation required).

- **Getty Villa** FREE
  A Roman villa by the ocean, in Malibu. Reservation required here too.

- **LACMA** ~$30
  The new David Geffen Galleries, opened in 2026. Free on the second Tuesday of every month.

- **Academy Museum**
  The movie museum: costumes, sets and the history of the Oscars.

- **Dataland** NEW
  AI-powered art by Refik Anadol, in Downtown. Super immersive and photogenic.

- **The Huntington** FREE 1ST THURSDAY
  Japanese and Chinese gardens in Pasadena. Free tickets go fast.

*Tip: check the official websites for free admission days and always book online.*





# Shopping and thrift

## To stroll and browse

- **Rodeo Drive**
  Luxury in Beverly Hills and, with luck, a celeb or two out shopping.
- **The Grove**
  Open-air mall with a trolley, right next to the Original Farmers Market.
- **Melrose and Abbot Kinney**
  Stylish shops, murals and cool coffee spots.

## Vintage and thrift

- **Wasteland** $$ ★ TOP
  Melrose Ave. Curated designer and vintage pieces; you can also sell or trade your clothes. Great for shoes.
- **Jet Rag** $ ★ TOP
  La Brea Ave. On Sundays, **everything is $1** in the parking lot: get there before 10 a.m. with cash and a bag.
- **Squaresville** $
  Los Feliz. Colorful, fun vintage: blouses for under $20.
- **What Goes Around Comes Around** $$$$
  Beverly Hills. Vintage Chanel, Hermès and designer pieces.
- **Crossroads Trading** $
  Melrose Ave, next to Wasteland. On-trend pieces and brands at good prices.
- **Buffalo Exchange** $
  Several stores (Silver Lake, Highland Park, Sherman Oaks). Basics and bargains.
- **Iguana Vintage** $$
  Hollywood Blvd. Disco and '70s pieces, with more treasures in the basement.
- **The RealReal** $$$
  Melrose and Brentwood. Authenticated pre-owned luxury.

## Flea markets

- **Melrose Trading Post** SUNDAYS ★ TOP
  At Fairfax High School, 10 a.m.–5 p.m. About 200 stalls of vintage, art and food.
- **Silverlake Flea** WEEKENDS
  Now in Atwater Village (Reframe Studios). Local designers and vintage.
- **Rose Bowl Flea Market** 2ND SUNDAY
  In Pasadena, the biggest one: about 2,500 stalls. $15 entry, online only.
- **Los Feliz Flea** SATURDAYS
  A cool, curated pop-up market. It moves around: check its Instagram for the location.

# Fun on a budget

Los Angeles can be pricey, but there's so much to do for free or almost free.

### Be in a TV audience · free

Free tickets to shows like **Jimmy Kimmel Live** (on 1iota.com) or **The Price is Right** (on On Camera Audiences, 18+). Dress code: no white, no prints, no logos.

### Smorgasburg LA

A food market with dozens of stalls, Sundays from 10 a.m. to 4 p.m. at ROW DTLA. Free entry.

### Farmers markets

Santa Monica on Wednesdays and Hollywood on Sundays. Fruit, flowers and food to go.

### Views for free

Griffith Observatory, the City Hall observation deck (27th floor, weekdays, bring your passport) and sunsets on any beach.

### Free museums

Getty Center, Getty Villa, The Broad, Hammer Museum and California Science Center. LACMA is free on the 2nd Tuesday of every month.

### Budget supermarkets

For groceries or a picnic: Food 4 Less, Aldi, Grocery Outlet and Smart & Final, way cheaper than the trendy ones.

### Free and very LA

Watching the Venice skaters, strolling Universal CityWalk (free entry), the trolley at The Grove and window-shopping on Rodeo Drive.

### Money-saving hacks

Goldstar or TodayTix for discounted tickets and Groupon for experiences. *Happy hours* (4–6 p.m.) mean half-price food.



# Parks and experiences

## Theme parks · *we recommend going in the early stages of stimulation*

- **Universal Studios** ★ TOP
  Real movie sets and, since September 2026, the Fast & Furious roller coaster.
- **Disneyland**
  In Anaheim, about 45 min away. Guaranteed magic, fan or not.
- **Six Flags Magic Mountain**
  For thrill-seekers: hair-raising roller coasters.

## Movies and studios

- **Warner Bros. Studio Tour** ★ TOP
  From $79, about 3 h. Sets from *Friends* and tons of movies.
- **Sony and Paramount**
  Sony tour for $55 (Monday to Friday, reservation required). Paramount, on Melrose.
- **Cinespia and Hollywood Bowl**
  Outdoor movies in a cemetery and concerts under the stars (summer season).

## Adrenaline and something different

- **Helicopter**
  Fly over the Hollywood Sign, celebrity homes or the coast with Lite Flight (formerly Orbic Air). From $138.
- **Rage rooms**
  Smash plates and TVs guilt-free at Rage Ground (from about $20) or Break Room LA.
- **Lucha VaVOOM**
  Mexican wrestling with burlesque and tons of energy, now at the Fox Theater in Pomona (21+).
- **Shooting range**
  LAX Firing Range, Los Angeles Gun Club or Oak Tree Gun Club (outdoors). Call ahead: some don't accept tourists.
- **Escape rooms**
  The Basement (now in Sylmar), one of the scariest, or The Escape Game in Century City.
- **LA Haunted Hayride**
  A spooky ride through Griffith Park during Halloween season (September–November). From $35.

> Also: WWE shows at Crypto.com Arena (check the schedule). And coming soon, the new Museum of Ice Cream and Meow Wolf, expected in late 2026.



# Viral cafés and treats

## Matcha, coffee and smoothies

- **Erewhon** $$$ ★ TOP
  Hailey Bieber's smoothie (about $20). A must-try.
- **Community Goods** $$ ★ TOP
  Matcha and banana bread with passion fruit butter. There's a line, but it's worth it.
- **Kettl and Café Knotted** $$
  White peach matcha soda and strawberry matcha latte.
- **Cha Cha Matcha and Urth Caffé** $
  Super Instagrammable pink and green matcha, and the classic LA brunch.
- **Main Squeeze** $$
  Santa Monica. The viral "overflowing" smoothies of 2026.
- **Faregrounds** $$
  Beverly Hills. Banana Cream Matcha and wraps.
- **Alfred Coffee** $
  Melrose Place and its famous "But first, coffee".

## Bakeries and sweets

- **Bottega Louie** $$ ★ TOP
  Pastel macarons under a stunning white ceiling, in Downtown.
- **Pop Up Bagels and Courage Bagels** $
  The viral bagels of the moment.
- **Millet Crepes** $
  Japanese crepes with crème brûlée on Sawtelle.
- **Republique** $$
  A bakery that looks like a cathedral. Lines on weekends.
- **Porto's Bakery** $
  Cuban pastries in Burbank and Glendale: cheap and iconic.
- **Salt & Straw and Sidecar Donuts** $
  Ice cream in wild flavors and gourmet donuts.



# Where to eat

During treatment it's normal to feel bloated: focus on protein, veggies and fruit, and save the treats for the end.

## Healthy options

- **Breakfast and bowls**
  Avocado toast at Great White, bowls at True Food Kitchen and juices at Kreation.

- **El Pollo Loco** ★ TOP
  Our favorite fast-food chain: grilled chicken with veggies or salad. Quick, cheap and healthy.

- **The Butcher's Daughter**
  Vegetarian and vegan in Venice, from breakfast to dinner.

- **Grand Central Market**
  A Downtown food hall with stalls of every kind. Perfect for lunch.

- **Asian food**
  Sushi at Sugarfish or KazuNori, ramen at Daikokuya or Silverlake Ramen and Korean BBQ at Kang Ho-dong Baekjeong or Quarters.

- **Tacos**
  Leo's Tacos Truck (al pastor straight off the spit) or the homestyle stews at Guisados.

## To feel like you're in a movie

- **The Ivy** $$$
  Lunch with paparazzi on Robertson Blvd.

- **Jon & Vinny's** $$
  The celebs' favorite pizza. Book ahead.

- **Nobu Malibu** $$$$
  Sushi over the ocean at sunset. Book weeks ahead.

## American classics · *for when you're done*

- **Movie-set diners**
  Chicken & waffles and a giant milkshake at Pann's or Bob's Big Boy.

- **In-N-Out and Pink's**
  California's iconic burger (order off the secret menu) and the hot dogs at Pink's.

- **Donuts and cookies**
  Randy's Donuts, the one with the giant donut, and the cookies at Crumbl.

*Tip: portions are huge. Share, or ask for a to-go box to take the leftovers with you.*

# Supermarkets

Always keep water, electrolyte drinks and healthy snacks in your room.

### The cheapest

Food 4 Less (staff almost always speak Spanish too), Aldi, Grocery Outlet and Smart & Final.

### Trader Joe's

Good quality at good prices: ready-made salads, healthy snacks and prepared meals.

### Whole Foods

Organic products and a huge pay-by-weight hot food bar.

### Erewhon

The trendy fancy grocery store, the Kardashians' favorite. Pricey, but you have to see it.

### Ralphs and Target

The American classics: get ready to be amazed by the package sizes. Target has everything, including a pharmacy.

### 7-Eleven and dollar stores

7-Eleven is open 24/7 on almost every corner (with its Slurpees). Dollar stores are more for browsing.





# Nightlife, rooftops and pools

⚠ **21** is the minimum age to get into many venues and drink alcohol. Always carry your passport. During treatment, stick to *mocktails*.

## By neighborhood

- **West Hollywood · party**
  The Abbey (an LGBTQ+ friendly classic), Poppy (a fairy-tale club), Delilah (1920s-style dinner and cocktails) and Apt 200.
- **Downtown · rooftops**
  Perch, with skyline views, and Seven Grand, a whiskey bar. Until dinner, then home by Uber.
- **Silver Lake and Echo Park · indie**
  The Black Cat, Tiki-Ti (a tiny tiki bar since 1961) and Tenants of the Trees, with DJs in a garden.
- **Hollywood · with history**
  No Vacancy (you enter through a bed), The Spare Room (vintage bowling) and Avalon for dancing.
- **Santa Monica and Venice · beachy**
  The Bungalow, The Whaler and Venice Ale House, right on the ocean.

> Downtown is full of life, but don't walk around at night and always avoid Skid Row and the area around it.

## Hotel pools for a day

With a *day pass* (on ResortPass) you can enjoy hotel pools without staying there. Book a week ahead in summer.

- **Hollywood Roosevelt** ★ TOP
  The pool painted by David Hockney. Old Hollywood glamour. $45–65.
- **Santa Monica Proper**
  Rooftop with ocean views. $65–90.
- **Hotel Figueroa**
  Moroccan style and very cinematic, in Downtown. About $45.
- **Dream Hollywood and W Hollywood**
  Rooftops with DJs and a young crowd. From $39.

# Getaways

For your free days, or whenever you feel like a change of scenery.

## Malibu

45 min–1 h 15 · bus 134 from Santa Monica

- El Matador Beach: rock arches and the classic sunset shot (steep stairs).
- Malibu Pier with Malibu Farm, and shopping at Malibu Country Mart.
- Paradise Cove: lounge chairs on the sand and food from the café.
- Nobu Malibu at sunset and the Getty Villa (free with reservation).

*Point Dume is closed due to erosion.*

## Palm Springs

~2 h · FlixBus or Greyhound

- The famous Pink Door: a private home, so shoot from the sidewalk.
- The colorful facade of Saguaro and poolside brunch at the Ace Hotel.
- Aerial Tramway up to 2,596 m (8,516 ft): 15–20 °C cooler at the top.
- Cacti at Moorten Garden, the Marilyn statue and the Cabazon dinosaurs.

*Avoid Coachella weekends (April) and the scorching summer.*

## San Diego and La Jolla

~2 h · Pacific Surfliner train (3 h, along the coast)

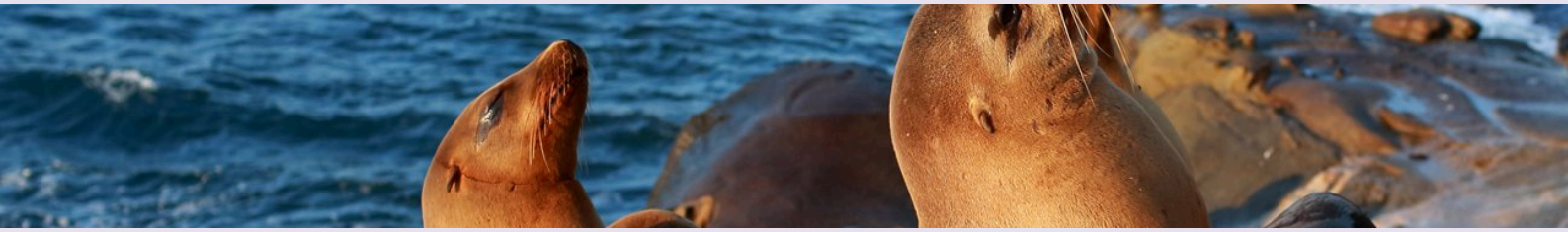
- La Jolla Cove: wild sea lions and seals (no touching, there are fines).
- Balboa Park, Little Italy and Old Town.
- Coronado by ferry and sunset at Sunset Cliffs.
- San Diego Zoo, one of the most famous in the world.

## Orange County

~1 h · train, plus free trolley in Laguna

- Laguna Beach: Victoria Beach and its castle tower, Heisler Park.
- Crystal Cove: historic cottages and the Beachcomber Café.
- Balboa Island and its Balboa Bar ice cream, and Huntington Beach at sunset.

⚠ **Don't leave the country during your cycle.** Tijuana and Valle de Guadalupe are close, but we don't recommend them during treatment: crossing back over the border can take hours.



# More getaways

## Santa Barbara, Solvang and Ojai

1 h 30–2 h 30 · train to Santa Barbara

- Santa Barbara: Stearns Wharf, the Funk Zone and the Courthouse clock tower lookout (free).
- Solvang: a storybook Danish village with windmills and pastry shops.
- Ojai: Bart's Books, an open-air bookstore, and the pink sunset from Meditation Mount.

## Catalina Island

1 h ferry from Long Beach

- Avalon by golf cart, the art deco Casino and snorkeling at Lover's Cove.
- Best as a day trip: cheaper than staying overnight.

## Joshua Tree

~2 h 15 · car only

- Cholla Cactus Garden, Skull Rock and Keys View. Many viewpoints can be seen from the car.
- Pioneertown, an Old West town, with live music at Pappy & Harriet's.

## Las Vegas

4 h · FlixBus or a short flight

- The "Welcome to Fabulous Las Vegas" sign, the Bellagio fountains and the Sphere.
- Seven Magic Mountains, the colorful TikTok rocks.
- Drive supercars at Exotics Racing, now only here.

## Closer to town

20–40 min by Metro

- Pasadena: The Huntington, Old Town and the Rose Bowl Flea.
- Long Beach: the Queen Mary, the aquarium and a gondola ride through Naples.



# Important contacts

Fill this in before you leave and save a photo on your phone.

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info@sumafertility.com

**Emergencies in the US**
**911** · police, ambulance and fire

**Consulate of Spain in Los Angeles (for Spanish citizens)**
5055 Wilshire Blvd., Suite 860
+1 323 938 0158 · Emergencies: +1 323 445 0484

**My Suma coordinator**

**My clinic and its phone**

**Clinic address**

**My hotel and its address**

**My outbound flight**

**My return flight**

**My insurance and policy no.**

**Emergency contact back home**

# Ready?

## *Your adventure is almost here*

There are a thousand ways to experience Los Angeles. You can rest at the hotel and save as much of your compensation as possible, or go all in and explore the city with your accommodation, flights and meals covered. Both options are perfect.

At Suma we want you to live it **your way**: comfortable, supported and proud of what you're doing. If you'd like recommendations based on your taste or your budget, just ask.

*With love,*
*the Suma team*

**Loved the experience? Share it**

Post photos and videos of your trip and tag us: you'll help more women feel ready to donate and more families make their dream come true.

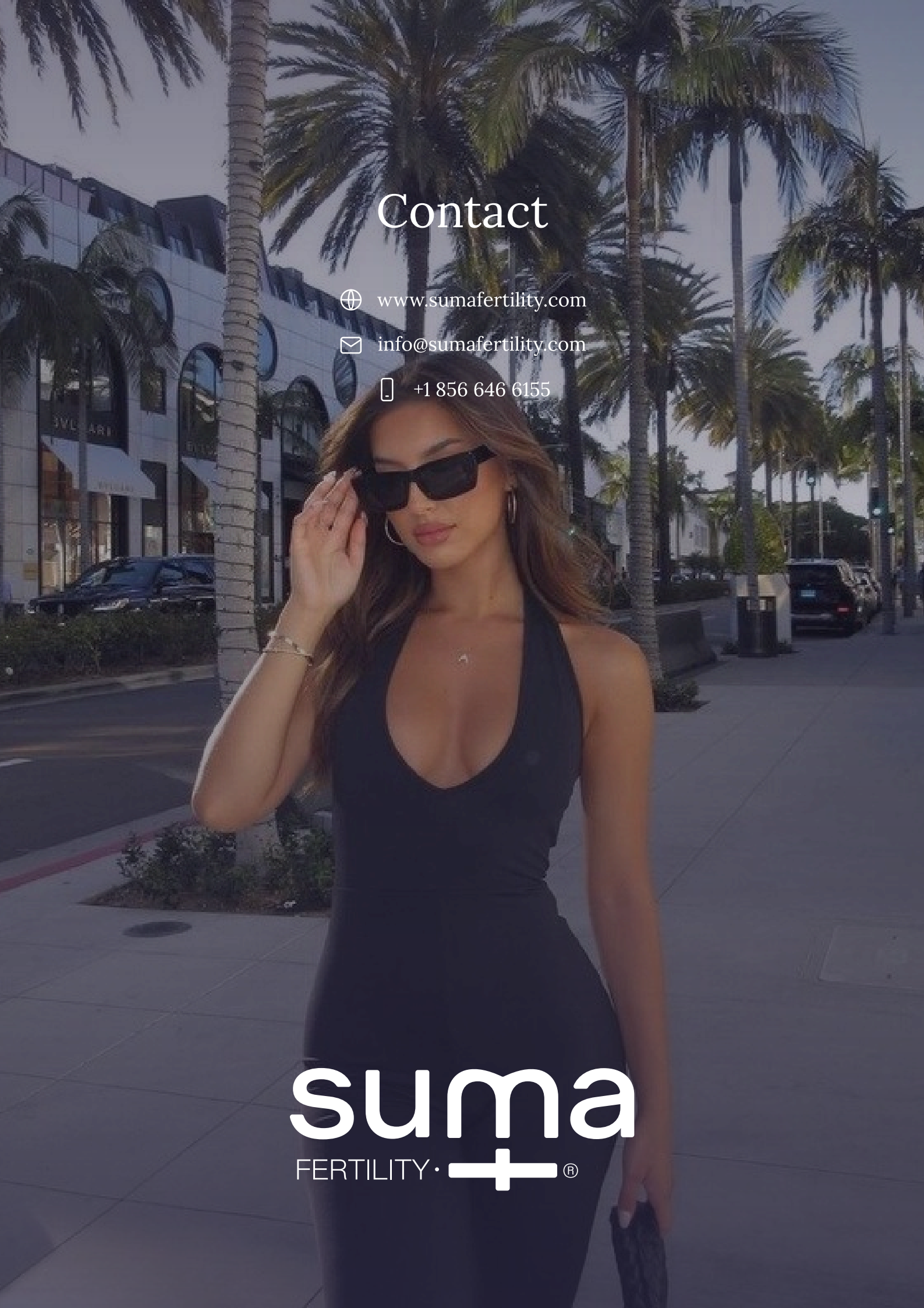
### Refer a friend and get rewarded

If a friend donates thanks to you, you receive a **referral fee**: extra compensation for recommending us.





This guide is for information only. Suma Fertility is not a clinic or a law firm: we coordinate and support your process together with accredited clinics and professionals in countries where egg donation is regulated. Your clinic's medical instructions always take precedence over this guide.



# Contact


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