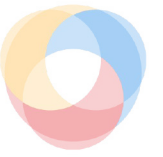


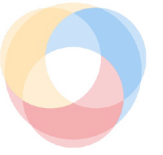
# Traveling for Surgery

Welcome!

This packet can help you plan your trip to San Francisco. Ready to learn more about flights, places to stay, getting around the San Francisco Bay Area, and more?



# Click to choose a category:



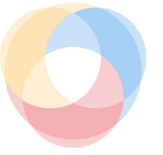
# How Long Should I Stay?

Most pre-operative steps can be completed virtually via secure phone calls and/or encrypted video calls. There is usually no need to travel for these. Every individual case is different, so please check with the GCC office to confirm which steps can be done virtually. Some procedures may have pre-operative steps that must be completed in person. All travel timelines in this document are approximate.

We recommend that most traveling patients arrive in San Francisco at least 1 day before their surgery date. Some patients may need to arrive earlier than that.

**PLEASE NOTE:** Airlines often have special guidelines regarding patients who have recently undergone surgery. Our surgeons provide a TSA letter so that you can get through security without any trouble with regard to arm position limitations and the like.

## Travel Timelines:



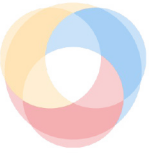
# How Long Should I Stay?

We recommend that most traveling patients arrive in San Francisco at least 1 day before their surgery date. Some patients may need to arrive earlier. Same-day arrival risks travel delays or travel difficulties that could compromise their surgery's time slot.

## Travel Timelines:

### **Top Surgery**

- “Top surgery” includes chest reconstruction and breast augmentation.
- Top surgeries are outpatient procedures. “Outpatient” means that patients do not stay in the surgical center overnight following surgery—they will be discharged the same day. Patients must have their own lodging arrangements in place by the day of the surgery.
- Patients must stay in town for at least 6 days after surgery so that the GCC can monitor their progress and address any side effects, complications, or concerns in person.
- Total time to stay in the Bay Area: 8-9 days



# How Long Should I Stay?

We recommend that most traveling patients arrive in San Francisco at least 1 day before their surgery date. Some patients may need to arrive earlier. Same-day arrival risks travel delays or travel difficulties that could compromise their surgery's time slot.

## Travel Timelines:

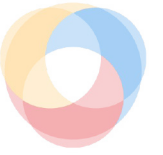
### Facial Surgery

Frontal Sinus Setback  
Hairline Advancement  
Brow Lift  
Cheek Augmentation

Lip Lift and Lip Augmentation  
Mandible Contouring  
Genioplasty  
Tracheal Shave

### The procedures listed above have the same expectations:

- **If one of these surgeries is performed alone, it is an outpatient procedure.** "Outpatient" means that patients do not stay in the surgical center overnight following surgery—they will be discharged the same day. Patients must have their own lodging arrangements in place by the day of the surgery.
- **If one of these surgeries is combined with other procedures, especially if the patient spends 8 or more hours in the operating room, it can be an inpatient procedure.** "Inpatient" means that patients do stay in the hospital overnight following surgery. Patients stay in the hospital for 1 night (Surgery Day). They will be discharged on Day 1 Post-Op and must have their own lodging in place by that date.
- Patients usually stay in town for 5-6 days after their discharge date (Surgery Day/Day 1 Post-Op to Day 5/6 Post-Op). There will be 1 post-op appointment. It usually happens on Day 5/6 Post-Op, but it can happen sooner if the patient needs to travel home earlier. Patients will be cleared to travel home on the same day or on the following day.
- Total time to stay in the Bay Area: 4-7 days



# How Long Should I Stay?

We recommend that most traveling patients arrive in San Francisco at least 1 day before their surgery date. Some patients may need to arrive earlier. Same-day arrival risks travel delays or travel difficulties that could compromise their surgery's time slot.

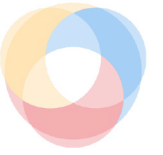
## Travel Timelines:

### Facial Surgery

Rhinoplasty  
Rhytidectomy

#### The procedures listed above have the same expectations:

- **If one of these surgeries is performed alone, it is an outpatient procedure.** "Outpatient" means that patients do not stay in the surgical center overnight following surgery—they will be discharged the same day. Patients must have their own lodging arrangements in place by the day of the surgery.
- **If one of these surgeries is combined with other procedures, especially if the patient spends 8 or more hours in the operating room, it can be an inpatient procedure.** "Inpatient" means that patients do stay in the hospital overnight following surgery. Patients stay in the hospital for 1 night (Surgery Day). They will be discharged on Day 1 Post-Op and must have their own lodging in place by that date.
- Patients must stay in town for 5-6 days after their discharge date (Surgery Day/Day 1 Post-Op to Day 5/6 Post-Op). There will be 1 post-op appointment. It usually happens on Day 5/6 Post-Op. Patients will be cleared to travel home on the same day or on the following day.
- Total time to stay in the Bay Area: 6-7 days



# How Long Should I Stay?

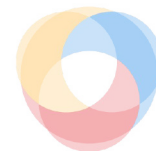
Most pre-operative steps can be completed virtually via secure phone calls and/or encrypted video calls. There is usually no need to travel for these. Every individual case is different, so please check with the GCC office to confirm which steps can be done virtually. Some procedures may have pre-operative steps that must be completed in person.

We recommend that most traveling patients arrive in San Francisco at least 1 day before their surgery date. Some patients may need to arrive earlier than that.

**PLEASE NOTE:** Airlines often have special guidelines regarding patients who have recently undergone surgery. Our surgeons provide a TSA letter so that you can get through security without any trouble with regard to arm position limitations and the like.

## Travel Timelines:

### **Bottom Surgery**



# How Long Should I Stay?

We recommend that most traveling patients arrive in San Francisco at least 1 day before their surgery date. Some patients may need to arrive earlier. Same-day arrival risks travel delays or travel difficulties that could compromise their surgery's time slot.

## Travel Timelines:

### **Feminizing Bottom Surgeries**

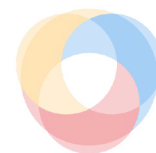
#### Vaginoplasty/Vulvoplasty:

- Both are inpatient procedures. "Inpatient" means that patients do stay in the hospital overnight following surgery. For these procedures, patients stay in the hospital for 3 nights (Surgery Day, Day 1 Post-Op, Day 2 Post-Op). They will be discharged on Day 3 Post-Op and must have their own lodging in place by that date.
- Patients must stay in town for 5-6 days after their discharge date (Day 3 Post-Op to Day 7/8 Post-Op). There will be 2 post-op appointments. After the 2nd post-op appointment (usually on Day 7 Post-Op or Day 8 Post-Op), they will be cleared to travel home on the following day.
- Total time to stay in the Bay Area: 11-13 days.

#### Vaginoplasty Revisions (Deepening/Widening):

- This is an inpatient procedure. "Inpatient" means that patients do stay in the hospital overnight following surgery. For this procedure, patients stay in the hospital for between 1-3 nights (Surgery Day, Day 1 Post-Op, Day 2 Post-Op). They will be discharged at any point between Day 1 Post-Op and Day 3 Post-Op and must have their own lodging in place by that discharge date.
- Patients must stay in town for 7-8 days after their discharge date (Day 1/2/3 Post-Op to Day 7/8 Post-Op). They will have 1 post-op appointment on Day 6/7 Post-Op and will be cleared to travel home on the following day.
- Total time to stay in the Bay Area: 10-12 days.





# How Long Should I Stay?

We recommend that most traveling patients arrive in San Francisco at least 1 day before their surgery date. Some patients may need to arrive earlier. Same-day arrival risks travel delays or travel difficulties that could compromise their surgery's time slot.

## Travel Timelines:

### **Feminizing Bottom Surgeries**

#### Labiaplasty:

- This is an outpatient procedure. “Outpatient” means that patients do not stay in the hospital overnight following surgery—they will be discharged the same day.
- Patients must stay in town for 1 day after their discharge date. They will be cleared to travel home the day after surgery.
  - » ***Optional:*** If a patient prefers to have an in-office post-op appointment before returning home, a nurse can schedule one for Day 1 Post-Op or Day 2 Post-Op.
- Total time to stay in the Bay Area: 3-4 days

#### Orchiectomy and Scrotectomy:

- These are outpatient procedures. “Outpatient” means that patients do not stay in the hospital overnight following surgery—they will be discharged the same day.
- ***For just an Orchiectomy:*** Patients must stay in town for 1 day after their discharge date. They will be cleared to travel home the day after surgery. No post-op appointment is needed unless the patient wants one.
- ***For a combined Orchiectomy + Scrotectomy:*** Patients must stay in town for 1-2 days after their discharge date. They will have a post-op appointment on Day 1/2 Post-Op and will be cleared to go home on the following day.
- Total time to stay in the Bay Area: 3-5 days

#### Minor Revisions:

- These are usually outpatient procedures. “Outpatient” means that patients do not stay in the hospital overnight following surgery—they will be discharged the same day.
- Total time to stay in the Bay Area: Discuss with surgeon and nurse



# How Long Should I Stay?

We recommend that most traveling patients arrive in San Francisco at least 1 day before their surgery date. Some patients may need to arrive earlier. Same-day arrival risks travel delays or travel difficulties that could compromise their surgery's time slot.

## Travel Timelines:

### **Masculinizing Bottom Surgeries**

#### Simple Metoidioplasty:

- This is an outpatient procedure. "Outpatient" means that patients do not stay in the hospital overnight following surgery—they will be discharged the same day.
- Patients must stay in town for 3-4 days after their discharge date (Surgery Day to Day 2/3 Post-Op.) They will have 1 post-op appointment on Day 2/3 Post-Op and will be cleared to travel home on the same day or following day.
- Total time to stay in the Bay Area: 4-6 days.

#### Metoidioplasty/Primary Urethral Lengthening/Vaginectomy/Scrotoplasty:

- This is an inpatient procedure. "Inpatient" means that patients do stay in the hospital overnight following surgery. For this procedure, patients stay in the hospital for 2 nights (Surgery Day, Day 1 Post-Op). They will be discharged on Day 2 Post-Op and must have their own lodging in place by that discharge date.
- Patients must stay in town for about 16 days after their discharge date (Day 2 Post-Op to about Day 17 Post-Op). They will have 3 post-op appointments. The 1st will be the Monday following surgery, the 2nd will be about Day 14 Post-Op, and the 3rd will be about Day 16 Post-Op. They will be cleared to travel home the following day.
- Total time to stay in the Bay Area: 18-20 days.



# How Long Should I Stay?

We recommend that most traveling patients arrive in San Francisco at least 1 day before their surgery date. Some patients may need to arrive earlier. Same-day arrival risks travel delays or travel difficulties that could compromise their surgery's time slot.

## Travel Timelines:

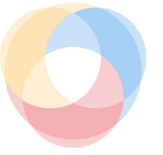
### **Masculinizing Bottom Surgeries**

#### Mons Resection:

- This is an inpatient procedure. "Inpatient" means that patients do stay in the hospital overnight following surgery. For this procedure, patients stay in the hospital for 1 night (Surgery Day). They will be discharged on Day 1 Post-Op and must have their own lodging in place by that discharge date.
- Patients must stay in town for about 7 days after their discharge date (Day 1 Post-Op to Day to about Day 7 Post-Op.) They will have 2 post-op appointments. The 1st will be on Day 2 Post-Op, and the 2nd will be on about Day 6 Post-Op. They will be cleared to travel home on the following day.
- Total time to stay in the Bay Area: 7-9 days.

#### Radial Forearm Free Flap Phalloplasty or Radial Forearm Urethral Lengthening:

- This procedure has several different stages. The entire process takes about 1.5 to 2 months.
- The microsurgical stages are inpatient procedures. "Inpatient" means that patients do stay in the hospital overnight following surgery. Patients stay in the hospital for 6 nights (Surgery Day to Day 5 Post-Op). They will be discharged on Day 5 Post-Op and must have their own lodging in place by that discharge date. Patients must review their plan with their surgeon to determine the details for the following stages.
- Patients **must** be prepared to stay in the Bay Area for the entire process.
- Total time to stay in the Bay Area: 4-6 weeks



# How Long Should I Stay?

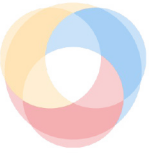
We recommend that most traveling patients arrive in San Francisco at least 1 day before their surgery date. Some patients may need to arrive earlier. Same-day arrival risks travel delays or travel difficulties that could compromise their surgery's time slot.

## Travel Timelines:

### **Masculinizing Bottom Surgeries**

#### Groin Flap Phalloplasty:

- This procedure has 4 different stages. After the 1st stage, patients return to the GCC every 4 weeks to undergo an additional stage. The entire process takes about 4-5 months.
- This is an inpatient procedure. "Inpatient" means that patients do stay in the hospital overnight following surgery. For the 1st stage, patients stay in the hospital for 2 nights (Surgery Day, Day 1 Post-Op). They will be discharged on Day 2 Post-Op and must have their own lodging in place by that discharge date. Patients must review their plan with their surgeon to determine the details for the following stages.
- For the 1st stage, patients must stay in town for 3-7 days after their discharge date (Day 2 Post-Op to Day 4/5/6/7 Post-Op). The timing of post-op appointments and clearance to travel home will be determined by the surgeon and nurse.
- Total time to stay in the Bay Area:
  - » **1st stage:** 7-11 days
  - » **2nd, 3rd, 4th stages:** Discuss with surgeon and nurse



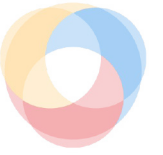
# How Long Should I Stay?

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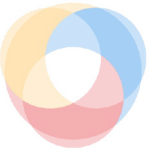
## Travel Timelines:

### **Body Contouring**

- Body contouring surgeries are nearly always outpatient procedures. "Outpatient" means that patients do not stay in the hospital overnight following surgery—they will be discharged the same day. Patients must have their own lodging arrangements in place by the day of surgery.
- Patients must stay in town for 6-7 days after surgery. There will be 1 post-op appointment on Day 5/6 Post-Op. They will be cleared to travel home the following day.
- Total time to stay in the Bay Area: 8-9 days
  - » **PLEASE NOTE:** Some contouring procedures may require a different length of stay. Discuss your plan with your surgeon and nurse.



# Flying to the Bay Area:



# Airport Options:

**PLEASE NOTE:** This information is correct as of 2023. Always check the official airport websites for the most current information.

## The San Francisco Bay Area has 3 major airports:

### **1. San Francisco International Airport (Airport Code: SFO)**

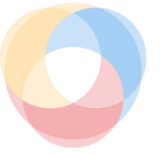
<https://www.flysfo.com/>      Google Maps: <https://tinyurl.com/249yuoly>

### **2. Oakland International Airport (Airport Code: OAK)**

<https://www.oaklandairport.com/>      Google Maps: <https://tinyurl.com/25dl3ppu>

### **3. San Jose Mineta International Airport (Airport Code: SJC)**

<https://www.flysanjose.com/>      Google Maps: <https://tinyurl.com/2b49xdwl>



# Airport Options:

**PLEASE NOTE:** This information is correct as of 2023. Always check the official airport websites for the most current information.

## The San Francisco Bay Area has 3 major airports:

### 1. San Francisco International Airport (Airport Code: SFO)

<https://www.flysfo.com/>      Google Maps: <https://tinyurl.com/249yuoly>

**Pros:**

- Closest airport to San Francisco
- Easy train and bus access to San Francisco

**Cons:**

- Weather delays (usually fog)

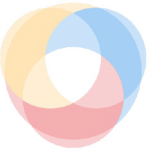
**Rideshare (Lyft/Uber/Wingz) Info:** <https://tinyurl.com/2d6plnao>

**Rideshare Pickup Locations Map:** <https://tinyurl.com/2595fxss>

**Public Transportation (Train/Bus) Info:** <https://tinyurl.com/22wutxch>

**Rental Car Info and Map:** <https://tinyurl.com/28gyajco>





# Airport Options:

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## The San Francisco Bay Area has 3 major airports:

### 2. Oakland International Airport (Airport Code: OAK)

<https://www.oaklandairport.com/>      Google Maps: <https://tinyurl.com/25dl3ppu>

**Pros:**

- Close to San Francisco—just across the bay from the city
- Often has cheaper flights than SFO, especially on Southwest Airlines
- Easy train and bus access to San Francisco
- Has fewer weather delays than SFO

**Cons:**

- A little farther from San Francisco than SFO
- Do not stop to refuel at the gas stations around OAK due to safety reasons

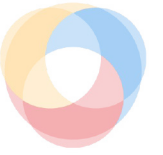
**Rideshare (Lyft/Uber/Wingz) Info:** <https://tinyurl.com/2ccyha6x>

**Rideshare Pickup Location:** Outside main airport doors, 3rd curb, sections 3C2-3C9

**Public Transportation (Train/Bus) Info:** <https://tinyurl.com/25a4gokb>

**Rental Car Info and Map:** <https://tinyurl.com/2dz8a8u3>

**Taxi Info:** <https://tinyurl.com/22sg3en4>



# Airport Options:

**PLEASE NOTE:** This information is correct as of 2023. Always check the official airport websites for the most current information.

## The San Francisco Bay Area has 3 major airports:

### 3. San Jose Mineta International Airport (Airport Code: SJC)

<https://www.flysanjose.com/> Google Maps: <https://tinyurl.com/2b49xdwl>

**Pros:**

- Easy train and bus access to San Francisco
- Often has cheaper flights than SFO
- Has fewer weather delays than SFO and OAK

**Cons:**

- Driving time between SJC and San Francisco averages 1 to 1.5 hours
- Train/bus time between SJC and San Francisco averages 1 to 2 hours

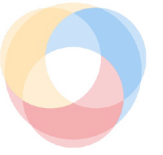
**Rideshare (Lyft/Uber/Wingz) Info:** <https://tinyurl.com/28gkezlp>

**Rideshare Pickup Locations Map:** <https://tinyurl.com/2ayvhv5r>

**Public Transportation (Train/Bus) Info:** <https://tinyurl.com/24g3u6q5>

**Rental Car Info:** <https://tinyurl.com/y3m3wh5v>

**Taxi Info and Pickup Locations Map:** <https://tinyurl.com/2cvqyw5f>



# Budget Airlines:

**PLEASE NOTE:** This information is correct as of 2023. Always check the official airline websites for the most current information.

## 1. Southwest Airlines\*

<https://www.southwest.com/> 1-800-435-9792

**Checked Baggage Fees:** 2 free checked bags

**Checked Baggage Weight Limit:** 50lbs per bag

**Carry-On Baggage Fees:** 1 free small carry-on bag; 1 free small personal item

**Baggage Size Restrictions:** <https://tinyurl.com/2afhdjrl>

**\*Southwest Airlines is usually the best choice for flying to the Bay Area**

## 2. JetBlue Airlines

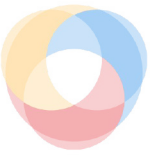
<https://www.jetblue.com/> 1-800-538-2583

**Checked Baggage Fees:** \$35 for 1st bag; \$60 for 2nd bag

**Checked Baggage Weight Limit:** 50lbs per bag

**Carry-On Baggage Fees:** up to \$65 for a small carry-on; 1 free small personal item

**Baggage Size Restrictions:** <https://tinyurl.com/ybcnc2k8>



# Budget Airlines:

**PLEASE NOTE:** This information is correct as of 2023. Always check the official airline websites for the most current information.

## 3. Spirit Airlines★

<https://www.spirit.com/>      Text on WhatsApp: 855-728-3555

**Checked Baggage Fees:** \$40-100 for 1st bag; \$75-100 for 2nd bag

- Price depends on flight destination and when/where you pay the fee
- **Bag Fee Calculator:** <https://www.spirit.com/optional-services>

**Checked Baggage Weight Limit:** 40lbs per bag

**Carry-On Baggage Fees:** \$40-100 for 1 small carry-on; 1 free small personal item

- Price depends on flight destination and when/where you pay the fee
- **Bag Fee Calculator:** <https://www.spirit.com/optional-services>

**Baggage Size Restrictions:** <https://tinyurl.com/2a6pev62>

## 4. Frontier Airlines★

<https://www.flyfrontier.com/>      Text on WhatsApp: 720-902-3969

**Checked Baggage Fees:** \$40-100 for 1st bag; \$70-100 for 2nd bag

- Price depends on flight destination and when/where you pay the fee
- **Bag Fee Calculator:** <https://tinyurl.com/24vzn842>

**Checked Baggage Weight Limit:** 40lbs per bag

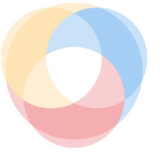
**Carry-On Baggage Fees:** \$40-100 for 1 small carry-on; 1 free small personal item

- Price depends on flight destination and when/where you pay the fee
- **Bag Fee Calculator:** <https://tinyurl.com/24vzn842>

**Carry-On Baggage Weight Limit:** 35lbs

**Baggage Size Restrictions:** <https://tinyurl.com/24vzn842>

- ★ *Please be aware that Spirit and Frontier Airlines may have some issues related to customer service. Delays and cancellations are not uncommon. There have been a few reports of concerns with gate agents, which could result in passengers paying "oversized bag fees" even if their bags conform to the size requirements.*



# Regular Airlines:

**PLEASE NOTE:** This information is correct as of 2023. Always check the official airline websites for the most current information.

## 1. Delta Airlines

<https://www.delta.com/> 1-800-221-1212

**Checked Baggage Fees:** \$30 for 1st bag; \$40 for 2nd bag

**Checked Baggage Weight Limit:** 50lbs per bag

**Carry-On Baggage Fees:** 1 free small carry-on bag; 1 free small personal item

**Baggage Size Restrictions:** <https://tinyurl.com/y6ffyaqv>

## 2. American Airlines

<https://www.aa.com/> 1-800-433-7300

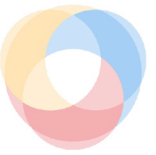
**Checked Baggage Fees:** \$30 for 1st bag; \$40 for 2nd bag

**Checked Baggage Weight Limit:** 50lbs per bag

**Carry-On Baggage Fees:** 1 free small carry-on bag; 1 free small personal item

**Baggage Size Restrictions:**

- **Checked:** <https://tinyurl.com/zq654lb>
- **Carry-On and Personal:** <https://tinyurl.com/ldzpygh>



# Regular Airlines:

**PLEASE NOTE:** This information is correct as of 2023. Always check the official airline websites for the most current information.

## 3. United Airlines

<https://www.united.com/> 1-800-864-8331

**Checked Baggage Fees:** \$30-35 for 1st bag; \$40-45 for 2nd bag

**Checked Baggage Weight Limit:** 50lbs per bag

**Carry-On Baggage Fees:** 1 free small carry-on bag; 1 free small personal item

**Baggage Size Restrictions:**

- **Checked:** <https://tinyurl.com/24tmms9o>
- **Carry-On and Personal:** <https://tinyurl.com/22aaum88>

## 4. Alaska Airlines

<https://www.alaskaair.com/> 1-800-252-7522

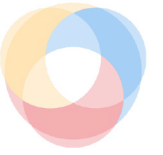
**Checked Baggage Fees:** \$30 for 1st bag; \$40 for 2nd bag

**Checked Baggage Weight Limit:** 50lbs per bag

**Carry-On Baggage Fees:** 1 free small carry-on bag; 1 free small personal item

**Baggage Size Restrictions:**

- **Checked:** <https://tinyurl.com/y936bkcm>
- **Carry-On and Personal:** <https://tinyurl.com/y97tye6h>



# Online Travel Agencies:

**PLEASE NOTE:** This is not a complete list of all Online Travel Agency options, just some of the most popular ones.

## 1. Google Flights\*

<https://www.google.com/travel/flights>

**\*Not an OTA, but it pulls prices from airline sites into 1 easy list**

## 2. Expedia

<https://www.expedia.com/>

## 3. Travelocity

<https://www.travelocity.com/>

## 4. Orbitz

<https://www.orbitz.com/>

## 5. KAYAK

<https://www.kayak.com/>

## 6. Priceline

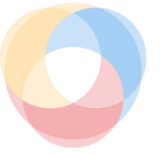
<https://www.priceline.com/>

## 7. Hotwire

<https://www.hotwire.com/>

## 8. Booking.com

<https://www.booking.com/>



# Community-Based Options:

## **Elevated Access**

<https://www.elevatedaccess.org/> 872-246-8913

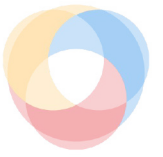
Elevated Access is a non-profit organization that enables people to access gender-affirming care by providing flights on small private planes at no cost. They can provide flights from hundreds of airstrip locations scattered across the entire United States. Sometimes, if a client has particular needs, they can use commercial flights.

### How to reach out to Elevated Access to arrange travel:

1. Patients can fill out the “Contact EA” form here:  
<https://www.elevatedaccess.org/contact>
2. EA sends the form to the Gender Confirmation Center to confirm your status as a patient.
3. Once EA receives confirmation from the GCC, they’ll work with you to plan your travel.

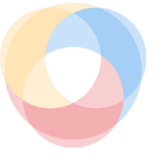
**PLEASE NOTE:** Private planes, especially small ones, have very different rules from commercial flights. For example, they often have stricter weight restrictions, so you may not be able to bring as much baggage on a private plane as you would on a commercial plane. For more information about what to expect with private planes, check out this section of the EA website: <https://www.elevatedaccess.org/about/passenger-faqs>



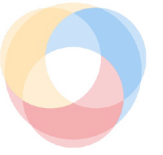


# How to Find Good Deals:

1. Try to fly on Tuesday, Wednesday, Thursday, or Saturday. Those days usually have the cheapest flights since fewer business travelers fly on those days.
2. Book an undesirable time. Flights that depart very early in the morning or very late at night are usually the cheapest options on a given date.
3. Book indirect flights. Direct flights are usually more expensive than flights with one or more stops.
4. If you can safely avoid it, don't buy more than one plane ticket at the same time. Buy plane tickets for each individual traveler separately to save money—some airlines sneakily increase prices for “groups.” They consider 2 or more people to be a “group.”
5. Some Online Travel Agencies (example: Expedia or Booking.com) have very good deals, but it's often best to buy tickets directly from an airline's official website. If you go to the official website, you can sometimes find discount codes when you sign up for the airline newsletter or when you check the links to their social media pages.
6. If you buy plane tickets and the same flights go on sale for a cheaper price later, some airlines and Online Travel Agencies will refund you the difference in price if you contact them and ask for that.
7. Account for hidden costs. Hidden costs on budget airlines like Frontier or Spirit can cancel out savings on the plane ticket. They often have high baggage fees, even for carry-on luggage. They also charge for “extras” like in-flight food and drinks.



# Places to Stay:



# Community-Based Options:

**PLEASE NOTE:** This information is correct as of 2023. Always check the official websites or Facebook pages for the most current information.

## 1. Trans HeartLine

General area: Anderson Dr, San Rafael, CA (415) 683-4932

<https://transheartline.org/>

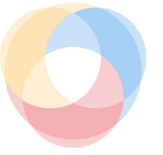
**Average Price Per Night:** Given after reservation inquiry submitted on organization website

**PLEASE NOTE:** Trans HeartLine is a trans-led and trans-operated nonprofit that specializes in safe, affordable post-op housing for those having gender-affirming surgery. For safety reasons, the THL House address is not publicly available unless one is a confirmed guest.

## 2. Bay Area Queer Exchange

<https://www.facebook.com/groups/officialbayareaqueerexchange/>

- Private Facebook group—you must request access to it before you can use it
- Has a diverse community full of people of all different genders, sexual orientations, abilities, etc
- The group isn't specifically for housing, but many people in need can get assistance for a variety of things



# Community-Based Options:

**PLEASE NOTE:** This information is correct as of 2023. Always check the official websites or Facebook pages for the most current information.

## **3. Trans and Intersex Housing: SF Bay Area**

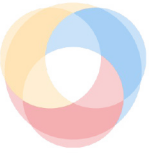
<https://www.facebook.com/groups/BayAreaTransHousing/>

- Private Facebook group—you must request access to it before you can use it
- Cross-post here and in the BAQE if you want to reach out to the community
- Mostly used to help trans, non-binary, and intersex people find permanent housing, but some community members may be able to help with temporary housing

## **4. QTPOC (Queer Trans Person of Color) Housing Bay Area California**

<https://www.facebook.com/groups/497049597048928/>

- Private Facebook group—you must request access to it before you can use it
- A safe space specifically for queer and trans people of color
- Community members may be able to help with temporary housing



# Hostels:

**PLEASE NOTE:** This information is correct as of 2023. Always check the websites for the most current information. The averages listed here do not include taxes and fees.

## 1. Amsterdam Hostel San Francisco

749 Taylor St, San Francisco, CA 94108 (415) 673-3277

<https://www.hostelsf.com/>

**Average Price Per Night:** \$90-150 for private rooms; as low as \$35 per person for shared dorms

## 2. The Urban\*

507 Bush St, San Francisco, CA 94108 (415) 432-7867

<https://www.theurbansf.com/>

**Average Price Per Night:** \$80-120

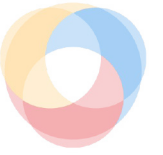
**\*PLEASE NOTE:** This is the closest hostel to the GCC.

## 3. Adelaide Hostel

5 Isadora Duncan Ln, San Francisco, CA 94102 (415) 359-1915

<https://www.adelaidehostelsanfrancisco.com/>

**Average Price Per Night:** \$90-110 for private rooms; as low as \$35 per person for shared dorms



# Hostels:

**PLEASE NOTE:** This information is correct as of 2023. Always check the websites for the most current information. The averages listed here do not include taxes and fees.

## 4. Music City Hotel

1353 Bush St, San Francisco, CA 94109      (415) 816-6207

<https://musiccitysf.com/>

**Average Price Per Night:** \$90-140 for private rooms; as low as \$35 per person for shared dorms

## 5. HI San Francisco Fisherman's Wharf Hostel

240 Fort Mason, San Francisco, CA 94123      (415) 771-7277

<https://www.hiusa.org/find-hostels/california/san-francisco-building240-fortmason>

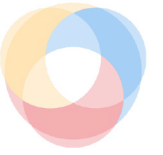
**Average Price Per Night:** \$100-\$140 for private rooms; as low as \$35 per person for shared dorms

## 6. HI San Francisco Downtown Hostel

312 Mason St, San Francisco, CA 94102      (415) 788-5604

<https://www.hiusa.org/find-hostels/california/san-francisco-312-mason-street>

**Average Price Per Night:** \$100-150 for private rooms; as low as \$35 per person for shared dorms



# Hostels:

**PLEASE NOTE:** This information is correct as of 2023. Always check the websites for the most current information. The averages listed here do not include taxes and fees.

## 7. Orange Village Hostel

411 O'Farrell St, San Francisco, CA 94102 (415) 409-4000

<https://www.orangevillagehostel.com/>

**Average Price Per Night:** \$95-135 for private rooms; as low as \$35 per person for shared dorms

## 8. Green Tortoise Hostel

494 Broadway, San Francisco, CA 94133 (415) 834-1000

<https://www.greentortoisesf.com/>

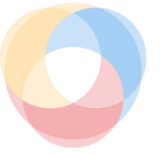
**Average Price Per Night:** \$80-\$125 for private rooms; as low as \$25 per person for shared dorms

## 9. Samesun San Francisco

1475 Lombard St, San Francisco, CA 94123 (415) 441-6000

<https://samesun.com/samesun-san-francisco-hostel/>

**Average Price Per Night:** \$135-180 for private rooms; as low as \$45 per person for shared dorms



# Hostels:

## 1. Amsterdam Hostel San Francisco

749 Taylor St, San Francisco, CA 94108 (415) 673-3277

<https://www.hostelsf.com/>

**Average Price Per Night:** \$90-150 for private rooms; as low as \$35 per person for shared dorms

**Discounts:** See website's "Specials" area: <https://www.hostelsf.com/packages>

**Check-In/Out:** 3:00pm/10:00am

**Wheelchair Accessibility:** Yes, but must specifically book an accessible room.

### **Pros:**

- **LGBTQ+ Friendly**
- Private bathrooms
- TV in room
- Free WIFI in all areas
- Minifridge in room
- Microwaves in some rooms
- Shared kitchen access
- Paid laundry machines
- Balconies in some rooms

### **Cons:**

- No air conditioning
- Not all rooms have microwaves

**Parking:** Off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/2cdjsose>

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/28ednv98>
- **Driving:** 0.6mi, 5-10 minutes
- **Walking:** 0.3mi, 5-10 minutes
- **Public Transportation:** Not available

### **Distance to St Francis Memorial Hospital:**

- **Google Maps Travel Options:** <https://tinyurl.com/22ale335>
- **Driving:** 0.4mi, 5 minutes
- **Walking:** 0.3mi, 5-10 minutes
- **Public Transportation:** Not available

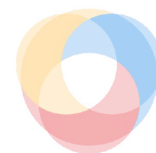
### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/2a3us2r6>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/249r8nsn>





# Hostels:

## 2. The Urban

507 Bush St, San Francisco, CA 94108 (415) 432-7867

<https://www.theurbansf.com/>

**Average Price Per Night:** \$80-120

**Discounts:** AAA, AARP, Government/Military, advanced direct booking

**Check-In/Out:** 3:00pm/12:00pm

**Wheelchair Accessibility:** Yes, but must specifically book an accessible room.

### Pros:

- **LGBTQ+ Friendly**
- **Closest hostel to GCC**
- Private rooms only
- Private bathrooms in some rooms
- Private sink in room
- TV in room
- Free WIFI in all areas
- Minifridge in room
- Shared kitchenette access
- Paid laundry machines
- Elevator

### Cons:

- No air conditioning
- No microwaves in rooms
- Some rooms have shared bathrooms (single occupancy)

**Parking:** Off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/29pqt4d>

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/2cjqx8nz>
- **Driving:** 0.2mi, 5 minutes
- **Walking:** 0.2mi, 5-10 minutes
- **Public Transportation:** Not available

### **Distance to St Francis Memorial Hospital:**

- **Google Maps Travel Options:** <https://tinyurl.com/22aprwga>
- **Driving:** 0.7mi, 5-10 minutes
- **Walking:** 0.6mi, 15-20 minutes
- **Public Transportation:** 10-15 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/2dzxwxet>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/28jujwzs>



# Hostels:

## 3. Adelaide Hostel

5 Isadora Duncan Ln, San Francisco, CA 94102 (415) 359-1915

<https://www.adelaidehostelsanfrancisco.com/>

**Average Price Per Night:** \$90-110 for private rooms; as low as \$35 per person for shared dorms

**Check-In/Out:** 2:00pm/10:00am

**Wheelchair Accessibility:** No, building too old

### Pros:

- **LGBTQ+ Friendly**
- Private bathrooms
- TV in room
- Free WIFI in all areas
- Minifridge in room
- Microwaves in room
- Shared kitchen access
- Paid laundry machines
- Free laundry detergent

### Cons:

- No air conditioning
- Lots of stairs

**Parking:** Off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/25gmhkl5>

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/29cwh49n>
- **Driving:** 0.7mi, 5-10 minutes
- **Walking:** 0.3mi, 5-10 minutes
- **Public Transportation:** Not available

### **Distance to St Francis Memorial Hospital:**

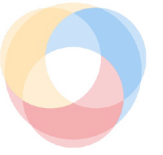
- **Google Maps Travel Options:** <https://tinyurl.com/2yc3r3vd>
- **Driving:** 0.5mi, 5-10 minutes
- **Walking:** 0.4mi, 10-15 minutes
- **Public Transportation:** Not available

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/268vr9be>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/227aba99>



# Hostels:

## 4. Music City Hotel

1353 Bush St, San Francisco, CA 94109 (415) 816-6207

<https://musiccitysf.com/>

**Average Price Per Night:** \$90-140 for private rooms; as low as \$35 per person for shared dorms

**Discounts:** There are discount codes near the bottom of the website homepage under the “Promotions” section. Also provides coupons for local restaurants and shops.

**Check-In/Out:** 3:00pm/11:00am

**Wheelchair Accessibility:** No, building too old

### **Pros:**

- **LGBTQ+ Friendly**
- Private bathrooms in some rooms
- Private sink in room
- TV in room
- Free WIFI in all areas
- Minifridge in room
- Shared kitchenette access
- Extra cot bed for extra \$15/night
- Caters to musicians/music fans
- Live-music gastropub on-site
- Free breakfast voucher for local cafe (only if you book direct)

### **Cons:**

- No air conditioning
- Lots of stairs
- Shared bathrooms with some rooms
- No microwave in room
- No laundry machines
- Not always quiet throughout day and night due to on-site gastropub

**Parking:** Off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/27pesaf7>

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/2yh7wkn6>
- **Driving:** 1.0mi, 5-10 minutes
- **Walking:** 0.7mi, 15-20 minutes
- **Public Transportation:** Not available

### **Distance to St Francis Memorial Hospital:**

- **Google Maps Travel Options:** <https://tinyurl.com/2cm3jfb8>
- **Driving:** 0.1mi, 2-5 minutes
- **Walking:** 0.2mi, 5-10 minutes
- **Public Transportation:** Not available

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/256tgq2m>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/2acz5u96>



# Hostels:

## 5. HI San Francisco Fisherman's Wharf Hostel

240 Fort Mason, San Francisco, CA 94123 (415) 771-7277

<https://www.hiusa.org/find-hostels/california/san-francisco-building240-fortmason>

**Average Price Per Night:** \$100-140 for private rooms; as low as \$35 per person for shared dorms

**Discounts:** Can get discounts with an HI USA Membership

- <https://hiusa.app.neoncrm.com/np/clients/hiusa/membershipJoin.jsp>

**Check-In/Out:** 3:00pm/11:00am

**Wheelchair Accessibility:** Yes, has options in private rooms and shared dorms.

### Pros:

- **LGBTQ+ Friendly**
- Free WIFI in **public** areas
- Shared kitchen and fridge access
- Paid laundry machines
- Free breakfast
- Free parking

### Cons:

- No air conditioning
- **Free WIFI unavailable in rooms**
- Shared bathrooms (locker-room style)
- No TV in room
- No microwave in room
- No minifridge in room
- Shared public fridge

**Parking:** Free on-site parking; off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/2yft2xcf>

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/28dqcsyz>
- **Driving:** 2.4mi, 10-20 minutes
- **Walking:** 2.1mi, 40-50 minutes
- **Public Transportation:** 30-35 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

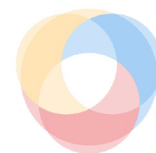
- **Google Maps Travel Options:** <https://tinyurl.com/277a8b2d>
- **Driving:** 1.7mi, 10-20 minutes
- **Walking:** 1.7mi, 35-45 minutes
- **Public Transportation:** 25-35 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/23deqfx3>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/2dltu9j>



# Hostels:

## 6. HI San Francisco Downtown Hostel

312 Mason St, San Francisco, CA 94102 (415) 788-5604

<https://www.hiusa.org/find-hostels/california/san-francisco-312-mason-street>

**Average Price Per Night:** \$100-150 for private rooms; as low as \$35 per person for shared dorms

**Discounts:** Can get discounts with an HI USA Membership

- <https://hiusa.app.neoncrm.com/np/clients/hiusa/membershipJoin.jsp>

**Check-In/Out:** 3:00pm/11:00am

**Wheelchair Accessibility:** Yes, but only parts of the building are. When you book, call the front desk to make sure you get an accessible room and bathroom.

### **Pros:**

- **LGBTQ+ Friendly**
- Private bathrooms with some rooms
- Free WIFI in all areas
- Shared kitchen and fridge access
- Paid laundry machines
- Free breakfast
- Elevator

### **Cons:**

- No air conditioning
- Shared bathrooms with some rooms (single occupancy)
- No TVs anywhere in building
- No microwave in room
- No minifridge in room
- Shared public fridge

**Parking:** Off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/26fwd46>

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/2cllru3o>
- **Driving:** 0.6mi, 5-10 minutes
- **Walking:** 0.3mi, 5-10 minutes
- **Public Transportation:** Not available

### **Distance to St Francis Memorial Hospital:**

- **Google Maps Travel Options:** <https://tinyurl.com/2xpqhvd4>
- **Driving:** 0.9mi, 5-10 minutes
- **Walking:** 0.6mi, 15-20 minutes
- **Public Transportation:** 10-15 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/2yd6e46u>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/2a6vnkgg>



# Hostels:

## 7. Orange Village Hostel

411 O'Farrell St, San Francisco, CA 94102 (415) 409-4000

<https://www.orangevillagehostel.com/>

**Average Price Per Night:** \$95-135 for private rooms; as low as \$35 per person in shared dorms

**Discounts:** Allow pop-ups on the hostel website to access discount codes.

**Check-In/Out:** 3:00pm/11:00am

**Wheelchair Accessibility:** Yes, the entire building is.

### Pros:

- **LGBTQ+ Friendly**
- Private bathrooms with some rooms
- Free WIFI in all areas
- TV in room
- Shared kitchen and fridge access
- Paid laundry machines
- Free laundry detergent
- Free breakfast
- Elevator

### Cons:

- No air conditioning
- Shared bathrooms with some rooms (single occupancy)
- No microwave in room
- No minifridge in room
- Shared public fridge

**Parking:** Off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/2cnxlt2j>

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/29c5wptq>
- **Driving:** 0.8mi, 5-10 minutes
- **Walking:** 0.4mi, 10-15 minutes
- **Public Transportation:** 10 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

- **Google Maps Travel Options:** <https://tinyurl.com/2clm7azx>
- **Driving:** 0.6mi, 5-10 minutes
- **Walking:** 0.5mi, 10-15 minutes
- **Public Transportation:** 10-15 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/2cadga58>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/26dedacm>



# Hostels:

## 8. Green Tortoise Hostel

494 Broadway, San Francisco, CA 94133 (415) 834-1000

<https://www.greentortoisesf.com/>

**Average Price Per Night:** \$80-125 for private rooms; as low as \$25 per person in shared dorms

**Check-In/Out:** 4:00pm/11:00am

**Wheelchair Accessibility:** No, the building is too old.

### Pros:

- **LGBTQ+ Friendly**
- Private sinks in private rooms
- Free WIFI in all areas
- TV in some rooms
- Shared kitchen and fridge access
- Paid laundry machines
- Free breakfast

### Cons:

- No air conditioning
- **Must eat/drink in communal spaces ONLY**
- TV in room not guaranteed
- Lots of stairs
- Shared bathrooms with some rooms (single occupancy)
- No microwave in room
- No minifridge in room
- Shared public fridge

**Parking:** Off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/28hy39jh>

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/2ycus7q2>
- **Driving:** 1.0mi, 5-10 minutes
- **Walking:** 0.8mi, 20 minutes
- **Public Transportation:** 10-20 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

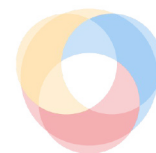
- **Google Maps Travel Options:** <https://tinyurl.com/239nlqlj>
- **Driving:** 1.2mi, 10-15 minutes
- **Walking:** 1.2mi, 25-30 minutes
- **Public Transportation:** 20-30 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/25soy8pf>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/2cs52fo4>



# Hostels:

## 9. Samesun San Francisco

1475 Lombard St, San Francisco, CA 94123 (415) 441-6000

<https://samesun.com/samesun-san-francisco-hostel/>

**Average Price Per Night:** \$135-180 for private rooms; as low as \$45 per person in shared dorms

**Check-In/Out:** 3:00pm/11:00am

**Wheelchair Accessibility:** Yes, 2 private rooms are

### Pros:

- **Air conditioning**
- Private bathrooms
- Free WIFI in all areas
- TV in room
- Minifridge in room
- Shared kitchette access
- Free parking

### Cons:

- No laundry machines
- No microwave in room

**Parking:** Off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/28hy39jh>

### **Distance to GCC:**

- **Google Maps Travel Options:**  
<https://tinyurl.com/2ycus7q2>
- **Driving:** 1.0mi, 5-10 minutes
- **Walking:** 0.8mi, 20 minutes
- **Public Transportation:** 10-20 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

- **Google Maps Travel Options:**  
<https://tinyurl.com/239nlqlj>
- **Driving:** 1.2mi, 10-15 minutes
- **Walking:** 1.2mi, 25-30 minutes
- **Public Transportation:** 20-30 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

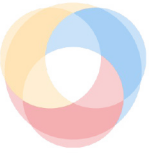
### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/25soy8pf>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/2cs52fo4>





# Inns and B&Bs:

**PLEASE NOTE:** This information is correct as of 2023. Always check the websites for the most current information. The averages listed here do not include taxes and fees.

## 1. Coventry Motor Inn

1901 Lombard St, San Francisco, CA 94123 (415) 567-1200

<https://coventrymotorinn.com/>

**Average Price Per Night:** \$108 at special GCC group rate for a minimum booking of 7 days; \$150-200 at regular rate

## 2. Sunset Edwardian Bed & Breakfast

1471 18th Ave, San Francisco, CA 94122 (415) 345-9177

<https://via.eviivo.com/en-en/Google/sunsetedwardianbedan94122>

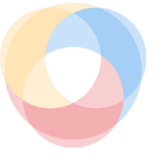
**Average Price Per Night:** \$150

## 3. Airport Inn San Francisco

751 Airport Blvd, South San Francisco, CA 94080 (650) 588-9400

<https://airportinnssf.com/>

**Average Price Per Night:** \$120-150



# Inns and B&Bs:

**PLEASE NOTE:** This information is correct as of 2023. Always check the websites for the most current information. The averages listed here do not include taxes and fees.

## 4. Seaside Inn

1750 Lombard St, San Francisco, CA 94123      (415) 921-1842

<https://www.sfseasideinn.com/>

**Average Price Per Night:** \$150-180

## 5. Castle Inn

1565 Broadway, San Francisco, CA 94109      (415) 441-1155

<https://www.castleinnsf.com/>

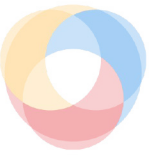
**Average Price Per Night:** \$150-180

## 6. Greenwich Inn

3201 Steiner St, San Francisco, CA 94123      (415) 921-5162

<https://www.greenwichinn.com/>

**Average Price Per Night:** \$130-160



# Inns and B&Bs:

**PLEASE NOTE:** This information is correct as of 2023. Always check the websites for the most current information. The averages listed here do not include taxes and fees.

## **7. Hayes Valley Inn**

417 Gough St, San Francisco, CA 94102      (415) 862-9051

<https://www.hayesvalleyinn.com/>

**Average Price Per Night:** \$90-150

## **8. Regency Inn at San Francisco Airport**

411 San Bruno Ave E, San Bruno, CA 94066      (650) 589-7535

<https://www.regencyinnsfo.com/>

**Average Price Per Night:** \$120-160



# Inns and B&Bs:

## 1. Coventry Motor Inn

1901 Lombard St, San Francisco, CA 94123 (415) 567-1200

<https://coventrymotorinn.com/>

**Average Price Per Night:** \$108 at special GCC group rate; \$150-200 at regular rate

**Discounts:** Call front desk to book for a minimum of 7 days. Say you want the special Gender Confirmation Center weekly rate of \$108 per night. The special weekly rate is only good for the first 7 days. Additional days will be the regular daily rate. GCC rate will be void if you check out before the 7 days have elapsed.

**Check-In/Out:** 3:00pm/12:00pm

**Wheelchair Accessibility:** Yes, has special accessible rooms.

### Pros:

- **Air conditioning**
- Free WIFI in all areas
- TV in room
- Minifridge in most rooms
- Shared kitchette access
- Free parking

### Cons:

- May have to rent minifridge for \$10/night if room doesn't have one
- No microwave in room
- No laundry machines

**Parking:** Free on-site parking; off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/2ysjnn57>

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/23lmq5bz>
- **Driving:** 2.4mi, 15-20 minutes
- **Walking:** 2.2mi, 45-50 minutes
- **Public Transportation:** 25-40 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

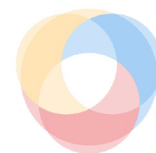
- **Google Maps Travel Options:** <https://tinyurl.com/265xx4wb>
- **Driving:** 1.6mi, 10-20 minutes
- **Walking:** 1.6mi, 35-40 minutes
- **Public Transportation:** 25-35 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/25cg8taq>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/2cj2utvv>



# Inns and B&Bs:

## 2. Sunset Edwardian Bed & Breakfast

1471 18th Ave, San Francisco, CA 94122 (415) 345-9177

<https://via.eviivo.com/en-en/Google/sunsetedwardianbedan94122>

**Average Price Per Night:** \$150

**Check-In/Out:** 3:00pm/11:00am

**Wheelchair Accessibility:** No, building too old

### Pros:

- Fan in room
- Free WIFI in all areas
- TV in room
- Minifridge in room
- Microwave in room
- Coffee/tea maker in room
- 5-gallon hot/cold water dispenser in room
- Free breakfast

### Cons:

- Far from GCC
- **No reception/front desk—enter building and room with PIN and smartphone**
- No air conditioning
- Lots of stairs
- Shared bathrooms only
- No shared kitchen access

**Parking:** Off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/29h7yqom>

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/25pfedr7>
- **Driving:** 5.9mi, 30-40 minutes
- **Walking:** Not available
- **Public Transportation:** 40 minutes to 1 hour
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

- **Google Maps Travel Options:** <https://tinyurl.com/2y7mjnpn>
- **Driving:** 5.2mi, 20-35 minutes
- **Walking:** Not available
- **Public Transportation:** 45-55 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/295fb5wt>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/285neqyd>



# Inns and B&Bs:

## 3. Airport Inn San Francisco

751 Airport Blvd, South San Francisco, CA 94080 (650) 588-9400

<https://airportinnssf.com/>

**Average Price Per Night:** \$120-150

**Check-In/Out:** 12:00pm/11:00am

**Wheelchair Accessibility:** Yes, has special accessible rooms

### **Pros:**

- Air conditioning
- Free WIFI in all areas
- TV in room
- Minifridge in room
- Microwave in room
- Extra cots beds available for \$39 per night
- Free breakfast
- Free parking

### **Cons:**

- Far from GCC
- No shared kitchen access

**Parking:** Free on-site parking

### **Distance to GCC:**

- **Google Maps Travel Options:**  
<https://tinyurl.com/29un66gg>
- **Driving:** 10.5mi, 20-35 minutes
- **Walking:** Not available
- **Public Transportation:** 50 minutes to 1 hour 5 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

- **Google Maps Travel Options:**  
<https://tinyurl.com/24w9bmqz>
- **Driving:** 10.6mi, 20-35 minutes
- **Walking:** Not available
- **Public Transportation:** 1 hour 10 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/2aygdzb5>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/2bw2jral>



# Inns and B&Bs:

## 4. Seaside Inn

1750 Lombard St, San Francisco, CA 94123 (415) 921-1842

<https://www.sfseasideinn.com/>

**Average Price Per Night:** \$150-180

**Check-In/Out:** 3:00pm/11:00am

**Wheelchair Accessibility:** Yes, has special accessible rooms

### **Pros:**

- **LGBTQ+ Friendly**
- Air conditioning
- Free WIFI in all areas
- TV in room
- Minifridge in room
- Microwave in room
- Coffee/tea maker in room
- Free breakfast
- Free parking

### **Cons:**

- Room prices highly variable by date, must book 30+ days in advance to get under \$200/night
- Parking lot is tiny and fills up quickly
- No shared kitchen access

**Parking:** Free on-site parking; off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/2xzx8f7q>

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/2dzjyba2>
- **Driving:** 2.6mi, 15-20 minutes
- **Walking:** 2.1mi, 40-50 minutes
- **Public Transportation:** 30-40 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

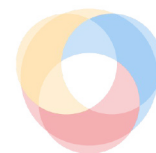
- **Google Maps Travel Options:** <https://tinyurl.com/2bh6q9lx>
- **Driving:** 1.8mi, 15-20 minutes
- **Walking:** 1.5mi, 35-45 minutes
- **Public Transportation:** 25-30 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/22mlzgz9>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/2amcpyso>



# Inns and B&Bs:

## 5. Castle Inn

1565 Broadway, San Francisco, CA 94109 (415) 441-1155

<https://www.castleinnsf.com/>

**Average Price Per Night:** \$150-180

**Check-In/Out:** 3:00pm/11:00am

**Wheelchair Accessibility:** Yes, has special accessible rooms

### **Pros:**

- Air conditioning
- Free WIFI in all areas
- TV in room
- Minifridge in room
- Microwave in room
- Coffee/tea maker in room
- Extra cot beds available for \$25 per night
- Free parking

### **Cons:**

- Room prices highly variable by date, must book 30+ days in advance to get under \$200/night
- No laundry machines
- No shared kitchen access
- **Some room entrances are outdoor access**

**Parking:** Free on-site parking; off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/2y4l3s89>

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/2y8754mr>
- **Driving:** 1.6mi, 10-15 minutes
- **Walking:** 1.4mi, 30-40 minutes
- **Public Transportation:** 20-30 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

- **Google Maps Travel Options:** <https://tinyurl.com/2b5walya>
- **Driving:** 0.7mi, 5-10 minutes
- **Walking:** 0.7mi, 15-20 minutes
- **Public Transportation:** 10-15 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

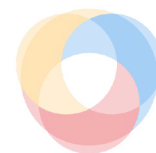
### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/24v9vg2d>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/23g8yba9>





# Inns and B&Bs:

## 6. Greenwich Inn

3201 Steiner St, San Francisco, CA 94123 (415) 921-5162

<https://www.greenwichinn.com/>

**Average Price Per Night:** \$130-160

**Check-In/Out:** 3:00pm/11:00am

**Wheelchair Accessibility:** Yes, has special accessible rooms

### Pros:

- **LGBTQ+ Friendly**
- Air conditioning
- Free WIFI in all areas
- TV in room
- Minifridge in room
- Microwave in room
- Coffee/tea maker in room
- Free parking

### Cons:

- **Room entrances are outdoor access**
- Parking lot is tiny
- No laundry machines
- No shared kitchen access

**Parking:** Free on-site parking; off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/238tn7lf>

### Distance to GCC:

- **Google Maps Travel Options:** <https://tinyurl.com/286kqsxz>
- **Driving:** 2.7mi, 15-25 minutes
- **Walking:** 2.4mi, 50 minutes to 1 hour
- **Public Transportation:** 30-40 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### Distance to St Francis Memorial Hospital:

- **Google Maps Travel Options:** <https://tinyurl.com/2dbglpdn>
- **Driving:** 1.8mi, 10-20 minutes
- **Walking:** 1.8mi, 40-45 minutes
- **Public Transportation:** 25-35 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### Nearby Grocery Stores:

- **GoogleMaps List:** <https://tinyurl.com/2co6be25>

### Nearby Restaurants:

- **GoogleMaps List:** <https://tinyurl.com/2yeb7o7q>



# Inns and B&Bs:

## 7. Hayes Valley Inn

417 Gough St, San Francisco, CA 94102 (415) 862-9051

<https://www.hayesvalleyinn.com/>

**Average Price Per Night:** \$90-150

**Check-In/Out:** 3:00pm/11:00am

**Wheelchair Accessibility:** No, building too old

### **Pros:**

- Private sink in room
- Free WIFI in all areas
- TV in room
- Shared kitchenette and fridge access

### **Cons:**

- Shared bathrooms (single occupancy, jack-and-jill style)
- No air conditioning
- No microwave in room
- No minifridge in room
- Shared public fridge
- Lots of stairs
- No laundry machines

**Parking:** Off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/2ysznsua>

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/279cqx2z>
- **Driving:** 1.7mi, 15-20 minutes
- **Walking:** 1.5mi, 30-40 minutes
- **Public Transportation:** 20-25 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

- **Google Maps Travel Options:** <https://tinyurl.com/292o4leg>
- **Driving:** 1.4mi, 10-15 minutes
- **Walking:** 1.2mi, 25-30 minutes
- **Public Transportation:** 20-25 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/23p2nxqr>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/2xh2p9ar>



# Inns and B&Bs:

## 8. Regency Inn at San Francisco Airport

411 San Bruno Ave E, San Bruno, CA 94066 (650) 589-7535

<https://www.regencyinnsfo.com/>

**Average Price Per Night:** \$120-160

**Check-In/Out:** 3:00pm/11:00am

**Wheelchair Accessibility:** Yes, has special accessible rooms

### **Pros:**

- Air conditioning
- Free WIFI in all areas
- TV in room
- Minifridge in room
- Microwave in room
- Coffee/tea maker in room
- Free breakfast
- Free parking

### **Cons:**

- **Room entrances are outdoor access**
- Far from GCC
- No laundry machines
- No shared kitchen access

**Parking:** Free on-site parking

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/2au2l9bn>
- **Driving:** 12.9-16.6mi, 25-40 minutes
- **Walking:** Not available
- **Public Transportation:** 45 minutes to 1 hour
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

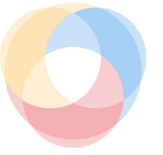
- **Google Maps Travel Options:** <https://tinyurl.com/2d698xsq>
- **Driving:** 13-16.8mi, 25-40 minutes
- **Walking:** Not available
- **Public Transportation:** 1 hour 5 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/2y7jj0oc>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/2d4srwvj>



# Hotels and Motels:

**PLEASE NOTE:** This information is correct as of 2023. Always check the websites for the most current information. The averages listed here do not include taxes and fees.

## 1. Marina Motel

2576 Lombard St, San Francisco, CA 94123 (415) 921-3430

<https://www.marinamotel.com/>

**Average Price Per Night:** \$110-180

## 2. Homewood Suites San Francisco Airport

2000 Shoreline Ct, Brisbane, CA 94005 (650) 589-1600

<https://www.hilton.com/en/hotels/sfoathw-homewood-suites-san-francisco-airport-north/>

**Average Price Per Night:** \$140-175

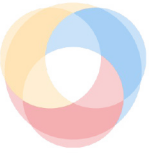
## 3. Fairfield Inn & Suites San Francisco Airport/Oyster Point

127 W Harris Ave, South San Francisco, CA 94080 (650) 822-8880

<https://www.marriott.com/en-us/hotels/sfofa-fairfield-inn-and-suites-san-francisco-airport-oyster-point-area>

**Average Price Per Night:** \$250-280\*

*\*This is the most expensive option in the packet. It is the closest to SFO Airport.*



# Hotels and Motels:

**PLEASE NOTE:** This information is correct as of 2023. Always check the websites for the most current information. The averages listed here do not include taxes and fees.

## **4. Geary Parkway Motel**

4750 Geary Blvd, San Francisco, CA 94118      (415) 752-4406

<https://www.gearyparkwaymotel.com/>

**Average Price Per Night:** \$140-160

## **5. Hotel Aluxor SFO**

500 El Camino Real, San Bruno, CA 94066      (650) 871-4000

<https://goaway.pt/en/hotel/hotel-aluxor-sfo>

**Average Price Per Night:** \$110-140



# Hotels and Motels:

## 1. Marina Motel

2576 Lombard St, San Francisco, CA 94123 (415) 921-3430

<https://www.marinamotel.com/>

**Average Price Per Night:** \$110-180

**Check-In/Out:** 4:00pm/11:00am

**Wheelchair Accessibility:** Yes, has special accessible rooms

### **Pros:**

- Private kitchens in some rooms
- Free WIFI in all areas
- TV in room
- Minifridge in room
- Microwave in room
- Coffee/tea maker in room
- Shared kitchen and fridge access
- Free parking

### **Cons:**

- Room prices highly variable by date, must book 30+ days in advance to get under \$200/night
- No air conditioning
- On-site parking garage is tiny with small parking spaces

**Parking:** Free on-site parking; off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/29jzdtnr>

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/2ca48hj4>
- **Driving:** 2.4mi, 10-20 minutes
- **Walking:** 2.1mi, 40-50 minutes
- **Public Transportation:** 30-35 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

- **Google Maps Travel Options:** <https://tinyurl.com/29pghkle>
- **Driving:** 2.3mi, 10-25 minutes
- **Walking:** 2.2mi, 50-55 minutes
- **Public Transportation:** 35-45 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/23deqfx3>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/2dltYu9j>



# Hotels and Motels:

## 2. Homewood Suites San Francisco Airport

2000 Shoreline Ct, Brisbane, CA 94005 (650) 589-1600

<https://www.hilton.com/en/hotels/sfoathw-homewood-suites-san-francisco-airport-north/>

**Average Price Per Night:** \$140-175

**Discounts:** Direct booking is rarely cheaper. Try Online Travel Agency sites first.

**Check-In/Out:** 3:00pm/11:00am

**Wheelchair Accessibility:** Yes, has special accessible rooms

### Pros:

- Air conditioning
- Free WIFI in all areas
- TV in room
- Full kitchens in all rooms
- Paid laundry machines
- Free breakfast

### Cons:

- Far from GCC
- Paid on-site parking

**Parking:** On-site parking, \$15 per day

### **Distance to GCC:**

- **Google Maps Travel Options:**  
<https://tinyurl.com/23roptn7>
- **Driving:** 9.5mi, 30-45 minutes
- **Walking:** Not available
- **Public Transportation:** 1 hour 10 minutes to 1 hour 30 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

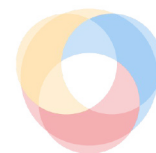
- **Google Maps Travel Options:**  
<https://tinyurl.com/29qb5el4>
- **Driving:** 9.8mi, 25-55 minutes
- **Walking:** Not available
- **Public Transportation:** 1 hour 35 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/26qwao26>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/2asnocur>



# Hotels and Motels:

## 3. Fairfield Inn & Suites San Francisco Airport/Oyster Point

127 W Harris Ave, South San Francisco, CA 94080 (650) 822-8880

<https://www.marriott.com/en-us/hotels/sfofa-fairfield-inn-and-suites-san-francisco-airport-oyster-point-area>

**Average Price Per Night:** \$250-280

**Discounts:** Direct booking is rarely cheaper. Try Online Travel Agency sites first.

**Shuttle Service:** \$5 per person for trips to and from SFO Airport. Call to set up pickup/drop-off. Available from 5:00am-9:30am and from 5:00pm-10:30pm.

**Check-In/Out:** 3:00pm/12:00pm

**Wheelchair Accessibility:** Yes, has special accessible rooms

### **Pros:**

- Air conditioning
- Free WIFI in all areas
- TV in room
- Minifridge in room
- Microwave in room
- Paid laundry machines
- Free breakfast
- Closest to SFO Airport

### **Cons:**

- Far from GCC
- Paid on-site parking

**Parking:** On-site parking, \$16 per day

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/244umsnr>
- **Driving:** 11.7-18mi, 30 minutes to 1 hour 20 minutes
- **Walking:** Not available
- **Public Transportation:** 1 hour 5 minutes to 1 hour 15 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

- **Google Maps Travel Options:** <https://tinyurl.com/28kok3ey>
- **Driving:** 11.8-18.2mi, 30 minutes to 1 hour 5 minutes
- **Walking:** Not available
- **Public Transportation:** 1 hour 15 minutes to 1 hour 30 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

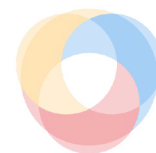
### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/23pxgwn7>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/22eo66kz>





# Hotels and Motels:

## 4. Geary Parkway Motel

4750 Geary Blvd, San Francisco, CA 94118 (415) 752-4406

<https://www.gearyparkwaymotel.com/>

**Average Price Per Night:** \$140-160

**Check-In/Out:** 3:00pm/11:00am

**Wheelchair Accessibility:** Yes, has special accessible rooms

### Pros:

- **LGBTQ+ Friendly**
- Air conditioning
- Free WIFI in all areas
- TV in room
- Minifridge in room
- Microwave in room
- Coffee/tea maker in room
- Free breakfast
- Free parking

### Cons:

- **Room entrances are outdoor access**
- Parking lot can fill up quickly
- No laundry machines
- No shared kitchen access

**Parking:** Free on-site parking; off-site street parking and parking garages

- **Google Maps Link for Lots/Garages:** <https://tinyurl.com/27arou9v>

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/2ctsbk42>
- **Driving:** 4.2mi, 15-30 minutes
- **Walking:** Not available
- **Public Transportation:** 35-45 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

- **Google Maps Travel Options:** <https://tinyurl.com/24mqfect>
- **Driving:** 3.4mi, 15-30 minutes
- **Walking:** Not available
- **Public Transportation:** 35-40 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/29eyk4j7>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/277etmrg>



# Hotels and Motels:

## 5. Hotel Aluxor SFO

500 El Camino Real, San Bruno, CA 94066 (650) 871-4000

<https://goaway.pt/en/hotel/hotel-aluxor-sfo>

**Average Price Per Night:** \$110-140

**Check-In/Out:** 3:30pm/11:00am

**Wheelchair Accessibility:** Yes, has special accessible rooms

### Pros:

- Air conditioning
- Free WIFI in all areas
- TV in room
- Minifridge in room
- Microwave in room
- Coffee maker in room
- Free breakfast
- Paid laundry machines
- Elevator
- Free parking

### Cons:

- Far from GCC
- No shared kitchen access

**Parking:** Free on-site parking

### **Distance to GCC:**

- **Google Maps Travel Options:** <https://tinyurl.com/28xrbsww>
- **Driving:** 13.6-16.9mi, 30 minutes to 1 hour 20 minutes
- **Walking:** Not available
- **Public Transportation:** 45 minutes to 1 hour
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Distance to St Francis Memorial Hospital:**

- **Google Maps Travel Options:** <https://tinyurl.com/2xt49sg4>
- **Driving:** 13.8-17.1mi, 30 minutes to 1 hour 15 minutes
- **Walking:** Not available
- **Public Transportation:** 1 hour to 1 hour 15 minutes
  - » **BART directions:** <https://www.bart.gov/planner>
  - » **Muni directions:** <https://www.sfmta.com/getting-around-san-francisco>

### **Nearby Grocery Stores:**

- **GoogleMaps List:** <https://tinyurl.com/2622ghfg>

### **Nearby Restaurants:**

- **GoogleMaps List:** <https://tinyurl.com/2xzqx2ue>



# House-Sharing Websites:

Sometimes you can use house-sharing websites to find great deals on renting a private room in a shared space or even on renting out a whole house/apartment. Listings marked as for the “entire place” mean that you won’t be sharing a space with strangers. Listings outside of San Francisco itself are cheaper, so be sure to check out those in nearby Oakland, San Bruno, Millbrae, Berkeley, etc.

Be sure to carefully read reviews for the place and host on multiple review sites, and definitely research any area you are interested in to make sure it has a good safety rating.

Make sure that the place you choose is no more than a 1 hour journey from the Gender Confirmation Center. Use apps like Google Maps to calculate travel times during rush hour (ie: 6:00pm on a weekday). As long as at least one of the transportation options available to you can get you from your lodging to the GCC within 1 hour or faster, that place is a good choice.

If you want to save extra money by using public transportation, make sure you stay close to a BART station (train station), a Muni station (bus/tram station), and/or a San Francisco Ferry terminal (ferryboat station). Check the location of any house-share listings you like against a [BART map](#), a [Muni Map](#), and a [ferry terminal map](#).

**This is not a complete list of all available house-sharing websites, but they are some of the most popular:**

## **1. MisterB&B (basically LGBTQ+ AirBnB)**

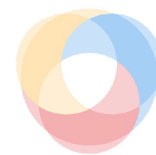
<https://www.misterbandb.com/>

## **2. AirBnB**

<https://www.airbnb.com/>

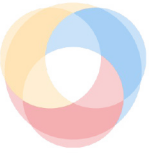
## **3. Vrbo**

<https://www.vrbo.com/>

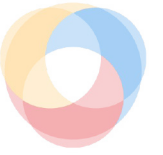


# Lodging Tips:

1. This packet only lists **some** of the lodging choices available in the Bay Area. There are many more options for different budgets. The lists show choices that can house 2 people (a patient and a caregiver) for an average cost of \$150 per night or less and that have good recovery setups: private rooms and easy access to a bathroom, a cooking space/appliance, and a refrigerator.
2. If you can avoid it, we do not recommend using shared dorm room spaces (like those in hostels) after surgery. It can be harder to recover in sleeping spaces with little to no privacy, especially if you need to do things like change bandages, empty drains, take medication, and nap.
3. The GCC has no formal deal with the businesses in the lists—they are just suggestions. We welcome patient feedback that can help us modify the options!
4. Community-based lodging options can often be free or low cost.
5. Accommodations outside of San Francisco itself are cheaper, so be sure to check out those in nearby Oakland, San Bruno, Millbrae, Berkeley, etc.
6. Be sure to carefully research and read reviews for the business **AND** the area surrounding it to make sure both have a good safety rating.
7. “Direct booking” is when you call a hotel/inn/hostel/etc to make a reservation or when you use the official business website to make a reservation. Some direct booking discounts that are better than those found on OTA sites.
8. Make sure that the place you choose is no more than a 1 hour journey from the Gender Confirmation Center. Use apps like Google Maps to calculate travel times during rush hour (ie: 6:00pm on a weekday). As long as at least one of the transportation options available to you can get you from your lodging to the GCC within 1 hour or faster, that place is a good choice.
9. If you want to save extra money by using public transportation, make sure you stay close to a BART station (train station), a Muni station (bus/tram station), and/or a San Francisco Ferry terminal (ferryboat station). Check the location of any house-share listings you like against a [BART map](#), a [Muni Map](#), and a [ferry terminal map](#).



# Getting Around the Bay Area:



# Rental Cars:

**PLEASE NOTE:** Renting a car is not recommended. Free parking in the Bay Area is rare, paid parking averages \$35-50 per day, parking options are often far away from desired destinations, and traffic is very heavy for most of the day.

## 1. San Francisco International Airport (Airport Code: SFO)

*Rental Car Info and Map:* <https://tinyurl.com/28gyajco>

## 2. Oakland International Airport (Airport Code: OAK)

*Rental Car Info and Map:* <https://tinyurl.com/2dz8a8u3>

**BEWARE:** Do NOT stop to refuel at the gas stations closest to the airport due to safety reasons. If you must refuel in Oakland, try to use gas stations 5 or more miles away from the airport. Keep your car keys in hand and lock all car doors while refueling.

## 3. San Jose Mineta International Airport (Airport Code: SJC)

*Rental Car Info:* <https://tinyurl.com/y3m3wh5v>



# Rideshares:

**PLEASE NOTE:** Some rideshare services use surge pricing. “Surge pricing” is when a ride price increases during popular, or “high-demand,” times. “High-demand” can be considered times like those during rush hours, sporting events, fan conventions, festivals, holidays, etc. For example, an Uber ride that usually costs \$20 may cost \$50+ when surge pricing is active.

**PLEASE NOTE:** Wheelchair-accessible rideshare options can be limited and are often more expensive than non-accessible options. Local Californian rideshare companies Wingz and LGBTQ+ride usually have more, better, and cheaper choices than Lyft or Uber.

This is not a complete list of all rideshare options, just some of the most popular. The listed choices have smartphone apps with safety features like route tracking and sharing, anonymous problem reporting, and silent alarms (when activated, emergency services are called).

## 1. Wingz (local San Francisco rideshare service)

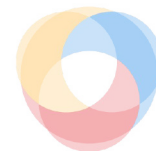
<https://www.wingz.me/>

- Has phone app for all smartphones, check your phone’s app store
- Serves all 3 Bay Area Airports: SFO, OAK, SJC
- Specializes in airport shuttle service and medical transport
- Doesn’t use surge pricing
- **Discounts:** Use code TICKFIRST for \$5 off first ride for new customers

## 2. LGBTQ+ride (California-only rideshare company)

<https://lgbtqride.com/>

- Has phone app for all smartphones, check your phone’s app store
- Has disability accommodations
- Doesn’t use surge pricing



# Rideshares:

**PLEASE NOTE:** Some rideshare services use surge pricing. “Surge pricing” is when a ride price increases during popular, or “high-demand,” times. “High-demand” can be considered times like those during rush hours, sporting events, fan conventions, festivals, holidays, etc. For example, an Uber ride that usually costs \$20 may cost \$50+ when surge pricing is active.

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This is not a complete list of all rideshare options, just some of the most popular. The listed choices have smartphone apps with safety features like route tracking and sharing, anonymous problem reporting, and silent alarms (when activated, emergency services are called).

## 3. Lyft

<http://www.lyft.com/>

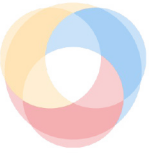
- Has phone app for all smartphones, check your phone’s app store
- Phone app will walk new users through the process of booking a ride
- **BEWARE:** Uses surge pricing

## 4. Uber

<http://www.uber.com/>

- Has phone app for all smartphones, check your phone’s app store
- Phone app will walk new users through the process of booking a ride
- **BEWARE:** Uses surge pricing





# Public Transportation:

## 1. BART–Train service

<https://www.bart.gov/>

- **FYI: BART is NOT available 24hr/day**
  - » Monday-Friday: 5:00am-midnight
  - » Saturday: 6:00am-midnight
  - » Sunday: 8:00am-midnight
- BART service becomes very limited from 9pm-midnight, so make sure to check the service map to see the differences between regular daily service and after-9pm service
  - » **Service Map:** <https://www.bart.gov/system-map>
- BART uses Clipper Cards to pay fares
  - » Each person must have their own card—one card cannot be used for multiple people or be scanned several times in a short period of time to pay multiple fares.
- BART has lots of accessible options
  - » **Accessibility Services:** <https://www.bart.gov/guide/accessibility>
- **BART Maps:**
  - » **Detailed:** <https://www.bart.gov/sites/default/files/docs/BARTDetailedMap-Web.pdf>
  - » **Simplified:** <https://www.bart.gov/system-map>
- **BART phone app:** <https://www.bart.gov/guide/apps#BART%20app>
- **Plan a trip on BART app or website:** <https://www.bart.gov/planner>



# Public Transportation:

## 2. Muni–light rail, tram, cable car, bus service

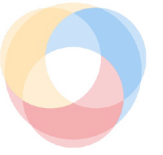
<https://www.sfmta.com/>

- **FYI: Muni IS available 24hr/day**
  - » Muni service slows down a lot between 1am-5am; averages service every 30 minutes
- Muni can take Clipper Cards to pay fares
- Muni also has own fare service MuniMobile with \$5 unlimited daily ride deals
  - » **MuniMobile phone app:** <https://www.sfmta.com/getting-around/muni/fares/munimobile>
- Muni has lots of accessible options
  - » **Accessibility Services:** <https://www.sfmta.com/accessibility-all>
- **Plan a trip on Muni app or website:** <https://www.sfmta.com/getting-around-san-francisco>

## 3. San Francisco Bay Ferry–boat service across San Francisco Bay

<https://sanfranciscobayferry.com/>

- **FYI: Ferries are NOT available 24 hr/day**
  - » Ferries run from roughly 6:00AM to about 10:00PM during weekdays
  - » Schedules change drastically for holidays and weekends
  - » ALWAYS plan trips carefully around ferry schedules
  - » **Ferry Schedules:** <https://sanfranciscobayferry.com/ferry-schedules>
- Ferry can take Clipper Cards to pay fares
  - » **Ticket Prices:** <https://sanfranciscobayferry.com/fares-tickets>
- Ferry also has own fare service
  - » **Ferry phone app:** <https://sanfranciscobayferry.com/sf-bay-ferry-mobile-app-tickets>
- **Rider information:** <https://sanfranciscobayferry.com/rider-info>
- **Find a Ferry Terminal:** <https://sanfranciscobayferry.com/terminals>

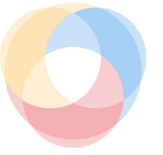


# Public Transportation:

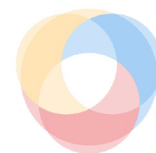
## 4. Clipper Cards

<https://www.clippercard.com/>

- **How to get a Clipper Card:**
  - » Buy a physical plastic card at station kiosks or on the website
  - » Buy a physical plastic card at local stores
  - » Use ClipperCard phone app
- ***Clipper Card phone app:*** <https://www.clippercard.com/ClipperWeb/clipper-app>
  - » **BEWARE:** ClipperCard app NOT recommended for Android users as of Feb. 2024; too many glitches and company still reworking app
- **PLEASE NOTE:** ClipperCard app cannot add money to your ClipperCard.
  - » You have to do that through ApplePay or GooglePay: <https://www.clippercard.com/ClipperWeb/pay-with-phone>



# Restaurants and Groceries:



# Restaurants:

The Bay Area is full of amazing restaurants for every budget and nearly every type of cuisine imaginable. Check your accommodation's website for recommendations, ask the people at the front desk for their favorites, use a phone app like Yelp or Apple Maps to find a place, or just wander the area until you find an appealing restaurant.

All of the accommodations in the "Places to Stay" section have specific map links that show restaurants in their surrounding neighborhoods. You can find the links under each business' blue "click for more info" button.

If you'd prefer takeout or delivery, sometimes you can call or use the business website to order directly. Otherwise, there are plenty of food delivery services with phone apps that can bring your food to you.

**PLEASE NOTE:** Most lodging options only allow deliveries to be dropped off in a main lobby or at a similar designated area. They do not allow deliveries directly to guest rooms for security and health reasons, and lodging staff may not bring them to you. You or your caregiver to need to pick up any delivery orders from the lobby.

**SALT INTAKE NOTE:** *For 2 days before surgery and 2 weeks after, it is recommended to consume no more than 1500mg of sodium daily. Sodium can increase your chances of post-operative swelling, which can increase the recovery time.*

- Check this link for the GCC's dietary tips: <https://tinyurl.com/yt9dzuhd>

## Food Delivery Apps:

### 1. Doordash

<http://www.doordash.com/>

- Check your smartphone's app store for phone app

### 2. GrubHub

<http://www.grubhub.com/>

- Check your smartphone's app store for phone app

### 3. Caviar

<https://www.trycaviar.com/>

- Check your smartphone's app store for phone app

### 4. UberEats

<https://www.ubereats.com/>

- Check your smartphone's app store for phone app



# Groceries:

Food expenses can be steep when traveling, so we have some suggestions to make feeding yourself a little easier and less expensive. All of the suggested accommodations in the “Places to Stay” section of this travel packet have access to some kind of cooking space, so it’s possible to prepare your own meals and have personal food storage during your trip instead of relying on restaurants.

All of the accommodations in the “Places to Stay” section have specific map links that show grocery stores in their surrounding neighborhoods. You can find the links under each business’ blue “click for more information” button.

If you don’t want to shop at a grocery store in person, many individual grocery stores offer their own delivery services. If they don’t, the Bay Area has some grocery delivery service options with phone apps. Most options do charge delivery fees on top of the cost of the groceries themselves, but some apps and stores have discount codes or minimum order limits that grant a customer free or heavily-discounted deliveries.

**PLEASE NOTE:** Most lodging options only allow deliveries to be dropped off in a main lobby or at a similar designated area. They do not allow deliveries directly to guest rooms for security and health reasons, and lodging staff may not bring them to you. You or your caregiver to need to pick up any delivery orders from the lobby.

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- Check this link for the GCC’s dietary tips: <https://tinyurl.com/yt9dzuhd>

## Grocery Delivery Apps:

### 1. Doordash

<http://www.doordash.com/>

- Check your smartphone’s app store for phone app

### 2. Instacart

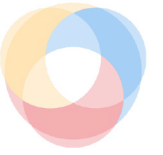
<https://www.instacart.com/>

- Check your smartphone’s app store for phone app

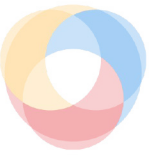
### 3. Amazon Fresh

<https://www.amazon.com/fmc/storefront?almBrandId=QW1hem9uIEZyZXNo>

- Check your smartphone’s app store for phone app



# Travel Supplies & Safety Tips:



# Travel Supplies:

## Basic Travel Supply Suggestions:

**PLEASE NOTE:** You may need different items based on your personal needs and your surgeon's suggestions.

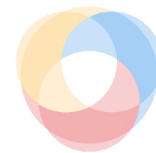
- Sound machine/headphones/sound machine phone app
  - » The Bay Area has a lot of old buildings, so street and neighbor noise can sometimes be a problem. Bring items to block it out.
- Easy-to-put-on clothing that accounts for limited ranges of motion and swelling:
  - » Tops like button-downs and zip-ups
  - » Bottoms like sweatpants and athletic shorts
  - » Slip-on shoes
- Hand sanitizer and disinfecting hand wipes
- Drinking straws (especially bendy straws)

## Bonus Travel Supply Suggestions:

**PLEASE NOTE:** Check with your surgeon to make sure these items are safe for you to use. Your surgeon may suggest additional supplies.

- **Specialty pillows:**
  - » Mastectomy pillow with pockets—it can provide comfort and help protect your chest in places like the car. It can also hold things like a TV remote or a phone
  - » Maternity body pillow—if you must sleep on your back or upright, this type of pillow can help to hold you in place if you move a lot in your sleep
  - » Wedge pillow—this can help you sleep on your back or upright
  - » Travel neck pillow—this can help you sleep upright and hold your head in place
  - » Seatbelt pillow—it slips around a seatbelt to protect the chest/shoulder area





# Travel Supplies:

## Bonus Travel Supply Suggestions (continued):

**PLEASE NOTE:** Check with your surgeon to make sure these items are safe for you to use. Your surgeon may suggest additional supplies.

- Drain Apron—it can hold your drains and keep them out of the way
  - » DIY instructions if you want to make your own: <https://tinyurl.com/296p26gq>
- Dressing stick—to help pull on/off socks, pants, etc
  - » An example can be found here: <https://tinyurl.com/25fvrqf3>

## Hygiene Supply Suggestions:

**PLEASE NOTE:** You **MUST** check with your surgeon before you use anything like the following items. Do not put anything on your body or near your procedure sites without your surgeon’s direct permission.

- Electric toothbrush—the manual brushing motion may be painful post-surgery
- Anti-chafing stick/balm (ie: Body Glide) or a talc-free body/baby powder—these products can help prevent compression garments from causing sore spots and blisters on the skin
- Bathing substitutes—bathing might not be allowed for a few days after surgery
  - » Bathing wipes (ie: scent-free baby wipes or camping wipes)
  - » Face wipes
  - » Dry shampoo
- Toilet wipes—to make cleanup easier when one has limited range of motion
  - » **Never, ever flush these** even if the package says “flushable.” They can cause massive, expensive plumbing problems.

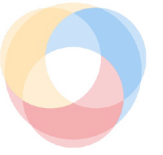


# Safety Tips:

San Francisco, and the Bay Area in general, is as safe as the average large city. We've compiled some tips to help you navigate the area.

## Basic Safety Advice for a Large City:

- Try not to walk around outside at night if you are alone. If you do go out, do so in groups of 2 or more.
- Do not walk through parks or deserted areas at night. The more people around, the safer you are.
- Maintain awareness of the space around you. If you wear headphones or earphones, keep one ear free for listening to your environment. Do not walk around staring at your phone and zoning out. Periodically look around, including behind you. You don't have to be afraid, just show others that you have situational awareness.
- After surgery and during the recovery period, do not travel alone. Ride in taxis/Lyfts/rideshares with your caregiver, take the train with your caregiver, etc.
- Carry bags/purses with zippers. Store valuable items like phones, wallets, and keys in the innermost pocket in the hardest-to-access area.
- Don't walk around with your wallet or phone in your pants pockets, especially back pockets. Those pockets are easy to steal from.
- Never, ever hang your bag on the back of your chair or otherwise place an item where it is out of your sight or out of your immediate reach. Keep an arm or leg through a handle/strap at all times or, if that's not ideal, place the item on your lap or between your feet.
- Trust your intuition. If you have a bad feeling or feel unsafe around a person or place, leave. It's better to be safe and to possibly feel a little silly than to be sorry.



# Safety Tips:

San Francisco, and the Bay Area in general, is as safe as the average large city. We've compiled some tips to help you navigate the area.

## Basic Safety Advice for the Bay Area:

- Use a little extra caution in certain areas, like near the Oakland Airport. Do not stop to shop, get gas, or buy food anywhere immediately around the Oakland Airport.
- Practice good situational awareness at all gas stations in all areas. Always turn off and completely lock your car while getting gas—do this even if you pay at the pump. Keep your keys in your hand/pocket at all times.
- Use a little extra caution in certain areas: In and around BART stations; West Oakland and Fruitvale neighborhoods in Oakland; Hunter's Point, Bayview, Civic Center, and Tenderloin neighborhoods in San Francisco.
- The Bay Area, especially San Francisco, is very hilly. Prepare to encounter at least some slope when walking. Sometimes the slopes are very steep.
- Parking spots are hard to come by—especially at night. Be prepared to have to park far away from your destination and walk if you bring or rent a car.
- No matter where you park, *never leave valuables visible inside the car*. Lock them in your trunk or take them with you each time you park the vehicle, even if it is for a short time.
  - **BEWARE: Never leave electronics in the car. Thieves use Bluetooth detection apps to find them and will break into trunks to steal earbuds, cameras, phones, laptops, etc.**
  - If you must leave any electronics in the trunk, make sure they are completely shut down/off. They still emit Bluetooth signals if they are in "sleep mode."
- Make sure your car is completely locked before you walk away. Thieves can use radio-frequency blockers to keep key fobs from locking cars.
- If you drive a Hyundai or a Kia, use a steering wheel lock. Those cars often lack the immobilizing safety feature that prevents a car from starting without its key fob nearby.