

Travel Tips

How To Get The Most From Your Vacation

When you have a dream holiday to look forward to, you'll find that making your travel preparations is a wonderful part of the anticipation. To help you pack just the right things for your trip, we would like to offer some useful travel tips. We hope you find the following ideas helpful!

Packing:

When it comes to packing, it's best to bring versatile, "sensible clothes" that work well together and may be layered for additional warmth if needed. In your carry-on bag, pack your passport, travel documents, travelers' checks, money, camera, medications, and other valuables, as well as comfort items like eye drops, slipper socks, and a change of clothes.

Shopping:

One of the great joys of travel is buying fascinating souvenirs along the way. In many countries, bargaining is the rule! To accommodate your purchases, bring along a mesh or light nylon bag you can fold and carry in a purse or jacket pocket until needed.

Local or National Holidays and Events:

Many cities and countries have either national or local holidays or special events which may or may not cause some inconveniences during your visit. Often the events are either religious or cultural. We recommend that you call the local chamber of commerce or tourism office, embassy, or consulate to see if there are any holidays during your stay.

Currency:

If you are traveling outside the U.S., you'll have to exchange your money. The best way to do this is to bring traveler checks in small denominations \$10 or \$20 - so you can exchange only what you need. There's nothing worse than having lots of foreign cash left over that you end up exchanging at the airport or pier-side at very unfavorable exchange rates. In some places (Latin America, and most Caribbean Islands, for example) U.S. currency is accepted: bring small bills to avoid having to receive change in foreign currency. If you bring credit cards, bring only those you anticipate using. Major credit cards are accepted in most countries throughout the world. Contact your bank to inform them you will be traveling and to inquire about foreign transaction fees.

Medicines:

Stock up on prescription medications before you leave. Bring enough for the entire trip, plus a reserve - just in case. All medications should be clearly marked, and you should keep them in your carry-on bag in case your checked-through baggage gets lost or delayed.

Electricity:

The U.S. may set the world standard for some things, but electricity isn't one of them. Many countries in Europe and Latin America use 220-volts. If you bring along an electric shaver, hair dryer, or other appliance bring a voltage converter and electrical adapter.

Here is a list of some things you should not bring on your trip:

- Knives
- Weapons
- Scissors
- Razors
- Box cutters
- Aerosol cans
- Flammable liquids
- Fireworks
- Household items
- Industrial products
- Glass bottles
- Illegal narcotics or substances
- Valuable jewelry
- Uncomfortable shoes



Personalized Travel Checklist

Luggage

- Carry On: One small carry-on and one personal item (purse or camera bag)
- Checked Luggage – (30 x 20 x 10 inches)
- Checked Bag cannot exceed 50 pounds in weight (most airline restrictions)
- Tag all luggage inside and out with some home and destination information
- Do not pack anything valuable or irreplaceable in your luggage
- Check TSA (www.tsa.gov) and your airline website for more information

What to Bring:

Medications:

- Aspirin / Tylenol
- Copies of all medical prescriptions
- Prescribed medications in original container
- Bandages
- First Aid cream

Other Personal Items:

- Sanitary products
- Hand/body lotion if needed
- Hair shampoo, conditioner, setting gels, etc.
- Razors and shaving products
- Nail clippers
- Sewing kit (Small)
- Washcloth
- Shower Cap
- Travel tissues

Eyewear:

- Sunglasses
- Extra Eyeglasses/Contacts
- Solutions for Contacts
- Cleaning Towels for Eyewear

Dental:

- Denture Adhesive / Cleaner
- Toothbrush/Toothpaste
- Mouthwash
- Dental Floss

Clothing (Based on two weeks):

- COMFORTABLE WALKING SHOES
- Lightweight Jacket (packable)
- Sweater(s)
- Blazer/sports coat
- Slacks/Skirts
- Tops
- Socks
- Under Garments
- Swimwear
- Nicer Outfit(s)

Miscellaneous:

- Camera with Extra Batteries
- Film or Extra Digital Card
- Umbrella (collapsible)
- Battery Powered Alarm Clock
- Road Maps or Guide Books
- Paperback Books or Magazines
- Small Local Language Books
- Sunscreen
- Hat (packable)
- Plastic Bags for Laundry & Damp Towels

Money

- Credit Cards:** call your credit card company prior to departure to advise them you will be traveling outside the country
- ATM Cards:** call your financial institution to see if your card can be used internationally. ATMs are in the airports and most larger cities. Fees are at your expense and additional fees may be charged by your financial institution
- Debit Cards:** May experience problems in some areas – please check with your financial institution. The fees for their usage can be very high
- Traveler's Checks** – two party checks for couples
- Some foreign currency if needed
- US Currency in small bills (\$1 and \$5)

Proper Documentation

- Government issued identification to board domestic flights
- Passport and Appropriate Visas Required for International Travel
- Airline Information should be issued in your passport name
- Make three copies of your documents: One for your carry on, one for your luggage, and one to leave with your travel agent or person NOT traveling with you
- Documents arrive approximately two weeks prior to departure

Day Before Departure

- Check to make sure your home is secure
- Be sure to stop newspapers and mail unless you have made arrangements
- Pack your checked bag the night before and weigh the bag – adjust as needed
- Begin to pack your carry-on with all that you will need on the flight and an extra set of clothing in case your luggage is delayed. Pack your medication in your carry-on
- Eat lightly and adjust your internal clock part way to the time zone you will be arriving in (example – Europe if 5-6 hours ahead so move your bedtime up)
- If e-ticketed, print out your boarding passes and put with your carry on

Date of Departure

- Check with your travel advisor for any last-minute changes in security guidelines
- Arrive at the airport a minimum of 2 hours before your flight
- Be sure to have all your documentation in your possession and accessible
- Verify the food/meal service offered on your flight
- Relax – you're on vacation!**

On Vacation

- Travel with others and keep to the tourist areas if possible
- Carry a copy of your passport with you (leave the actual passport in a safe location)
- Carry a business card or the information for your hotel/cruise while you are sightseeing
- Carry a copy of all your current medications on your person including allergies
- Internet cafes are inexpensive and easily accessible in most cities to keep in touch
- Roaming fees are VERY high – check with your cell phone carrier if you take it with you!