

GET TRAVEL-WISE

Please see below for important and helpful travel tips. If you need assistance, call our expert Customer Service team at 888-877-4445 option 3 or email info@gettravel.com

INTERNATIONAL TRAVEL TIPS

International travel is an exhilarating experience, and one that requires extra preparation. See the tips below for planning that may be needed for your travel overseas.

- Know if your medical insurance fully protects you when traveling abroad. Call your insurance company and ask if your policy covers emergency expenses, such as medical evacuation.
- Register your name with the local US Embassy.
- Make sure you have a signed, valid passport and visa (if required), and fill in the emergency information page of your passport.
- Leave a photocopy of your passport and itinerary with someone at home. Should this be lost or stolen, it may be sent to you to avoid delays returning back home.
- Familiarize yourself with your destination, and ensure you understand the 'lay of the land' – understand their culture, laws and needed vaccinations.
- Don't leave unattended luggage in public areas, and do not accept packages from strangers.
- Don't bring excessive amounts of cash while sightseeing. Leave what you don't need behind in a hotel safe, not in your room unattended.

TRAVEL SAFETY

Being smart about your surroundings will ensure your travels are safe. See the tips below to help keep you protected and out of harm's way.

- Choose a hotel in a well-lit, busy area such as a downtown or residential area. Hotels in business districts or on the 'out-skirts' may be less-expensive, but can be less protected for tourists.
- Keep your hotel door locked at all times and leave any money or valuables in the hotel safe – do not leave them unattended in your room while you're out.
- Keep a low profile. Don't spotlight yourself as a tourist; most thieves find tourists are vulnerable targets.
- Use a money belt instead of a purse.

- Beware of scams and don't be the target of a fake company. Book your travel excursions and activities through a travel agent or the hotel, versus on your own using the internet.

PACKING SMART

Not a frequent traveler, but want to pack like one? See the tips below to help you pack lighter to avoid paying extra baggage fees and to ensure you move through security checkpoints with ease.

- Choose outfits which you can mix & match, and wear individual items more than once. This saves you from packing multiple articles of clothing.
- Check to see if your accommodations have a laundry facility or services. The option of doing laundry during your trip allows you to pack much less.
- Research your trip; check weather forecasts, and know the activities you are participating in.
- Start by packing your bag with shoes first. They are known to take up the most space in a suitcase. Coordinate outfits to utilize the same shoes.
- Fold your clothes in reverse order to maximize the space. Also, rolling your garments is known to be the best solution to get the most space out of your luggage.
- Purchase travel-size toiletries. Using the hotel provided toiletries or packing samples (perfume, shampoo/conditioner, etc.) is another space-saving option. Even better – purchase your favorite brands in travel sizes at your destination and eliminate the need to pack them.
- If you are filling a travel-size container with shampoo – only fill $\frac{3}{4}$ full. This allows room for pressure during the flight and saves you from cleaning up a mess. In addition, make sure to pack all toiletries in a zip lock bag.
- Pack all medication in your carry-on luggage so you aren't stranded without them if your checked baggage is unexpectedly delayed or lost. Keep medicines in their original, labeled containers. Bring copies of your prescriptions and generic names for the drugs.
- Leave your valuables behind. If you don't want to risk losing it, it isn't worth taking!
- Include an extra set of clothing in your carry-on luggage to guard against an unexpected baggage delay, etc.
- Tie a brightly colored ribbon of the same color to each piece of your luggage to easily identify them at baggage claim.

TRAVELING WITH CHILDREN

Make the most out of your family vacation by taking a few extra steps. See the tips below to help your children prepare for the trip.

- Choose a flight time that overlaps with possible nap times.
- Talk to your children about what to expect – long flights, different cuisines and culture - from your destination. Educate them prior to arriving, and perhaps build

this in to the travel time; it will keep them interested and engaged in your family time together.

- Baby formula/breast milk, juice, food and children's medications are allowed to exceed the 3 oz. requirement. Quantity must be reasonable and may be tested for explosives. Try to pack only what you need for travel and purchase additional food and formula upon arriving at your destination.
- Have each child pack a special bag of toys, or consider purchasing new items as a surprise on the trip.
- Keep children busy and excited. Color major landmarks of the destination while waiting for a connecting flight or draw pictures of what they would like to do while on vacation.
- Try to eat meals at your regularly scheduled times and ensure children get enough sleep. Keeping some consistency in routine and being well-rested will lead to a smoother trip.

STAYING HEALTHY

Feeling well is an important part of your trip; you want to enjoy your travels to the fullest! See the tips below to keep your health on track while traveling.

- Visit your local physician before departing. Ensure you are up-to-date with all immunizations and check if any are needed for travel to your specific destination. Talk over any concerns if you are sensitive to altitude, humidity, etc.
- Always have a travel size anti-bacterial gel handy and wash your hands often. Airports, bus stations, etc., are known for their germs.
- Get plenty of sleep and eat healthy. Vacations can be over-stimulating and the enjoyment can be lost if not feeling well.
- Practice good judgment and eat at trustworthy locations; request bottled water if necessary.
- Know your physical limits. Activities outside of normal routines can mean added strain to your body. A change in diet by sampling new and different foods, or being in a different climate, can also affect your health.