



November 18-20, 2016

## INTERNATIONAL TRAVEL

### Tips and Tricks for Travel

1. Carry a piece of photo id, aside from your passport (student card or driver's license)
2. bring along earplugs for planes, bus rides, thin-walled hotels
3. Vendors asking, "Is this your first time in XXX?" they may be assessing your experience in order to charge you more
4. Some shops will allow you to ship purchases home
5. If you want toilet paper, bring your own
6. In many parts of the world they don't flush toilet paper; it goes in the waste basket beside the toilet
7. Hand sanitizer, lots of it
8. Bring a clean pillow case for laundry, stuffing with hoodies, hotels and the scent of home
9. Travel snacks: granola and protein bars, hard candies
10. Plane snacks: bring your own tea, coffee, whitener, sweetener, instant soup/oatmeal, cut fruit/veggies, cheese, pepperettes, drink powders
11. Pack flip flops for communal shower areas
12. Speak to your doctor/parent about taking Tylenol or Benadryl to help you sleep before the flight
13. Learn some of the language: yes, no, please, thank you, where is the bathroom
14. Pack extra batteries and memory cards for your camera
15. Upload pictures each night (free WiFi) to the cloud, no worry about losing your camera
16. Tiger Balm can be used to relieve mild ailments and a dab beneath your nose, may block out some unwanted odours
17. Wear an actual watch (don't rely on a phone)
18. Travel with the ability to block out the world: earplugs, sound cancelling headphones, eye mask
19. Stay hydrated: drink lots of water, use moisturizer and lip balm
20. Bring along a buff (it becomes an eye mask, hairband, sunshade, sweatband and even a tube top... if you can pull it off)
21. Don't travel with your hair in a ponytail... think about leaning on seat rests and "ponytail head"
22. Pack a blow up neck pillow for the plane, bus etc. The bean bag ones, mean you have to pack and carry it, all the time
23. Consider bring a cooling towel or neck band
24. Leave "good" jewelry at home
25. No photos in airports or government buildings
26. Be prepared to pay a camera fee at some attractions
27. Eddie Bauer sells a water bottle with a "mister" included - pretty cool, google it, a mister of some sort might be advantageous
28. Pack a small folding fan for hot and stuffy buildings, line ups or in general
29. Consider a water bag, vs a water bottle, they roll up into a small tube, even empty, we may not be able to bring a water bottle through security at some airports, your water bottle may need to be in your checked luggage
30. Make sure your electronics are charged before going through security, if they won't turn on for security, they may be confiscated
31. If you wish to buy a luggage lock, consider a TSA approved lock, if necessary, the security staff are capable of opening these without having to cut the lock
32. Bring double the quantity of required medications (or triple! you should have a note from the doctor and everything should be in original packages with your name on the bottle) pack medical items in a separate bag for carry on
33. Keep you medications, wallet and passport in a bag **by your feet**, if they are in the overhead bins, there is a chance that someone may access your bag, take the wrong bag or in an emergency evacuation it may be left behind



November 18-20, 2016

34. Bring a copy of your prescription (eye glasses and medications)
35. Bring your glasses (if you wear contacts)
36. Bring along magazines to read, you can swap and share them with friends and you can leave them behind, nothing is more of a pain in the butt than bringing along a 700 page book that you finish and now have to lug around for 2 weeks
37. Take a photo of your passport, if lost, you'll have all your information in your phone/camera
38. Put your phone/device into "air plane mode" while flying, you can still play games, listen to music etc. but it will help to conserve your battery
39. When the pilot says, "we'll be in the air for 7 hrs and 22 minutes", start the time on your phone/device, you'll know exactly "how long 'til we get there"
40. Keep money in various pockets and hidey spots (roll a bill into an empty chapstick container, tuck bills in your camera case, keep bills in your bra, sew a pocket inside your skirt
41. Keep your day bag on your front when walking through crowded areas or on public transit
42. Remember an international charger
43. Consider bringing large Ziploc or a Scrubba Bag (google it) for laundry
44. Avoid meats from street vendors, how long has that meat been sitting there?
45. In some areas/countries, avoid ice or sauces from street vendors, both likely use tap water
46. Fresh juice only, that you know was made from fresh fruit only, not watered down or had ice added to it
47. Consider a portable battery charger for your phone/device, especially if you are using it as a camera
48. Solar devices can be great... presuming you have sunshine
49. Clear your phone/device of all games, app etc. if you are using it as a camera/video, most won't hold more than 300 pictures, clear off all your previous photos.
50. Learn how to use the HDR function on your phone or iPad, the difference in the photo quality is incredible, especially in bright or dark lighting
51. Over the ear headphones are more comfortable for long plane/bus rides
52. Pack tissues!
53. Pack one of those multi-coloured pens, 4 or 8 colours in one... fun and sometimes useful
54. Set your watch to your destination's time zone
55. Overnight flights can wreak havoc, especially multiple legs; it is imperative you sleep
56. Consider the use of panty liners, vs. trying to change underwear in a stall for long flights/travel periods
57. Easy on/off shoes for the plane ride
58. Don't put anything in the seatback pocket, they are seldom cleaned and easily forgotten
59. Bring your own blanket or shawl for on the plane
60. Buckle your seatbelt OVER your blanket so you aren't woken by an attendant checking your safety
61. Tell the attendant not to wake you (even for meals) until you are required to put your seat up
62. Skip the movies, go to sleep!
63. Consider a water purification method, check out SteriPEN and LifeStraw
64. Some folks recommend Melatonin for jet lag, available at the pharmacy
65. If you are traveling during monsoon or rainy season, it is going to rain (big rain!), invest in a method of keeping your phone, camera etc. waterproof
66. Consider a waterproof cover for your day bag/backpack due to rain
67. Don't buy/eat cut fruit, the water it was kept/washed in may be contaminated, buy fresh fruit still in the peel, wash and cut yourself
68. Investigate prepaid phone cards, or SIM cards for your phone, if you plan to make calls
69. Small binoculars may heighten your experience
70. Slip on shoes are essential for touristy days, shoes on/off at temples, homes, restaurants etc. Make sure they are solid walking shoes!!



## INTERNATIONAL TRAVEL

November 18-20, 2016

71. Trying to decide on how to access currency...you will pay 2.5% + on withdrawals and transactions on your ATM or credit card. However, if you have a cash back credit card for purchases the exchange may work in your favour... a 2.5% service charge but a 1% cash back means a 1.5% difference
72. A sarong - can be use as clothing, towel, wrap, shawl, pillow, blanket etc., it is the most versatile piece of fabric that I have ever owned
73. Contact your bank in advance, make sure you have a 4 digit pin for ATM machines etc.
74. Make a plan for uploading (saving) your photos at the end of each day... use the cloud, transfer pictures to an iPad, email them to yourself etc.
75. Toss some dryer sheets in a small Ziploc bag, when your backpack starts to get "funky" put a fresh dryer sheet in the main compartment
76. Tie a string to your camera, which reaches the ground, stand on the end and hold your camera at eye level, with the string tight, this creates a "tripod" for holding shots still
77. Buy a pair of water wings from the dollar store, blow them up and wrap around breakable gifts (wine bottles, snow globes, glass wear, tea mugs)
78. Remove your SIM card from your phone, as we leave Canada, if the card isn't in the phone, you can't accidentally incur any charges, it is the ONLY fool-proof way of making sure that you don't get dinged
79. Bring along an external battery for your phone/iPod if you use it as a camera
80. Before you leave your sim card in your phone, turn off data and roaming options, even if you don't have data on your phone/device
81. Take a picture of your packed bag... this can be helpful in identifying the contents if your bag goes missing (take a picture of the inside and the outside)
82. Take pictures of everything along the way, to help you remember when/where you are... I take pictures of the parking garage sign (then I can find my car in the lot), my hotel room door (then I remember my room # - especially if changing rooms often), prices (so I can easily comparison shop)
83. Pack your shoes in a plastic bag or shower cap to keep everything else clean
84. Travel sized vials of perfume are perfect to mask unwanted odours (yours or the area around you!)
85. Make your luggage identifiable - tie on a bring piece of fabric (we will do this as a group, so we can recognize each other's bags)
86. Avoid ice at all costs, when in doubt... it is seldom (never) made with bottled water, even the stuff on the airplanes will be tap water
87. Get up every hour and walk around the plane - however don't do it at the typical 15 minute intervals - everyone else is walking at the same time, pick an odd time or your favourite number e.g.. 13 minutes after the hour
88. Get a pedicure/manicure before you travel, much nicer to look at pretty toes, than scraggly, chipped ones part way through the trip
89. Scrunch up a hoodie or scarf and tuck it behind your back when flying, good lumbar support means less stiff necks etc.
90. Adjust your air vent on the plane before you settle in, aim in to shoot air just in front of your face, it keeps the air circulating!
91. You can sew your backpack straps with dental floss (and probably anything else too)
92. Use a single sock to keep you phone or camera in, when tossing it in/out of a bag, keeps it from getting scratched up
93. Change your phone's lock screen to be a screen shot of your emergency contacts and contact info, if you lose your phone, you have a better chance of getting it back
94. If you have extra change/bills in a foreign currency, you can buy a reloadable "Starbucks" card to use up the change etc.
95. Rules for clothing selection: nothing white, nothing that wrinkles, clothes that you can layer, lots of pockets



## INTERNATIONAL TRAVEL

November 18-20, 2016

96. An awesome packing website: [http://www.reidsitaly.com/planning/packing/packing\\_list.html](http://www.reidsitaly.com/planning/packing/packing_list.html)
97. Mini binoculars for distant scenery, trying to find your group in crowd, or simply to combat old age
98. Old fashioned list of addresses, pre-write labels for mailing postcards/letters
99. Determine how you plan to carry your money comfortably: money belt, neck pouch, belt with hidden money pocket
100. If you are running out of room, mail your dirty laundry home
101. Place a piece of paper with your name, contact number and destination on the inside of your bag
102. Avoid giant address tags, with your personal address (use a travel agency address or Postal Box), this is to thwart would-be bad guys from checking out your empty home, because you are traveling
103. Split up you packing... put some of your clothing in your bag and your companion's bag and vice versa, if one bag is lost, at least you both have some clothing
104. Consider a hanging toiletry bag, counter space can be dirty, gross or nonexistent, you can always hang it off the edge of the sink
105. Carry a copy of your vaccinations
106. Wear a watch, avoid pulling out your phone to see the time
107. Use a small change purse to carry foreign coins and several small bills; transfer funds into this daily use purse, vs carrying around a wad of funds
108. Duct tape, duct tape, duct tape
109. Clip small bottles of shampoo/conditioner to a lanyard -- some showers don't have shelves and the floors may not be the greatest place to set your bottle, shower with your lanyard around your neck
110. A child's folding fan is an inexpensive way to stay cool in lines, crowds or at attractions
111. Bring a Sharpie
112. Bring extra/empty compression bags for packing souvenirs or your own laundry
113. Take a photograph (head shot) of everyone in your travel group, in case of emergency