

# The Book of Travel Tips Sampler

A varied collection of travel tips  
to make your next holiday easier.



## Table Of Contents

11 Reasons why you should not park at directly at the airport	4
What Can You Do to Help The Environment When You Travel	7
7 Killer Ways To Beat Jet Lag	10
7 Tips For Successful Travel	13
7 Tips For Travel Trips	15
All Inclusive Vacations - The Pros and Cons	16
Are you ready	20
Are You Travelling With A Disability Or A Medical Condition	23
Common Sense Travel Tips	26
Do You Want Free Airline Upgrades And Free Flights	28
Driving tips in Canada	31
Glossary Of Airline Travel Terms	34
Going Overseas Protect Your Passport	36
Hiding Travel Money And Documents	38
Home Security While You Are Away On Vacation	40
How To Keep Yourself Healthy While Travelling	43
Know Before You Go On Your Trip Overseas	45
Most Important Travel Tips	48
14 Tips for a Stress Free Flight	51
Saving Money When Travelling	55
Some Tips For Women Travelling Alone	57
Some Tips When Travelling With Children	62
Tips For Comfortable Travelling During Pregnancy	64
Tips For The Right Holiday Travel Package	67
Travel Journals How To Keep A Travel Journal	69
Travelling Disability Dos and Don'ts	71
Returning Home After Your Overseas Holiday-What to Expect	74

## 7 Tips For Successful Travel

We all travel a lot more now than our ancestors did. We travel all over the world and only think of the jet lag, and not the vast distances we cover. Our world has become smaller and more reachable. And this is a good thing. It helps us to understand different cultures, different people with different ways of living and working. But there are a few essentials you should always check before setting off.

1. It may seem obvious, but many people don't bother to find out the most basic things about the country they will travel to. You should do this to avoid surprise or disappointment.
2. Check on the kind of weather you will find where you are going. If you live in Florida and travel to northern Greenland, you will be in for a shock unless you know that much colder weather is normal there.
3. Be sure that the medical and general insurance coverage you have (you do have, don't you?) is adequate for your destination.
4. Do you have all the paperwork and documentation required for your trip? If not, get it!
5. Are there any diseases you will need immunization against where you are going? Check and find out before getting exposed.

6. If you plan on driving in the place you intend to travel to, check that you have an acceptable licence. You may need an international driving licence, for example. And are you familiar with the local driving laws where you are going? If not, become familiar, fast.

7. Finally, the most obvious one of all: is your passport up to date? And if not, do you have enough time to renew it before you set off? You'd be surprised, amazed even, at how many people get this one wrong.

## Home Security While You Are Away On Vacation

Notify your family and local law enforcement agency of your departure and return dates but don't otherwise publicize your travel or vacation plans. Leave contact numbers with appropriate mission personnel.

Arrange to have a friend or colleague pick up your newspapers, mail, or other deliveries daily.

Secure your home. Close and lock all windows and doors. Don't forget to lock garage or gate doors.

Consider purchasing timers to turn on outside and inside lights automatically at various times throughout the night.

Check outside lighting and replace older light bulbs. You don't want a light burning out while you are away.

Ask a friend or colleague to check your residence periodically, ensuring your furnace or air conditioning is functioning and that timers and lights are working.

The decision to set the automated alarm system may vary from region to region. Power outages and brownouts may trip alarm systems. Check with your security officer for advice on setting alarm systems when you are away for long periods of time.

Unplug all unnecessary appliances such as televisions, stereos, and personal computers.

Mow your lawn just before leaving; make arrangements to have someone mow it again if you will be gone for an extended period of time. Also arrange for watering, if that is likely to be needed.

In the winter, make arrangements to have someone shovel walkways if it snows. At a minimum, have a neighbour walk from the street to your door several times.

If possible, ask a neighbour to park a car in your driveway (if you are taking yours).

If you use a telephone answering machine, turn off the ringer on the telephone. If you don't have an answering machine, unplug or turn off ringers on all telephones.

Lock all jewellery, important papers, currency, and other valuable portables in a safe place such as a safe deposit box or home safe.

Ensure all personal and home insurance policies are up-to-date and that your coverage is adequate.