



Travel Tips

Things to Remember

We want you to be well-prepared for your trip! It is best to plan and pack in advance, and keep your packed items in one place (i.e. in one corner of your living room). A good rule of thumb is to dress in layers, check the weather frequently as you pack, and plan for the unexpected. Getting ready can be challenging, so we've put together some tips to help you.

IMPORTANT DOCUMENTS

- Money – Please plan to exchange currency in advance of your trip or at the airport. We encourage use of a money belt/pouch. If you are traveling with large sums of money be sure to use the safe in your hotel room.
- Passports and Visas and photocopies – Make sure your passports are more than 6 months from expiration. Allow plenty of time to obtain a new passport or renew your existing one – we recommend 6 months. Also, some countries require a Visa for extended stays and you should plan accordingly.
- International Driving Permit – If you are renting a car in a European country, many require a permit. Permits can be obtained, for a nominal fee through AAA and last for 1 year.
- Domestic Driver's License and photocopies
- Credit/Debit cards and photocopies – Many companies ask you to inform them of your travel plans. Take it from us – it's worth the extra few minutes to call them before you leave. This way your cards work with no issue and you can avoid unnecessary stress. Consider keeping all contact information and photocopies for your cards in your carry-on bag.
- Travel itineraries and reservations – Airline, hotel, tour, car rental, train/rail tickets, etc. Don't rely on electronic devices; bring printouts with you. This is especially important if you haven't purchased an international data plan.
- Membership cards such as AAA, frequent flier programs, etc.

GADGETS

- Outlet adapter/converter – You can find these in department and electronics stores. Many are designed as all-in-one items.
- Cell phone and charger – Many cell phone carriers offer temporary phone plans, if traveling internationally. Check with your carrier for data, call and text options. Without plan service or completely shutting your phone off, you may be surprised when you receive the monthly bill.
- Camera/video camera and charger – Don't forget extra memory cards
- GPS and charger
- Laptop/tablet/iPad/eReader and charger(s)
- Spare batteries

MEDICATIONS AND HEALTH

- Prescription medication – Always bring an extra day or 2's worth of required medication. You never know when unforeseen events, such as delays can occur.
- Medication printout – It is always best to carry all medications in the pharmacy labeled bottle, especially with certain country regulations. You always want to have an up to date printout from your pharmacy or physician.
- Non-prescription medications – pain relievers, motion sickness remedies, allergy pills/creams, cold medicine, sleep medication, etc. Bring anything you might need to make your trip comfortable.
- First aid kit
- Vitamins, supplements, herbal tea
- Chewing gum – it helps many people with altitude fluctuation during flights.

Contact us at 412-386-8730 or hello@therelaxedexplorer.com

CLOTHING AND PERSONAL ITEMS

- Rain jacket – Weather can be unpredictable, even in the most tropical of places. Be prepared with a light hooded jacket.
- Comfortable shoes – Consider the activities and season. Remember that shoes take up space and weight in your suitcase. Consult your itinerary – it can help you determine if you'll need dress shoes, sandals, boots, etc.
- Winter gear – Hat, gloves, scarf, boots, coat/jacket/fleece
- Summer gear – Swimsuit, hat, water shoes, beach cover-up
- Dress in layers – The weather is unpredictable. Best advice – consider the activities, season and weather forecast.
- Plan ahead – Plan your wardrobe instead of throwing random items into a suitcase. This helps make it easier when traveling (you already know what you're going to wear each day) and lightens your suitcase (leaving more room for souvenirs). Will you be going out to for a nice dinner? You'll want to bring evening clothes.
- Know yourself – If you're always cold, make sure you have a sweater. If you're always hot, bring lightweight, short-sleeve clothing.
- Eye care supplies such as extra contact lenses and glasses
- Toiletries kit – Consider the items you use daily & bring as appropriate. Travel size items are a plus, as they take up less space. Many hotels supply the necessities, making it easy to pack less.
- Electric shavers, hair dryers, curling iron/straighteners – When traveling internationally, you will need a powerful adapter/converter to use such items. Check the hotel to see what they provide.
- Bug spray, sunscreen and lip balm
- Laundry supplies – A laundry bag and laundry detergent sink packets (to sink-wash clothing for laundry emergencies) both are handy items to bring.

MISCELLANEOUS

- Stop Mail/Newspaper – It is always best to have your mail held at the post office while you are away, or have a neighbor accumulate for you. Also, remember to stop your newspaper, if you have one delivered.
- Out of office – You may want to add an out of office message on your business phone. Check with your employer for requirements.
- Snacks – It is always best to keep some light snacks packed in your carry-on bag. Be careful, though, of what is transported through country borders. Many countries, including the US, have strict regulations on fruit and dairy products. Check the airport/customs information for details.
- Ziploc bags – These invaluable bags have a variety of uses. You'll need a quart size bag for liquids in your carry-on bag. You can also pack your toiletries in larger bags, preventing your clothes from getting smothered in shampoo!
- Duffle bag – For those who plan to do a little shopping during your trip, a lightweight empty duffle bag can be backed in your checked bag. Just remember that baggage allowances apply both to and from your destination.
- Lightweight backpack
- Cross-body purse or handbag
- Umbrella
- Refillable water bottle, such as a Nalgene or plastic bottle.
- Travel entertainment – books or magazines (or eReader), games, crafts – anything to keep you entertained during travel. If you plan on watching movies or TV shows, make sure you upload such before you leave home – this will save you data and will be faster than many airport wi-fi spots. Bring headphones too.
- Sunglasses
- Emergency items – Swiss army knife (checked bag only, unless you want TSA to confiscate it), duct tape, lighter, small flashlight
- Pens, pencils, highlighters, journal