

Travel Tips

Summer travel can be fun, but it can also be stressful. Sometimes you may think you need a vacation after a vacation as it can be as much work and as tiring.

Here are some tips for you to enjoy a vacation that is less hassle and stressful.

1. Stop mail, newspapers, and shut off all water sources before you leave.
2. Turn off power sources and unplug electronics to save energy while you are away from home.
3. Carry a bottle of alcohol-based hand sanitizer and keep daily medications and a change of clothes in a carry-on bag.
4. Limit the number of activities you plan for each day and schedule some free days. Consider traveling beyond the big cities and tourist attractions.
5. Be sure your kids and travel companions have your cell phone number in case you get separated.
6. Use your leg muscles and bend at the knees, not the waist when lifting heavy luggage.
7. When driving long distances, stop every two hours to rest and stretch your legs.
8. On long flights, move your feet frequently while sitting and avoid crossing your legs to reduce the risk of blood clots.
9. Limit your use of technology and focus on the company you are with.
10. Become familiar with your travel route before you begin. Get a map or google a map and study it.
11. If you are traveling by car or renting a car, make sure it is in good operating conditions.
12. Keep doors locked while you are driving.
13. Park in well-lighted areas only, close to building entrances and walkways.
14. Have keys ready when you are approaching your vehicle. Check the back seat and floors before you get in.
15. Stay alert and watch your bags, tablet and laptop computer carefully at all times when you are traveling never leave them unattended.
16. Watch for staged mishaps, at hotels or airports such as someone bumping into you or spilling a drink to divert your attention.
17. Carry your purse or wallet close to your body or your wallet in an inside front pocket or wear a money pouch.
18. Keep a separate record of contents of luggage if you check it in.
19. Avoid displaying expensive equipment such as cameras, jewelry and luggage that could draw attention.
20. Learn the location of fire exits, elevators and public phones in case of emergency.
21. Keep all hotel doors and windows locked and use all door locks.
22. Ask hotel staff about the safety of the neighborhood and what areas to avoid.
23. Before taking a cab, ask the staff at the hotel about directions and estimated costs.
24. Relax and enjoy your trip.