



## Travel 101 Webinar

# TRAVEL TIPS & TRAVEL APPS

**\*\*This document is intended as a resource, not an endorsement for any company or product listed.**

### Pre-trip Tips

- Check your name on your flight itineraries. Make sure it is the same as it reads on the ID you will be using for travel.
- Pack all of your final docs in your carry-on and leave a copy at home with a close friend or family member.
- Did a travel company book your flights? Make sure you have their after-hours number and their protocol for flight changes/cancelations. *Note: This information will be included in your final travel documents.*
- Download music and or a video to watch or listen to on the plane or even in hotel rooms (not all hotels have English-speaking TV stations).
- Be Flexible. Delays happen.
- Finances:
  - Call credit card companies and let them know you are traveling. Credit cards also have a PIN code like a debit card. It is good to know your credit card PIN number, you may be asked to enter it while overseas. Call credit card companies about three weeks before traveling as some companies may be required to mail you your PIN code.
  - No need to obtain foreign currency ahead of time. You can get it at ATMs in the country you are traveling to.
  - Check your documents to see if you need a Visa. Sometimes you purchase them ahead of time and sometimes at the airport upon arrival. In a few places, they only take cash (Africa springs to mind).
  - Use debit cards only in bank machines. Credit cards for other purchases –they might be more secure.
  - RFID “radio frequency identification” blockers. Helpful? The jury is out.
    - See if your card uses RFID technology - sideways WiFi symbol, or if it says something like “blink,” “tap and go,” or “express pay,” it might use an RFID chip.
    - Nowadays, a credit card transmits a one-time transaction code that’s encrypted. It doesn’t give your name or billing address, and crucially it doesn’t include the three-digit code on the back of your card that’s needed for online transactions. The information that can be skimmed is simply not enough to enable the thief to commit another crime.



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- DIY solution: Simply wrap credit card(s) with a few layers of aluminum foil. Aluminum will disrupt the electromagnetic field and disable any threatening scanners.
- If you have an RFID blocking bag, backpack, etc. it will also block your cell phone from finding a signal and drain your battery.
- Resources:
  - <https://www.npr.org/sections/alltechconsidered/2017/07/04/535518514/there-are-plenty-of-rfid-blocking-products-but-do-you-need-them>
  - <https://www.digitaltrends.com/cool-tech/are-rfid-blocking-products-worth-your-money-we-asked-an-expert/>
- Do some reading or researching on the web beforehand. So helpful to get a grasp of the area—both historical and current. Learn a few words of the local language, political structure, know the exchange rate, local food to seek out, what to shop for, etc.
- Speaking of shopping, brush up on your bargaining skills if you plan to visit a local market or bring home souvenirs. Many Americans are uncomfortable with this, but it's generally expected and there's a way to do it so it's not demeaning to either party. It can be a memorable cultural experience!

### Packing

- Decide what to pack according to your itinerary - decided day by day what you may want to wear. It's really helpful to think about your travel schedule and what you'll be doing each day.
- We advise laying out your clothes at least a few days ahead of time. Use a spare bedroom or other flat space so you can see how outfits are working together. Separate by tops, bottoms, etc. Make sure you're covered for the activities you'll be participating in. Then take away a 1/3. This is the hard part. Also, be strong the night before you leave, because that's usually when we start putting things back in the suitcase worrying about 'what if's'....
- Pack light, less clutter in hotel room, less chance of leaving something behind, and more room for gifts and wine to take home!
- Think layers. For women, base layer (tank, long or short sleeve shirt); long sleeve button up shirt or cardigan, light jacket. Skirts are great to travel in – nice for touring cities then changing your top and adding a scarf or jewelry for dinner. Three pairs of shoes max—but adding in a pair of flip flops is always handy.
- Minimal jewelry—wear your signature necklace, earrings, watch. Maybe bring one fancier option for evening, but nothing you'd hate to lose.
- Packing cubes are almost essential if you are changing hotels during your stay. Kate packs outfits together and then can simply leave a cube or two alone if she knows she doesn't need anything from certain cubes before her next stop.
- [Marie Kondo packing tips](#)

### Packing your carry-on

- Important documents, passports, contact information, etc.
- Change of clothes
- First aid kit: medicines, headache meds, sleep aids, stomach-up set medicine, motion sickness medicine.
- A small pouch with: ear plugs, eye mask, electrolytes, hand sanitizer, tissues, toothbrush and toothpaste, floss/toothpick, and face wipes.
- Entertainment. E-readers, books, music, etc.
- An electronics pouch: headphones, chargers, spare battery for electronics, adaptor
- Pack tablets/computers and e-readers so they are easily accessible to remove at security.
- Never put valuable or essential items in a checked bag. Things like passports, smartphones, tablets, computers, e-readers, cameras, house/car keys, prescription medicines, credit cards, and jewelry should all go in your carry-on or personal item so there's no chance the airline will lose them.
- Kate's carry-on consists of a small bag inside a bigger bag.
  - Bigger bag in overhead: items you don't need during the flight or could access only if really necessary.
  - Smaller at seat with items I may use during the flight: books, e-readers, music, headphones, chargers, spare battery, earplugs, face wipes and sanitizer.

### Some items to consider packing:

- If traveling with a friend or loved one, divide your clothes between bags. If one bag is delayed, at least you have half of your clothes for the trip until you are reunited with your bag.
- Protect wine/liquids: Bring some bubble wrap and plastic Ziploc bags to package wine safely. Another option are to purchase [reusable wine protectors](#).
- Pack a scarf – warmth, fashion, covers shoulders in religious buildings.
- Hard-sided vs soft-sided suitcases – no preference as long as it rolls!
- Chargers for phone/Kindle/iPod with universal adaptor kit depending on where you're going—keep in separate mesh bag so you can keep track of them easily. Bright color cords remind me to pack them up when it's time to leave a hotel room, avoid black.
- Consider packing older clothes that you don't mind donating or leaving behind to lighten your load throughout your trip.
- Exercise bands and download exercise videos. Yoga is great for hotel rooms, and hotel gyms are typically quite nice and quiet.



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- E-readers over books (or load the [Kindle App](#) on your phone/table to access your books. Kate also has the [Libby](#) app on her phone to borrow books from the local library.)
- Portable battery for electronics
- Small umbrella/ packable poncho
- Compression socks – Kate never travels without, and you can get some really cute ones too!
- Carry a small packet of toilet paper and a little bottle of hand sanitizer. Cleanliness varies drastically in public restrooms.
- Water resistant shoes for rainy city hikes. Puddles. Plastic baggies for shoes or use a shower cap from the hotel if they are wet when you have to pack for home.
- Copies of passport and credit cards – leave a copy at home.
- Bring a first aid kit containing Ibuprofen, Aspirin or Tylenol, Ciprofloxacin (or something similar) and Imodium for traveler’s diarrhea, Benadryl, and Band-Aids.
- Pack a reusable water bottle
- Throw a *Tide to Go* stick in your bag to help with unexpected stains.
- Light, packable slippers/robe not a bad idea—comfy and prevents you from padding around in bare feet or getting sox dirty. (Especially if you have a “showlet” – a very small bathroom with shower directly over the toilet – can be found on trains or some small boats. The floor and toilet can stay wet from the shower.)
- While you can use pill organizers for vitamins and supplements, leave your prescription medications in their original labeled containers to avoid raising flags at customs or security. If you don’t have them, that is ok, but bring refill information just in-case.
- When traveling with medications, pack a few days’ extra in case you lose a pill or your return home is unexpectedly delayed.
- If you wear glasses, pack a spare pair in case your current ones are lost or broken during your trip. If you wear contacts, bring a few more than you think you’ll need. Don’t forget your readers if you wear them. Menus can have small print and restaurants are often dimly lit.
- If you have food allergies or intolerances, pack a few safe nonperishable snacks that you can eat in a pinch.
- Traveling with kids, or do you like to put your feet up? Here are some great products: [Inflatable foot rests or a foot hammock are great options!](#)
- Use small reusable baggies, little pouches or a pill organizer to keep your jewelry from tangling.
- [Ban on one-time use plastics](#): Africa, some South American countries, and a growing number of other countries have a ban, partial ban or are considering a ban on one-time use plastic bags.
- Many hotels are starting to replace small plastic shampoo bottles with large dispensers. If you want to pack your own shampoo, one alternative to liquid are [shampoo and conditioner bars](#).



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### During Trip

- Managing Jetlag. Eat light (some actually fast), limit or don't consume alcohol and try to get some sleep on the plane. Keep active when you arrive (get a little exercise) and try to stay on the local schedule as much as possible. If really tired, a short 20 minute nap is great, but best to simply go to bed early.
- Use your guides! They will tell you the best places to shop, dine and explore.
- Talk to locals. Engage with a store owner, waiter, hotel staffer, airplane seat mate, etc. you will get more insight as to what their everyday life is like, what concerns them, what they love about their country, etc. It's really true that people are just people wherever you go. Reach out with genuine interest to someone from a foreign land and it will make the world seem smaller and more welcoming.
- Sometimes travelers are too nice or accommodating to vendors, street kids or others seeming to be helpful. Always ask your guide or bring them over if an offer or item seems too good to be true or if you feel unsafe.
- Pack electrolyte tablets or powder and use them on your trip. The extra electrolytes help with jet lag, dehydration, sun exposure and more.
- Take pictures of signs when you visit sites so you remember where you went.
- Have photos from your smart phone automatically uploaded to an online storage in case something happens to your phone – Amazon Prime, Google Photo, Shutterfly, are some options.
- Schedule tower climbs and city view visits during sunrise/sunset for photos – “magic hour” makes for the best pictures.
- Hotels are great resources if you get lost.
- Cross-body bags are great options for keeping items safe. Waist packs are not pick-pocket proof!
- Forget your phone/table, charger? Check with the hotel front desk— they usually have a variety of chargers left behind from other guests.
- Take your daily cruise "news" with you while out on excursion. This contains important information such as: when the boat leaves, emergency numbers, port location, etc.
- Save your trip itinerary and the daily cruise documents. Helps you to remember all the places you visited and makes a great addition to the scrap book too.
- Save local currency for tipping and using local restrooms.
- Favorite shopping items while traveling: scarves, jewelry, small paintings by local artists, spices, hand-made pillow cases or other linens. Every location has a specialty. Purchased a favorite sweater from Scottish cashmere shop, woolen sweater from Blarney Woolen Company, pearl and jade jewelry from China, “Tree of Life” pillow cases from Egypt, you get the idea. Make sure easy to pack or able to ship if expensive/bulky. Bring package tote bag for bringing extra stuff home or leave room in suitcase.
- BE FLEXIBLE and stay positive!



- TRY the food! Say 'yes' to things you don't normally do. Don't necessarily be worried about street vendor food—especially if food is made hot. In Malaysia it's safe and out of this world delicious. If you are concerned – just ask your guide.

### Post-Trip

- When flying home, try to follow the time schedule of your home country right away to help with jetlag.
- Sometimes you don't arrive home until very late or really early in the morning. You may be anxious to sleep in your own bed, but please, don't drive tired! It's not worth it. Consider getting a hotel near the airport to rest before making the drive home. Other options are to take a shuttle or have someone come and pick you up.
- Sharing photos - Google Photos, Amazon Prime Photo, Shutterfly are great options and sites.
- Fun to make booklet later from Shutterfly, Costco, Amazon Prime Photo, Snapfish (or numerous others)
- Have prints made easily from phone with MixTile—on line photo service that allows you to upload photos to mini canvas's that easily stick and re-stick on the wall.
- Send postcard photos while on tour or when you get home.

## TRAVEL APPS

**Communication** - all use wifi vs cell coverage for calling and texting

- [WhatsApp](#)
- [Facebook Messenger](#)
- [Skype](#)

### Trip Management

- [TripIt](#) and [TripCase](#) - Helps organize all your trip paperwork and itineraries. You can also organize files and information using [google.com/travel](https://google.com/travel).
- [PackPoint](#): Will build your custom packing list based on your destination, current weather forecast, and types of activities - it will build your list, you can edit it, add to it, or even share it with friends. It also connects to TripIt.
- [MyTSA](#). Official app of the Transportation Security Administration. You can check wait times at security checkpoints.



## Resources and Navigation

- **Airport maps:** [FLIO](#) has detailed maps and alphabetized directories of more than 3,000 airports around the world, so you can make the most of your layover. The app also offers duty-free discounts, the chance to purchase lounge access, and insider tips from fellow travelers.
- [Google Maps](#) (online and offline maps): You can create your own map and use offline, marking attractions, hotels, etc.
- **Local apps** – train routes, bus routes, etc. It is worth it to download the app and then delete when you are home.
- **Airline apps** – I have Alaska, Delta, United Airlines, Southwest and American all on my phone. Helps with gate information, tracking bags, airport maps, etc.
- **Lyft and Uber** – I have them both. Pricing can vary. Useful for domestic travel.
- [Google Translate](#): What does that mean? Google translate knows!
- [Currency XE](#): This is a foreign currency converter app with current exchange rates.
- [TrabeePocket](#): Set a budget, keep track of expenses and has a currency converter.
- [Mobile Passport](#): Don't have Global Entry? Still skip the long lines in 27 airports in the US and 4 cruise ports (Puerto Rico and Florida) with this app.
- [AllTrails](#): list of trails for hiking and walking with pictures, maps and directions to trailheads.
- **To help you find Wi-Fi:** The JiWire [Wi-Fi Finder](#) app could help you find free Wi-Fi wherever you are—even if you're offline. [Wifi Map](#) does the same.
- **To help you find people:** Apps such as [Glympse](#) and [Find My Friends](#) allow you and your group to temporarily share each other's locations, so you can track arrival times and coordinate meeting spots.
- **As a first-aid guide:** Hopefully you won't need this one. But in case of an emergency, the [Red Cross First Aid](#): app allows you to quickly access information to handle first-aid emergencies.
- [TunnelBear](#): Private and secure Internet browsing with a VPN (virtual private network) that will encrypt your browsing data. [NordVPN](#) is another one that is highly recommended.

## Informational

- [Culture Trip](#) - The app is a collection of articles and tips written by locals, often with a charming dose of personality. The writing, photos and videos, produced exclusively for the app, range from typical tourist fare (“How to spend 48 hours in Cairo”) to obscure local lore (“This Canadian doctor is a legend in the Japanese indie music scene”).
- [Rick Steve's Audio Tours](#) – Kate used Audio Europe and it was great.



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- **Podcasts and Videos** – all sorts of free travel podcasts available. Kate listens to many of them before she depart to learn about a country. As well as YouTube videos and travel Vlogs. So many free resources these days on travel.
- [TripAdvisor](#) is another great resource.

### Just plain fun

- [Sky Map](#) – chart the stars!
- [Duolingo](#) – learn a new language for free.

Have questions or have a tip to add? Contact [Kate.Sanders@osualum.com](mailto:Kate.Sanders@osualum.com) | 541-737-2351

Thank you!