

Useful TRAVEL Info

- ✓ CARRY-ON luggage, please pack very carefully. No pocketknives, or any type of sharp items. Follow the 311 rule: 3 ounces only liquids or gels, in 1 quart size clear zip lock bag, and only one per traveler.
- ✓ Take at least 2 copies of your passport – front page. Pack in different locations in luggage.
- ✓ In your carry-on bag pack some healthy munchies to eat, instead of the airline food. You'll find that eating your own food will help eliminate jet lag; crackers, energy bars, granola bars, and similar type snacks.
- ✓ When going through customs in other countries and when returning to the US, be polite and answer only the questions asked. Do not try to carry on a conversation with the custom agents.
- ✓ Always stay with your team. Do NOT wander off by yourself.
- ✓ All luggage needs to be tagged with your name and address. Also place your name and address inside your luggage. This helps if your luggage is lost and all tags have been removed.
- ✓ Pack a small flashlight and extra batteries, a pen, and several trash bags, which has many uses. Also pack several zip-lock type bags, both large and small, for wet clothing, toothbrushes, etc.
- ✓ Pack with plastic bags – prevents wrinkles. Just fold clothing, place in bag and let out excess air.
- ✓ When traveling to tropical locales bring things that dry quickly, even in a humid climate.
- ✓ Take a travel first-aid kit with Band-Aids, Tums, Aspirin, bee sting wipes, etc.
- ✓ When traveling by air, pack in your carry-on a small bag of ginger pieces. You can chew on these when you start to feel airsick or nauseous. They help settle your stomach.
- ✓ Take old T-shirts and clothing for work projects. You can just leave them. This will also free up space in your luggage for the return trip.
- ✓ Lay out all the clothes you would like to have on your trip and then choose HALF of those items to pack and take with you. You'll still have plenty of clothing to wear.
- ✓ Essential items to pack: small, retractable umbrella; prescription medications; Hand-sanitizer (like Purell), clothespins, Insect repellent with DEET; and last but not least ... a full roll of toilet paper (remove cardboard insert) and flatten toilet paper. Take Dental floss. It is not just for teeth, but it can be used to mend torn bags, sew buttons and fix broken sandal straps. It is amazingly strong.

- ✓ Don't forget a few photos of loved ones. It is always nice to see smiling faces of loved ones.
- ✓ Be sure to take along a **bandana**. It can be used to clean up spills, as a washcloth, as a sun block/scarf for your head, a sweatband, a handkerchief, a sling, a tourniquet, and to tie things.
- ✓ The American "wash cloth" is not standard throughout the world ... take one along.
- ✓ Always pack a pair of rubber flip-flop shoes to wear while showering.
- ✓ **Pack DUCT tape**. It can repair just about anything, since it's waterproof and tear proof.
- ✓ Bring maps of your country (and state) with you when you travel. Then when you meet people you can show them where you live.
- ✓ If you are travelling on a long 12-14 hour flight, take a thin beach towel to use as a blanket. Airlines never provide enough blankets.
- ✓ Do not bring expensive jewelry and watches with you!
- ✓ Assume it will be colder or hotter, wetter or drier than it's supposed to be, and pack accordingly.
- ✓ Assume your bags will be misrouted and carry a mini survival kit that. Include a change of clothes, underwear, toiletries, prescription medicines, extra eyeglasses, and sunglasses.
- ✓ Make sure to take an international adapter converter / plug with you when traveling abroad.
- ✓ Carry an extra nylon fold-up suitcase inside your luggage to put purchases in.
- ✓ When traveling with a group, it is wise for **all the** team to tag all luggages with the same color ribbon. You can purchase colored plastic ribbon at most hardware stores. **THIS IS ONE OF THE MOST IMPORTANT THINGS YOU WILL DO**. This seems small and insignificant, but when you are at the baggage claim and the luggage starts coming out on the carousel – you will be very happy to see those matching colored ribbons.