

Traveling Checklist

By Bianca Hendriks

- Flight
 - To beat jetlag, book an overnight flight or one that arrives in the evening when travelling east.
 - When making flight reservation, remember to request for special meals if you have any food restrictions.
 - Make sure you reach the airport for check in well before departure time.
 - For a smooth ride on a plane, choose the seats located near the wings.
 - Take an anti sickness pill before the flight, if you are prone to motion sickness.
 - To prevent the swelling of feet walk in the aisle at intervals and try not to take off your shoes.
 - If you are planning to watch the in flight movie, choose the fourth or fifth row from the screen to avoid getting a neck cramp.
 - Do not accept any package from a stranger.
 - Report any unattended items in the airport or aircraft to the nearest airport or airline personnel.
- Driving
 - Drive defensively - not aggressively.
 - Always keep windows up and doors locked.
 - Keep valuables and belongings out of sight.
 - Know your route, plan it ahead of time, and vary your routes.
 - Be suspicious of "accidents".
 - If attacked try to crouch down and drive away.
 - Keep the gas tank full at all times.
 - Watch for evidence of tampering with your auto.
 - Avoid driving or renting expensive automobiles.
- Hotel
 - Make your hotel reservations in advance, especially if you are visiting a place in peak season.
 - Call the hotel twice to confirm the rates.
 - Don't depend solely on the hotel's alarm service.

- When you check into your hotel, ask the reception to give you a card with the hotel's name address and telephone number.
- Check whether your hotel has a hair-dryer, iron, coffee percolator, etc, to avoid carrying these gadgets.
- Documentation Essentials
 - Travel visa's for destination countries.
 - Passport.
 - Copy of passport.
 - Drivers license.
 - Copy of drivers license.
 - Health card.
 - Airline tickets.
 - Copy of tickets.
 - Insurance phone numbers.
 - Emergency phone numbers.
 - Money belt.
 - Cash.
 - Mastercard, Visa, American Express.
 - Copy of cards and phone numbers.
 - Bank card.
 - Copy of bank card.
 - Small purse.
 - Travel rewards cards.