

TIPS FOR International TRAVEL

BY WENDY CHADWICK



Airport statistics show that nearly 20 million travellers depart Australia each year. Christmas is approaching and if you are travelling internationally to visit family, be sure to follow some of these great tips!



LUGGAGE TIPS

- ✓ If travelling with a partner, friend or family member, cross pack into each others bags. When you arrive in London and your bag has taken its own holiday in Dubai, the terror of living in the clothes you're wearing will subside when you know you've got some clothes in your partner/friend's bag.
- ✓ Pack your suitcase from the outside inwards to help avoid that bulge in the middle.
- ✓ Remember to pack those important items such as medication, chargers and converters into your carry-on luggage so you are sure to have access when you arrive at your destination.
- ✓ You can purchase travel locks with a combination. These locks can also be opened by security. If opened by security staff there is a green/red indicator that lets you know the lock has been opened. An alternative, especially for external pockets, is to use a cable tie linking the two zips together.

MONEY TIPS

- ✓ Contact your bank prior to leaving to advise them of the country and dates of travel. I learnt the hard way after being caught in Japan with a stop on my credit card. Fortunately I was travelling with a friend from who paid using their credit card.
- ✓ Some countries now require your credit card to have chip and will not accept cards without the technology.
- ✓ The general consensus when travelling today seems to be to take a number of different credit cards. Even though Visa and Mastercard are widely accepted, AMEX or Diners cards might just be that saving grace.
- ✓ Another good tip is to leave a photocopy of all credit cards at home, with another copy in your carry-on luggage.

HEALTH AND WELLBEING TIPS

- ✓ Once you board your flight, it's always a good idea to set your watch to the destination time. This will help with preparing your body clock for the time difference.
- ✓ Lace-up shoes can be helpful especially if your feet are likely to swell during travel.
- ✓ To help with swelling or support against DVT, ladies might like to wear supportive pantyhose. They are a cheaper alternative to the socks, while also giving support to the entire leg.

GENERAL TIPS

- ✓ A popular trend is taking a satellite navigation solution (eg. Tom Tom or Navman) on holidays. If you're hiring a car, you can download the maps of the destination prior to leaving and be assured that you are less likely to get lost while driving internationally. Some people rely on their satellite navigation as their own personal guide when exploring by foot. The down side to this is battery life.
 - ✓ Registering with smart traveller website is another wise decision. Follow the prompts at www.smarttraveller.gov.au – highly recommended.
 - ✓ Comply with carry-on luggage security requirements and clear security checkpoints with ease. Transfer your cosmetic or toiletry items into travel containers less than 100mls per container placed into a security approved bag that is clear and independently resealable.
- For more information: www.clarityclear.com**

Christmas is approaching quickly. Save yourself time and order a refillable travel pack a for a friend or family member. A unique gift idea delivered to your door. It is also an ideal solution for a Corporate Gift or to include in a gift basket! Find the clarityclear.com refillable travel pack advert on page 5 for details on how to enter the draw for a chance to win one of our clarity clear travel packs.



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