

Travel Tips

- Call your bank or credit card company a week before traveling to notify them you will be out of the country using your debit/credit card. If you don't, they may freeze your card for security reasons. Tell them the countries you will visit.
- Bring a copy of your passport, license, travel documents, etc. to store in the safe in your room. Also leave copies with a relative at home.
- You may want to bring these items:

Immodium
Pepto-Bismol

Bug Spray
Hydrocortisone

Benadryl
Band-Aids

Neosporin
Antibacterial Wipes

- Be sure to use sunscreen and re-apply it regularly, the sun will be powerful. You also may want a sun visor or hat, and sunglasses.
- Ask your cell phone company about international rates, and if a special plan is needed while you're traveling.

If going on a cruise

- If you aren't sure whether or not you will have seasickness, bring some Dramamine just to be sure. If you wait until you feel sick to take medicine, it may take a while for it to work. It is best to take it about one hour before you set sail. Or, you can get a prescription from your doctor for the patch. You put the patch behind your ear and leave it on during the entire trip.
- Luggage will be delivered to your room later in the day, so be sure to carry any essentials in your carry-on bag (toiletries, medicine, Dramamine, change of clothes, etc.).
- Pack a foldable, insulated cooler to carry snacks and beverages to the beach and excursions. And bring Ziploc bags to store ice, camera, phone, iPod, lotion, sunscreen, or wet swim suits.
- You may want to look cute when you board the ship, they take your picture right away.

*****Call your bank (connected to credit card) to let them know you're traveling outside the US; give them your travel dates and the ports/countries where you plan to visit. *****

*****Passports - make copies of the front page; keep one in wallet/purse, give one to traveling companion and leave one home with family*****