

## Travel Tips

### **“THESE TRAVEL TIPS CAN HELP SAVE YOU MONEY”**

- **Be as flexible as possible:** Be willing to fly with any airline, on any given day.
- **Don't wait until the last minute-plan ahead:** Some Airlines offer early bird discounts on reservations made up to three months in advance.
- **Consider flying to alternate airports:** You can get cheaper flights by flying to secondary or new airport hubs. (Fly to Munich in lieu of Frankfurt)
- **Think about going during the “shoulder” season:** This is the period of time just before and just after the peak season. Aside from ski season, Easter, Saint Patrick's Day-Ireland and Oktoberfest, the shoulder season in Europe is April, May, September and October.
- **The week after Thanksgiving and New Years are dead weeks but weather is also a factor.**

- **Pick the off-season:** Know the time of season that is off-season at your destination and this can save you money, not only with airlines, but Hotels, cars and just about everything else.
- **The off-season in Europe is from November through March.**
- **Check Foreign newspapers:** The travel sections of foreign newspapers advertise discount fares to just about anywhere in the World. British newspapers are the most aggressive as almost every major airline that goes to Europe from the US also flies to London.

**Note:** Even if you do use a travel agency to book your reservations, these same principles will help you and the agency, find savings for your trip. However, you will find that you can plan and coordinate the trip by yourself!

## ***Seat Guru***

This is a great free site! You look up the name of the airline, and it will show you the specific data on the make and model of the aircraft they are using for this specific flight. You will find a wealth of information including Number of seats in First, business

and economy along with important data on audio, video, AC power, food and infants.

Location of Galley and lavatories and emergency exit doors are also well marked.

### **All Seats are Color Keyed**

- Green color-good seat
- Green and yellow-good seat for some
- Yellow-Be aware
- Red-Poor Seat

Link to Seat Guru: [seatguru.com](http://seatguru.com)

**Example:** Lufthansa flies from Los Angeles, CA to Frankfurt, Germany. Flight number LH457 is a Boeing 747-400.

- Go to Seat Guru: [seatguru.com](http://seatguru.com)
- Find Lufthansa Airlines
- Find a Boeing 747-400
- Put your mouse on seats 56 D
- Notice this seat is color keyed **red**

**Review:** Seats 56, D, E, F, G may have limited recline due to the wall behind and the proximity of the lavatories and the gallery may be bothersome.

**Now, book your flight and make your selection either directly with the airline or online with full knowledge of the seats to avoid and the good ones to select.**

## ***Check My Trip***

Another good site! After your reservation is confirmed, you will find that all your reservation data has been posted to this independent website.

Check My Trip: [checkmytrip.com](http://checkmytrip.com)

Put your reservation number and passenger last name in the boxes and the following data is given: The reservation data is updated automatically as you make changes.

- Booking Reservation number
- E-ticket or ticket numbers
- Confirmation number from Airline Company
- Details of your flight...departure and arrival time
- Details of when you should check in
- Flight notes and specifics (class, meals, seat selection)
- Destination information...weather at arrival airport

**Just prior to your departure, you can download the latest data and carry a printed copy with you. All important itemized details of your flights are listed here in one place. This is a free service website!**

Here is another great free website: [www.tripit.com](http://www.tripit.com) you can send all your reservations and confirmations of air, auto and hotel and they will organize for you and send a confirmation email for your records.

## ***Travel Workbook***

A well organized workbook in a binder will save you lots of headaches.

You also want to keep in mind the size, weight and bulk of this notebook. (The lighter the better)

### **Workbook Contents**

- **Calendar**- Complete travel schedule on cover of notebook.
- **Flight**- Airline confirmations and airport info & maps
- **Auto**- Vouchers and Confirmations, insurance paperwork
- **Document Section**- International Drivers License etc.
- **Maps and Road Signs**- Google maps and printed road signs

- **Train-** Rail passes and schedules
- **Metro Subway-** Information and maps
- **Hotel and Restaurant Data-** Confirmations and information
- **Miscellaneous-** Cell phone, ATM, charts and copies of documents
- **Map Holder Case-** A three week trip could have 10-15 maps

## ***Carry on luggage***

You need to check with your airline to find the baggage requirements for checked and carry-on items. The information varies between airlines, destinations and countries.

The restrictions change from time to time, so be sure to check again just prior to your flight. If your flight originates in the USA, you need to check with **TSA** (Transportation Security Administration) to find out what items you can bring on board and what items need to be purchased in the secured areas of the airports. Many countries follow the United States TSA recommendations. **3-1-1 for carry-ons** = 3.4 ounce bottle or less (by volume); 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. One-quart bag per person limits the total liquid volume each traveler can bring. 3.4 oz. container size is a security measure. This procedure is

mandatory in the USA but is not always required in European airports.

- Most airlines list their baggage requirements online.
- TSA Carry on information: [TSAcarryon](#)
- Additional data on baggage is found in Homeland Security section [TSATravelers](#)

## ***Packing Secrets***

**Roll or bundle wrap garments** to minimize wrinkles and maximize space. Put tissue paper in rolled or folded garments to further minimize wrinkling.

**Make sure you color coordinate your wardrobe** by mixing and matching tops and bottoms from a single color palette. You can dress up or down with accessories. A well tailored jacket or blazer can be versatile for men and women.

**Wear your heaviest shoes or boots en route**, pack the lighter pairs. Save valuable space by stuffing socks and other flexible items inside the packed shoes; be sure to use shoes bags.

**Use reseal-able plastic bags** to pack electronic devices and other items that you can separate and label.

**Don't pack to capacity!** In all my years of travel, I use the 75% rule. Your carry on or checked baggage should never be

more than 75% full, so you'll have room for items you acquired on your trip.

**When filling out baggage tags,** a phone number and/ or an email address should suffice. Indicating your home address advertises that you're not there. Be sure to post this information inside the bag in case the tag is lost.

**Use only TSA-approved locks on checked baggage.** Do not put anything of value in your checked baggage. TSA screens every passenger's baggage before it is placed on an airplane. The technology allows them to electronically screen bags. There are times when it is necessary to physically inspect a piece of luggage. TSA has worked with companies to develop locks that can be opened by security officers using universal "master" keys so locks do not have to be cut. Locks are available at airports and travel accessory stores. Packaging on the locks indicates whether they can be opened by the TSA.

TSA Approved Travel Locks: [www.walkabouttravelgear.com](http://www.walkabouttravelgear.com)

Make sure you have everything you need with you to be comfortable on a 7 to 12 hour flight to Europe. You are dealing with high altitudes, dry air, thirst, jet lag and other challenges. Take one day change of clothes or under garments in case your luggage is lost. (Of course this never happens!)

Make sure you check the TSA website for the size of containers and amount of liquids you can carry aboard and what you can and cannot take in your carry on luggage. [TSA Carry on Liquids](#)

## Check List

### Carry on stuff

Mini reading lights	Reading Material
Small magnifying glass	Spare eye glasses
Mini electric shaver	Calculator/Address Book
Silk money pouch	Credit /ATM cards
Passport	Travel receipts and confirmations
Travel workbook	Money (US dollar and Euros)
Change of clothes	Travel pillow, eye shades, ear plugs
Note pad and pen	Camera, laptop and gear
Slippers	International drivers' license
Light jacket	Umbrella
Travel watch (2-time zones)	Bottle water from secure area
Toothbrush	Toothpaste
Mouthwash	Hand sanitizer/hand lotion
Jewelry	Mini first aid kit
Expanding utility bag	Aspirin/ sinus pills
Visine	Copies of all important documents

Deodorant	Cosmetics & Hygiene products
Comb and brush	Chap Stick
Breathe mints/Rolaids	Prescription medications
Diarrhea & Laxative pills	Travel Snacks

**Extra items to pack in checked baggage**

Compass/ mini flashlight	TSA approved screwdriver
Cable lock (Luggage on train)	Pac-Safe Travel Security device
Breakfast/snack bars	Mini clothes line/ travel iron
Manicure set	Small lightweight day pack
Duct tape	Insect repellent
Adapters, converters	Cell phone charge
Camera charger	AA & AAA batteries
Extension cords	Travel coffee pot or cup heater
Travel coffee	Travel coffee condiments
Tea	Dried soup
Instant oatmeal	Salt and pepper
Picnic supplies	Wine and can opener
Plastic utensils	Sew kit/ wrinkle remover
Binoculars	Luggage locks
Sunscreen	Hand soap & laundry soap

Votive candles

Copies of all documents

**Note: Make sure you check the TSA website for prohibited items and restrictions as this list changes from time to time. [TSATravelers](#)**

## ***Coping with Jet Lag***

There is a lot of controversy over jet lag and travel. Many remedies and suggestions have been written and used but there is no scientific cure. **You might feel like “the devils of hell” for several days after you arrive from a long flight.**

The most common advice is to "reset" your sleep patterns by going to bed early a few nights before you leave.

Get plenty of rest before you leave on your trip. Sleep as much as you can on the plane, and walk and stretch when awake. Switch your watch to the local time in Europe as soon as you board the plane.

Drink plenty of water and avoid alcoholic and caffeinated beverages while in flight. Upon arrival in a new time zone, have a light meal at the appropriate local hour and perhaps a brief stroll afterward. I enjoy a glass of wine on the plane, so avoiding alcohol is not one of my things.

After arriving at your destination, stay up and go to bed at your normal time and resist the temptation to retire early or take a nap. Keep the first day or two on a light schedule and try to relax. Soon you will return to normal!

**"You Can Do What This International Airline Captain Does"**

**[Airline Captain on Jet Lag](#)**

***Have a great trip...Tom***