



Sondra Nolan, Lead Travel Advisor

[www.luxewhiteglovetravel.com](http://www.luxewhiteglovetravel.com)

(512) 450-4512

## 50 Essential Tips for First-Time Travelers

### PLANNING

- ✓ Determine your spending plan, travel dates and an idea of the journey you are interested in.
- ✓ Make sure your passport has at least six months' validity past your anticipated return date.
- ✓ Contact your Travel Advisor at Luxe White Glove Travel.
- ✓ Decide on the main things you will do. Be careful not to cram too much into your itinerary.
- ✓ Purchase travel insurance. You might regret it otherwise.
- ✓ See your doctor to discuss your travel plans and find out whether you need any vaccinations.
- ✓ Advise your banks you will be traveling internationally. Always have a credit card and cash available in case of emergency.
- ✓ Learn about the local culture (languages spoken, currency, average temperatures, laws) so you're prepared for when you arrive. Visit [travel.gc.ca](http://travel.gc.ca) for current advice and advisories.
- ✓ Learn tips and become comfortable with bartering.
- ✓ Know the local emergency number; it is not always 9-1-1. The international emergency number, from any mobile phone worldwide, is 112. It will even work if the phone is locked, has no sim card and it will access any network if it gets reception.

### PACKING

- ✓ Use a list. It will help you be organized and ensure you won't forget anything important.
- ✓ The most important item you can bring is a pair of comfortable shoes.

Luxe White Glove Travel, Sept 2021

- ✓ Tie a ribbon or colorful luggage tag onto your bag to help you locate it on the luggage carousel.
- ✓ Prescription medication should be clearly labeled, and you should carry a doctor's note, if possible.
- ✓ Pack a change of clothes, underwear, deodorant, and toothpaste in your carry-on luggage. It will make you feel like a brand-new person when you land.
- ✓ Remember to pack an adaptor so you can use your electronics overseas.
- ✓ Pack a small medical kit containing the essentials like band-aids, painkillers, and antihistamines.
- ✓ Only pack small bottles of shampoo and conditioner. You can buy it while you're away and it will save weight and space.
- ✓ Use a plastic bag to separate wet clothing from the rest.
- ✓ Roll your clothes to maximize space and minimize wrinkles.
- ✓ Weigh and measure your bags to make sure they fall within the limits of your transportation supplier. Every airline has their own restrictions.
- ✓ Photocopy your essential documents (passport and itinerary). Have the originals in your carry-on and a copy in your suitcase.
- ✓ Provide your itinerary to your emergency contact.

## **FLYING**

- ✓ Turn off international data roaming on your mobile phone unless you've added some to your plan.
- ✓ Sleep and eat on your destination's time. This will help you beat jet lag.
- ✓ Avoid drinking alcohol during the flight. It will dehydrate you.
- ✓ Drink plenty of water. Pack an empty reusable bottle in your carry-on and fill it once you clear airport security.
- ✓ Move around the cabin regularly; this will increase your circulation.
- ✓ Don't worry if there is some turbulence. It's normal.
- ✓ A neck pillow, eye mask and earplugs will help you get some sleep.

## **AT YOUR DESTINATION**

- ✓ Respect local customs. Remember that you are a guest in this country.
- ✓ Manners are universal. Politeness and a smile go a long way.
- ✓ Learn a few phrases in the local language. Start with Hello; Please; Sorry; Thank you; and Bathroom.
- ✓ Don't judge things you see that are different to back home. Instead, think about how interesting they are.

- ✓ Don't be afraid to respectfully say no.
- ✓ Go with your gut instinct. If something doesn't feel right to you, don't do it.
- ✓ Be aware of your surroundings and conscious of where your valuables are.
- ✓ Be cautious about pickpockets and scams.
- ✓ Keep some of your money and cards in a separate place to the rest.
- ✓ Be open and make friends with other travelers.
- ✓ Don't be shy to ask locals for recommendations of what to see, do and eat.
- ✓ Eat the local food. It will be the best you'll taste on your trip.
- ✓ Be curious. Soak up as much of this new place and all of these new experiences as you can.
- ✓ Don't be afraid to splurge if your heart is screaming yes! Don't go home with any regrets.
- ✓ If you have a bad experience, don't let it ruin your trip.

## PHOTOGRAPHY

- ✓ Get up early for the best light and fewest crowds.
- ✓ Be patient. Wait for that perfect moment to snap your photo.
- ✓ Look for a different take on famous landmarks.
- ✓ Get off the beaten track. A shot full of tourists is never a good one.
- ✓ Travelling solo? Invest in a good selfie stick. Be cautious about asking a stranger to handle your camera.