

*As we all know, travel can be exciting and stressful at the same time. Our best advice for travelling is to always be alert with your possessions and use common sense in all situations. Frequent travellers have discovered "tried and true" methods for minimizing accidents and incidents, read on for great advice and visit the website mentioned at the end for additional travel tips! Happy Travelling!*

Pack all toiletry items in freezer bags as liquid items can leak under pressure.

Pack screw-top containers - ideal for liquids (shampoo, ironing spray, water). If you use a 'pop' top similar to shampoo containers, you run the risk of messy spills. Travelling at altitude or under the weight of other luggage, pop tops are not reliable. Also, it is now possible to buy shampoo in a bar form, like you would soap. It's one less bottle to worry about exploding.

Instead of using liquid washing soap for laundry, try detergent tablets.

When packing first aid supplies (i.e., band aids, headache medicine etc.) be sure to store them separately from your colognes, soaps, shampoos, and other items that could spill and cause a mess.

Trying to pack light and want to have extra room on your way home for souvenirs? Consider buying bulky items like towels at your destination. Use the towel during your stay, then give away when you're about to leave. This works especially well on longer trips when you are trying to keep your luggage to a minimum. Another tip? Buy everything in trial sizes. Any pharmacy will have a shelf full of products that are very small and easy to pack - from deodorant to toothbrushes.

Expanding upon the well known "Roll" technique of packing, try rolling two or three items of the same type together. Three pairs of trousers, for example, rolled together will be little more than the size of one paired rolled solo.

Keep your medications and any important papers in your carry-on bag, not in your luggage that you check through. That way if your luggage gets lost you still have your medication and papers. Photocopy all original documents and keep them in a separate piece of luggage.

Don't take your normal address book - get a little one and add the people you'll want to send postcards to. You can also add all your new friends as you travel. If you lose the book, it won't mean losing all your contacts.

Always travel with a long piece of twine in your carry on bag. It can be used to hold together your suitcase if the zip bursts or to create an improvised washing line.

You want to pack everything but can't. Make 3 piles: necessities, almost necessities and luxury items. Take all the necessities, none of the almost necessities and one luxury item. It will be all you need.

When travelling with children, especially if one parent only may accompany the child(ren) out of the country - make sure that you have a signed and notarized letter from both parents stating that permission is given to the accompanying parent (or temporary guardian) to take the child out of the country. Make sure also that the accompanying parent or guardian also has the necessary medical release forms for the child(ren).

When travelling alone and checking into a hotel, women should make sure that the person at the desk does not state your room number aloud. Anyone standing nearby will have already heard that there are 'no other guests' for your room. If this does happen, quietly pass the key back to him/her and politely request that they reassign you and that they not state the room number aloud.

Do not stop on the street to consult a map or ask for directions. This immediately identifies you as a tourist. Step into a busy business to look at maps or check directions.

When you shop, split your spending money up and put it in several different packets. Always put some in a pocket that is inside a jacket or next to your skin. This way, if you are pick-pocketed, you will always have money.

When travelling out of the country, it is wise to keep most of your travellers' cheques where they cannot be stolen. There is an item called a waist wallet that you wear under your garments. It is large enough for your passport and ID as well, but lays flat against your body. Get a list from your bank of ATMs in the country or countries you are visiting. You can access funds as you travel and eliminate the need for traveller's cheques.

If you have the room on a business trip, add extra coat hangers to your suitcase so that you will be able to hang more of your clothes.

Everyone has black luggage. Make yours easier to spot by tying a bright piece of fabric to the handle. Put an identification card inside each piece of luggage as luggage tags/baggage tags can get ripped off during transit. Do not pack any restricted items in your carry on as they will be confiscated. See your travel agent for a list of current restricted items.

Allow extra time for airport security checks and luggage handling. For domestic flights, arrive at the airport 90 minutes prior to departures. For international and transborder flights, arrive two hours prior to departure.

*For more great travel tips go to  
<http://tips4trips.com>*