

## Inspired Lifestyle Tips: Travel by Karen Probert, WFSC Past President © 2009

In any foreign location, when you leave your hotel or other accommodation for the day, take a card from the desk or write down their name, address and phone number and keep it in your wallet or purse. If you are returning by cab, or even local bus, you can show the driver who will then know where you need to get to. The telephone number may help you if you get into difficulties and need assistance; in general, front desk staff have some capabilities in the languages of tourists.

Make some copies before you leave. Keep a file with copies of your passport photo page, your travel medical insurance card, your eyeglass prescription and other important documents in your carryon and safely wherever you are staying in case you require this information because you have lost the originals or have broken your glasses. Leave a copy of your itinerary with at least one family member and the person/company taking care of your home - include telephone numbers and dates of departure and return so that they can contact you in case of an emergency.

1) Before any trip of more than a day or two, empty your refrigerator of perishables, freeze any left-over milk and butter or margarine before leaving. Ensure that your indoor garbage containers are empty and rinsed out. It is even a good idea for the garbage buckets to remain open to have air flow through them while you are away. On your return pick up a small container of milk as frozen milk takes a long time to thaw. As it starts to thaw, shake the container - it will not only speed up the process but help the ice crystals break up and mix in faster.

2) An empty plastic or metal water bottle can be taken through airport security and can then be filled at a water fountain in the boarding lounge. This saves the cost of buying overpriced bottled water... and is environmentally friendly.

Well, it seems that winter surprised us by arriving early. Safe walking is of utmost importance so think about the possibility of using a cane with a pronged tip that you can buy at many places, to give yourself extra stability. If you are going to be anywhere that the ground is uneven an adjustable-length trekking pole with a metal tip would be effective and there are rubber tips to cover the end for when you are indoors or on dry surfaces. These can easily be put into your checked luggage for flights too as they are length adjustable. If you are going to be walking on ice and hard-packed snow consider yak-trax type pronged soles which attach to the bottoms of your boots. Stay safe!