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11 Essentials Tips for the Business Traveler

By Susan Dunn

11 Essentials Tips for the Business Traveler by Susan Dunn, MA, The EQ Coach(tm)

As they say, getting there stopped being half the fun when airplanes were invented. If you travel a lot, here are some tips to make it more palatable.

1. Go ahead and pay to join something like AA's Admirals Club.

With it you'll get assistance with reservations, seat selection and boarding pass issuance; a quiet place to wait and work; complimentary snacks and beverages; private bar at most locations, and showers at some. At around \$450/yr. for one person, it could be well worth it.

2. Use airport Conference Rooms and Executive Centers.

Saves everything from nerves to time to money. No membership required. Eliminates need for overnight stay, hotel or car rentals.

There are 22 available at O'Hare, for instance.

Executive Centers come equipped with everything you need to conduct business. Call 1-800-237-7971, option 3.

3. Keep all your luggage on wheels, use one carryon, invest in good luggage.

According to the US Transportation Dept., about 1 in 200 bags are lost, misdirected or stolen, which is about one person per flight. 87% of this happens at the curbside check-in station.

Advantages: don't have to tip porter; don't have to arrive as early; if you miss your connection, you can easily rebook yourself; you can easily volunteer to be bumped on a full flight; no wait once you land.

4. Take a book with you.

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Better than TV in most hotel rooms, good for waits, also good to hide behind if you get next to someone in the plane who annoys you. Leave it behind for another traveler or tear off chapters as you go along and lighten your load.

5. The travel wardrobe.

Coordinate to one color, like black. Many women, myself included, swear by Tencel®. Indestructible, always looks nice. Choose the right print blouses and it won't show stains. Gentlemen, consider microfiber fabrics. Choose something with inner pockets (that zip!) for important papers and cash.

6. Don't appear wealthy.

Especially important in 3rd world countries. Wear cheap-looking watch and jewelry and leave the diamonds at home. Makes you less of a target for pick pocketers and luggage theft. If you must take a camera, guard the lens; popular with pick pockets as well.

Remove luggage tags from other trips. It's a tip-off for thieves looking for the "rich frequent traveler".

7. Cash.

Hide cash in different parts of your body. If traveling internationally, get new bills, as some countries won't take "dirty" money. In Africa, for instance take new \$100 bills. The exchange rate on anything lower is not good. Check with someone else who's been where you're going. i.e., in Russia, they aren't supposed to take US dollars, but they sure do.

8. If you get a rental car, write down all the information about it. Just in case you forget what you're driving.

9. Stay alert. Take a water bottle with you for dehydration and drink 2 glasses of water before you board. While on the plane, splash water on your face; when you get to the hotel, take a warm bath. Dry membranes are more vulnerable to infection.

Go rested.

Try the Argonne Anti-Jet-Lag Diet: <http://performance.netlib.org/misc/jet-lag-diet> .

10. Take measures to avoid developing deep vein thrombosis.

Drink lots of water, avoid beverages that dehydrate, avoid salty food, wear support socks, get up and move around whenever you can, exercise your feet and legs 4–5 mins. every hour.

11. Check out some of the travel products at sites such as www.magellan.com .

You'll find No-Jet Lag tablets, head and foot rests, packing aids, micro fiber wear, all sorts of helpful things.

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A Basic Traveller's Kit Guide

By Stanley Emerson

Never be caught unprepared during a trip. Plan ahead and stuff your bag with essentials things you need. The better prepared you are, the more fun you will have on the trip. Here's a checklist of what should be inside your traveler's kit.

***Medicine Kit** Never assume that no mishaps will happen on a trip. Even minor bruises should be taken care of. Always keep your first-aid kit handy.

Treating wounds Bring along a roll of bandage, safety pins and scissors. Tweezers might be needed to pull out foreign materials that penetrate the skin. Bring ointments and alcohols for treating abrasions. If you are prone to allergies and itching, antihistamine medications like Benadryl should be handy.

Common medicine Carry along medicines that you are likely to use, like aspirin for headaches, laxative for proper bowel movement and pain relievers. If you have a runny nose, buy a couple of decongestant. Dehydration and motion sickness is common when traveling, consult your doctor on which medicine is appropriate for you.

Prescription drugs Remember to bring along whatever medication you are taking. Bring enough supply to last for the entire trip.

***Personal Hygiene Kit** This kit must include all your toiletries. This will keep you looking fresh all the time. **Dental** Bring along your toothbrush, toothpaste and dental floss. Buy a small bottled mouthwash or if you have plenty of supply left, just transfer it to a smaller container.

Hair Carry along your favorite brush, comb and shampoo. Stuff in your hair spray, hair cream and gels if you are using one.

Personal effects This will include your make-up kit. Remember to bring only the cosmetics that you are likely to use. Carry with you a handy mirror. You can bring your manicure set too.

Skin protection Keep your skin healthy by putting on sunscreen and lip balm as often as you need them.

Bathroom needs Bring along with you sets of toilet papers, soaps, towels and washcloth.

***Emergency Kit** This includes the stuff you might need like flashlights, lighters, pocket knife and duct tapes. Mobile phones are important in case of emergency, be sure to bring your charger and an extra

battery.

*Leisure Kit For added fun, you can bring along your travel journal, reading materials and the locale's language book. Make the most out of fantastic views with your binoculars and your camera.

There is no such thing as a standard traveler's kit. It varies upon the place and the activities you'll do in a certain place. The above kits are basically the essentials. Be sure to keep everything checked and have a fun trip ahead!

Destination Found! Visit the Travel Resources Blog



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