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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

12 Easy Tips To Guarantee Stress Free Group Travel

By Darlene Berkel

If you are planning to go on a group tour, there are lots of things you can do to make the trip fun and enjoyable for yourself and for your fellow travelers. Here is a great checklist to get you started.

1. Pack a small bag to carry along on the bus. While your main luggage will go in the designated area of the bus, you should pack a small carry on the bus. This will be handy for snacks, books to read, and other accessories you may want easy and quick access to.
2. Don't forget your camera. And once you have packed your camera, don't forget to take pictures! I know that sounds obvious, but I always get so caught up with the sights and sounds that I actually forget to take pictures! (Duh!)
3. Get a collection of great jokes, riddles, and experiences to share with the group! And it only takes one joke to get the rest of the group going! We had a great time sharing riddles, and jokes and laughing all the way to the next rest area.
4. Take along some great movies. Many tour busses have DVD players. At least ours did. Find out in advance and if it does, rent some great movies for "en route" entertainment". Be sure to pick a variety of movies, such as cartoons if you have kids in your group, action movies to keep the teenagers engaged, and perhaps documentaries or family drama's for the adult crowd.
5. Take along some great music CD's. Many group tour busses also have CD players. We played our favorite and enjoyed group singing. Perhaps you can organize an "on the road" karaoke contest for your group.
6. Don't forget your medicines. This is essential. Perhaps this should be at the top of the list, but be sure to keep all necessary medications close to you in the carry on bag you take on the bus.
7. Pack A small pillow for sleeping comfort. If you are like me, a moving vehicle and a well cooled environment is an open invitation for a good snooze! To boost sleeping comfort I took along a small pillow, and had a good nap between rest stops! The group leader has the photo's to prove it! His

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"hobby" was collecting photo's of sleeping travelers! Maybe I will post that picture here! (Not)

8. A blanket may be necessary. Those tour buses can get COLD!!! My blanket came in very handy.

9. Binoculars. If your tour involves outdoor sightseeing, a pair of binoculars is a must.

10. Bathing suites. Most hotels have swimming pools. This is a wonderful "treat" for kids who behaved nicely while traveling all day! And if you will be anywhere near a beach...you've got to take a dip!

11. Don't forget your passport. If you are traveling internationally, you will most likely need a passport. Be sure to make copies of the passport and other important travel documents and keep them in a safe place!

12. Don't forget you Airline tickets. This may seem obvious, but it has happened before. Thank

goodness most airlines are switching to e-tickets, so this may soon be thing of the past. After all, there are enough other things we have to remember.

13. BRING A BIG SMILE! Smiles are contagious! And most of all... they are FREE!

Darlene Berkel, of

<http://www.every1loves2travel.com>

, writes on a variety of subjects and

recommends

<http://www.vacationing-with-kids.com>

and

<http://www.on-a-cruise.com>

for more family

travel tips and ideas.

Top Travel Reservation Tips For A Stress-Free Trip!

By Susan Wong

Anyone who wants to enjoy a stress-free trip has to start with the basic concern of any traveler – how to effectively handle travel reservations. Below are a number of advice that may help:

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- Decide on a travel plan – specific destination, how many days, what activities, routes, and other details. The attention given to this first step will ensure smooth sailing in making the necessary travel arrangements.
- If the destination is a foreign country, make sure all information that would be needed in making reservations are on hand.

How about booking your airline tickets? Below are some airline reservation tips you can use:

- If notification of your reservation is done by e-mail, make sure that the ticket price quoted is the same. Sometimes, some airlines claim the airfare booked earlier is no long available.
- If booking on online, use a reservation site where ticket prices for all airlines are shown so a comparison can be readily seen.
- If booking for more than one person, check also the ticket price for both a single passenger and multiple passengers. Some airlines quote different prices.

When it comes to reserving your hotel rooms, below are some helpful tips:

- Ask if the rate is a flat rate or per person.
- Ask how many beds are in the room and what the size is.
- Make sure to finalize a rate before getting off the phone.
- Ask about tax rates that would be added.
- Will breakfast be included with the price of the room? What time is it served and what is included.
- Are there guarantee and cancellation policies? Most hotels require guarantee for reservation with a credit card. Will they ask a check deposit?
- If this is a standard reservation, make sure there is a confirmation number.

Follow these top tips for a stress-free and enjoyable travel experience!

Susan Wong is the owner of

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