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**100% Effective Natural Hormone Treatment**  
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**Impair Healthy Healing In People Over The Age Of 30!**

**Most Important Travel Tips**

**By Robert Michael**

Experienced travelers the world over know the tried and true saying: Less is more. Who wants to schlep around heavy, bulky bags when you're far from home, most likely running from place to place, trying to make sure all of your belongings continue to be your belongings? The trick of the trade, according to seasoned travelers, is to consider packing only one bag. What's more, to consider making that bag the size of a carry-on bag. That's right, the size of a bag that fits, or mostly fits, in the overhead compartment on today's commercial airlines.

Consider the following reasons to travel light:

1. Safety Simply put, one bag is easier to keep tabs on than two bags, or three, or... You get the idea. You don't have to check your bags and risk losing them altogether as you travel.
2. Efficiency One bag means less to carry, which means you don't have to pay someone to help you or pony up for one of those Smarte Cartes at the airport. Also, with one bag, you won't be as tempted to buy as many useless souvenirs you'll never need, because there won't be room for anything extra in your bag on the return trip.
3. Flexibility With only one bag, you don't have to worry about getting to the airport so early or sticking around so long after your flight lands. You can run through train terminals more speedily and shove yourself more quickly into the backseats of taxi cabs. And customs inspections? No problem.

So, now that you're convinced you should limit your travel bags to one, you may well be wondering how on earth to fit all your necessities into a single satchel. Plan carefully what you will need for your trip and take only those things: If you think, "I might need this" then it's probably safe to assume that you won't. If you think "I can't live without this," then into your travel bag it goes.

Other tips:

\* Plan to do laundry while you're traveling (even if that means doing them in your hotel room sink!). This way you won't feel as compelled to take as many clothes.

## Most Important Travel Tips

- \* Take clothes that you can mix and match.
- \* For your toiletry items, use travel-size products. Even if they're not easy to find, you'll be glad you took the trouble. And remember that most of them can be refilled and reused—even toothpaste tubes can be refilled with enough patience and manual dexterity!
- \* Pack underwear, socks, and other small cloth items inside larger items, such as shoes, to maximize all available space.
- \* Check the weather of your destination ahead of your departure time so you can plan your wardrobe accordingly.
- \* If you're the type of person who can't resist a good—or a bad—souvenir, take one or two items of

clothing that are mostly worn out. Wear them once, toss them, and fill up the space they occupied with that plastic replica of Mt. Rushmore that you just can't live without.

And, of course, the most important travel tip of all: remember to have fun, wherever you go and however you get there.

Robert Michael is a writer for Fore Travels which is an excellent place to find travel links, resources and articles. For more information go to:

<http://www.foretravels.com>

### **Adventure Travel Vacation**

**By Andy McDowell**

If you are a rookie to the world of adventure travel vacation, then you will need to learn how to plan for adventure travel! It is very important that you understand the basics of adventure travel before you actually engage in adventure travel vacation. Why? Due to the fact that adventure travel sometimes involves risk taking, you should be familiar with how to plan for adventure travel, for your own safety as well as the safety of others.

The following five adventure travel vacation tips will help you to enjoy your trip!

1. You must consider how much physical activity you would like to engage in. Do you want to simply travel the world and see exotic places which entails a relatively low physical impact or do you want to hike climb? The word adventure means something different to everyone, so if you are not truly physically inclined or you would not enjoy yourself engaging in activities that demand a lot of physical exertion, you will want to bear such a fact in mind when you are planning your adventure travel vacation.

## Most Important Travel Tips

2. You will need to decide how much you want to really do while you adventure travel. For instance, do you just want to engage in site seeing one area of one country or do you want to see several countries in several days? Conversely, do you want to simply enjoy the culture of the places you visit or do you want an adventure travel plan that is jam packed with an assortment of activities? Considering what kind of activities you like is imperative to establishing an adventure travel plan that will ensure that you enjoy yourself!

3. Learn to comparatively shop around for great prices on adventure tour plans. You should spend a few days or weeks researching different adventure tour companies and their operators. You'll find the best prices and the best tour operators for you. Remember that price does not necessarily equate to quality and just because you get a discount on an adventure travel vacation tour doesn't mean a lot if the quality of the tour operator is bad.

4. Work within your budget! Don't set your mind on a tour that you know you cannot possibly afford. Rather, determine your budget before hand and stick too it! Besides, you can always plan a more expensive adventure tour when you have the funds to do so.

5. Get a written copy of the tour operator's terms and conditions. In fact, you can probably have each company mail you a copy of their policy. After receiving a copy of each company's policy, review the policies carefully. In doing so, you will be able to find the best deal for you and you will also familiarize yourself with all of the policies. Be sure that you give a close review to the refund policies the company has in the event that you are unhappy with your final selection.

If considering this 5 adventure travel vacation tips will help you to have an amazing experience on your next adventure trip.

About The Author – Andy McDowell is the owner of

Adventure Travel Vacation

– the free Resource for

Adventure Travel Tips, Ideas and Articles.



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