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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Tips For Traveling Safely In The Us

By Stanley Emerson

Are you planning to spend your vacation in the United States of America? Have you processed your legal documents and all you're waiting for is to go aboard the plane and start the dream journey of your life?

Here are some tips that would provide you a safe tour to the US:

1) Legal matters. These are the safety measures provided by the US Embassy for tourists.

* Before leaving your own country, you should register with the U.S. Embassy. Provide them with your itinerary and copies of your passport. This will ensure that your whereabouts are known in case it is necessary to contact you during emergencies.

* Remember to have a valid passport. And if your travel requires a visa, your visas should always be intact with the passport. Remember to fill out all your information on the emergency page located inside your passport.

* Be aware of all the local laws of the US. Always be reminded that you should abide by the laws of the U.S Constitution.

* Make multiple copies of the identification page of your passport. This will assist in the replacement of your passport if it is stolen or lost.

2) Electricity. If you have brought appliances that would make use of electrical systems, be aware of the voltages used with these devices.

* US residential use 115 volts of electrical systems operated at 60 hertz. If your electric appliances operate on different voltages, you will need a voltage converter or transformer before plugging the appliance.

Tips For Traveling Safely In The Us

* The main wall sockets in the US basically make use of 115 volts which looks like two parallel flat blades. Make sure to match the socket with the device by purchasing a converter.

3) Basic Information.

* The official language in the USA is English.

* Used as measurements in road signs, temperature displays, and tourist brochures are the imperial and metric system.

* It is customary in the US to tip for services. Tips average from 10% to 20%, depending on the discretion of the person paying the bill.

4) Safety.

* Never leave your luggage unattended in public areas. Do not accept any package from strangers.

* Prevent wearing eye-catching clothing and priceless jewelry to avoid being a victim of crime. Do not carry large amounts of money and credit cards of.

* Deal with official agents when purchasing art, antiques and exchanging money. This would help in avoiding the violation of local laws.

* If you suddenly get into trouble, it is best to contact the nearest U.S. Embassy.

Now you know the basics, it's your turn to enjoy your travel legally and safely. Have fun.

Destination Found! Visit the Travel Resources Blog

<http://www.push-button-online-income.com/travel-guide>

Seven Tips for Organized Holiday Travel

By Myers

Traveling for the holidays? Here are seven tips for organized packing and traveling.

1. Check the weather forecast at your destination. Build your travel wardrobe around one basic color (black, navy or brown) to expand wardrobe options and limit luggage.

2. Use mini toiletry items to save space. Fill them only three-quarters full. Place in freezer bags to avoid leakage.

3. Use plastic dry cleaner bags around clothing to reduce wrinkles.

Tips For Traveling Safely In The Us

4. Pack these separately: camera, jewelry, keys, money and jewelry. Make them accessible if you're traveling by car.
5. Pack snacks and bottled water for yourself and the kids. Fill a cooler if you're on the road.
6. Stock up on entertainment. Music, books and toys are life-savers if you are stuck in traffic or on a delayed flight.
7. Pack an extra bag for items you buy or receive on your trip. This especially applies during the holidays.

Myers is a professional organizer, speaker and author. FREE "50 Ways to Manage Your Time" tips booklet. Visit <http://www.ineedmoretime.com>



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