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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!**

**Traveler Tips**

**By Puripong Koomsin**

Important general tips

- Always buy your tickets online because online tickets are cheaper (as it doesn't include the agent's commission) and you can easily compare the prices offered by different airlines.
- If it's your first time to a particular country, then cracking a deal with some of the best tourism agents and companies like SOTC, Thomas Cook could be a good idea and in first place you can bargain as well.
- Always plan your journey and book tickets months in advance that could save a lot on money.
- Never forget to bargain if you carrying extra luggage, although packing less and packing right is highly advisable.
- Always read about the weather, history and people of the place you are traveling to that could really make you comfortable.
- Possibly, carry along a credit card because most credit card company offers cheap interest rates and easy repayments on international transactions. Make sure with your company about the transaction rate.
- Always carry more travelers' cheque rather than cash money because it is safer and easily exchangeable at most of the banks.
- Never forget to carry some cash in case of emergencies they might work your way out
- Also, get an insurance done if you going for long vacations because many insurance companies cover theft, minor law breaking and accidents.
- Also carry regular medicines for cough, cold or fever.

## Traveler Tips

### Packing Tips

- Let's have a quick summary of what you should carry. Packing could be the most tedious job of all. But, when your destination is Europe you don't really have to worry a lot. In short, Pack less and relax. I'm sure you want to enjoy more and not sweat most of the time.
- Also get the roadmaps and hot destinations flyers and small booklets with you that won't waste time and I'm sure you know that time is money.
- Always remember to take a camera or a handy cam, for that is what will keep the sweet memories.
- The first thing you have to bear in mind is, what time of the year you want to go because most of the countries are cold during winter and most of the people prefer anytime between March and September.
- First of all organize your passport, money and all essential documents in a single pouch or bag that you would be carrying on your hand.
- Multi-purpose clothing must be a good idea like the ones with many pockets (remember pockets will load off all your worries) and the lower legs can be zipped off.
- Also, learn about money stashing in clothes that's the tip of the day.
- Never carry food as it consumes a lot of space, unless you are the one who can't do without sort of.
- Flip-flops and light shoes are best way walking and big boots could do well if you go in mountains
- Just carry two-three jeans and a couple of tees, take sample size toiletries like toothpaste, toothbrush, soap etc.
- It's better to carry big rucksacks, those can be mounted on your back and easy to go about.
- Never forget about the things back home, always remember things have to be safe back home so if you have someone trusted hire him/her for home sitting. One of the most safest idea is leave some or the other lights of your house on ( that's a million dollar tip)
- Well that's most of the thing you need to look for, rest you smart people can work out.
- I wish you a happy and a safe journey.

Puripong Koomsin is the owner of Travel Europe Guide – Europepathway.com Traveler Tips is one of many useful articles from

<http://www.europepathway.com>

## **Will You Be a Trusted Traveler?**

**By Laura Quarantiello**

### **Will You Be a Trusted Traveler? by Laura Quarantiello**

Editor: The following article is offered for your free use providing the Resource Box at the end is included.

#### **WILL YOU BE A TRUSTED TRAVELER?**

By Laura Quarantiello

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404 words

Security checkpoints have become a genuine pain for air travelers. Where once you could breeze right through the x-ray scanner and head for the boarding gate, now you must endure careful checks of your carry-on luggage and perhaps even of your person. It's the legacy of September 11th and a necessary step toward keeping air travelers safe. But the delays are increasing and passengers are grumbling. Frequent flyers, especially, are complaining about the slowdown and the hassle caused by long security lines.

Enter the Trusted Traveler program, the brainchild of an airline industry committee working on ways to improve airport security. With Trusted Traveler, anyone who wanted to forgo long airport security lines would authorize the government to conduct a background check and take their thumbprint or an iris scan of their eyes. Once cleared, they would receive an identification card encrypted with their "biometric ID." Airports would have reserved checkpoints where passengers could present their card, have their fingerprint or iris scan matched to the card's information, and be passed through to the boarding area. This type of prescreening would reduce lengthy lines and let frequent travelers avoid much of the current airport hassle. "From my perspective, it makes more sense to subject the people I know a lot about to a lesser degree of security and the people I don't know anything about to a greater degree of security. It just makes a lot of sense to spend the finite amount of security resources we have on the folks who are unknown," says Dirk C. McMahon, Northwest Airlines Senior Vice President for Customer Service.

Experts say that the Trusted Traveler program won't appeal to everyone. Those who fly infrequently won't need to go through the rigorous background checks necessary to be labeled a trusted traveler, and those with something to hide or those with concerns about privacy won't want the government checking their bona fides. For frequent travelers, however, the program could mean valuable minutes saved, hassles avoided, and a smoother airport experience.

For now the program is just an idea; the Air Transport Association is working on a proposal for the Transportation Security Administration and the Homeland Security Department that it hopes will put a 90-day pilot project at Northwest and Midwest Express using already-screened airline personnel into operation by the end of the year. If all goes according to plan, the Trusted Traveler program could be in

place at Northwest  
by mid-2003.

(end)

Laura Quarantiello is a freelancewriter specializing in air traveland the airline industry. She is the author of "Air-Ways:The Insider's Guide to Air Travel. <http://www.tiare.com/airways.htm>



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