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Traveling: The Little Things You Need To Pack Before Leaving

By Christine Bettridge

So, you're finally going away for your well-deserved vacation. Don't let careless packing spoil a great holiday. Airport security systems have changed and has become much tighter. You might want to think about leaving some items at home and there are also some items that you might want to think about taking along. Here are some items to think about taking with you for a smoother trip and holiday:

Bottled water: many people are afraid of causing delays at the security checkpoint and some may insist that you finish it in front of the guards. Sipping water regularly while you fly can alleviate much of the discomfort that flying can cause. Also, depending on your destination – it can be very useful to have a bottle to fill with drinking water.

If you are diabetic it goes without saying; but even non-diabetic travelers will benefit from having some small food items on hand. Food wouldn't usually bother security guards. Keep some small sugary and high protein snacks on hand to curb low blood sugar levels.

Baby Wipes will most likely be needed as well even if you don't have a baby. If you eat something sticky and can't get up to go to the bathroom these will help.

No matter where you are going you will need to find some secure way to carry your money and valuables. Your passports and credit cards will cause a vacation ruining mess for you and your family. If you travel often then it might be worth your while to invest a bit in something special and practical. Money belts are one way to carry around your valuables but they sometimes look bulky and obvious. A fanny pack is another idea. It depends on where you are going. You don't want to draw attention to yourself or to your nerdy lime green fanny pack. Depending on where you are going you may want to leave jewelry at home. Foreign criminals are just looking for unsuspecting Americans.

Some kind of portable entertainment system is essential if you are traveling alone for long periods of time. It isn't only techno junkies that can benefit from one of the many portable entertainment systems. Delays can be expected if you fly and you will be glad for something to keep you amused. Load an iPod with some of your favorite music and you have an instant mood lift wherever you are.

Another item that could be useful is a first aid kit. Even if you don't need one – it will be reassuring

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that you are equipped for any emergency. Include headache tablets, some Mylanta is a must and anti-inflammatory. There are some excellent small travel first aid kits available nowadays.

Packing a plastic bag or two into your bag is a good idea. It will be a handy at some stage of your trip. Plastic bags have an uncanny way of being both useful and hard to find when you need one. Roll it up – won't take any space and you will find a use for it at some stage of your trip. Otherwise you might land up having to pack your wet shoes in with your clothes. These are just a few tips to ease your trip stress. Since 9/11 air travel has changed and it's important to keep this in mind when traveling. Plan ahead, be prepared and most importantly – have a great trip!

Christine Bettridge has loved writing since childhood. She has written Plays, poetry and many articles. Her latest e-book End Time Secrets recently released by Cypress Street Publishing has caused an

order craze in the religious world. It can be ordered and downloaded right now through the publishers website at

End Time Secrets

and she also is the editor of the article directory,

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her blog at:

The Bible Sound Blog

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.
4. Pack these separately: camera, jewelry, keys, money and jewelry. Make them accessible if you're traveling by car.

Traveling: The Little Things You Need To Pack Before Leaving

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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