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How to Avoid the Two Big Trip Spoilers: Sickness and Stress

Topics Covered:

Maintaining Good Health While Traveling

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How to Avoid the Two Big Trip Spoilers: Sickness and Stress

Maintaining Good Health While Traveling

Imagine planning a trip weeks or maybe months in advance and when the time comes to actually travel, for some reason, you get sick along the way and instead of enjoying the trip and seeing the sites, you have no choice but just rest in the hotel room instead of having fun. Surely, this is something no one wants to experience and here are a few tips you can keep in mind to avoid it.

The best medicine before going on any trip is to be in the best possible shape. By doing some biking, aerobics or long walks, you are able to condition the muscles for those long tours. Doing some research about the place you are going to be visiting and reading up on the destination, the culture and the people, also makes planning the itinerary less stressful.

By obtaining information on the weather or climate, you can be assured of packing the right clothes for the trip. You might also want to check out the condition of the drinking water at your destination. By purchasing water purification tablets before going to a place with suspect water sources, you will be able to avoid getting any sickness.

Every one of us has dietary preferences, and by advising your travel agent of the type of food to be served during the flight, you can avoid any indigestion problems on flight. If you are taking medication, it is best to pack sufficient stock for the trip. You should also check to see whether the medication you are carrying is allowed in the place where you are going to avoid any problems with customs.

Now all the preparations have been made, it is onward with the trip. It is best to have a good meal before going on a long trip. Check-ins at airports are long and it will take some time before the airline gives meals to its passengers.

On a long trip that could take hours by any mode of transportation, it is best from time to time to stretch or walk around to circulate the blood in the body. If you suffer from motion sickness while traveling, it is also advisable to take the proper medicine at least an hour before the trip to give the medicine time to take effect.

Water is important and if you are the least bit unsure about the tap water, it is best to order bottled water from the establishment. Just be sure that the cap on the bottle is still enclosed before opening to make sure the bottle is safe for drinking.

After taking all the above precautionary measures, you will no doubt have many safe, healthy and memorable trips or vacations.

A Basic Traveler's Kit Guide

Never be caught unprepared during a trip. Plan ahead and stuff your bag with essentials things you need. The better prepared you are, the more fun you will have on the trip. Here's a checklist of what should be inside your traveler's kit.

Medicine Kit

Never assume that no mishaps will happen on a trip. Even minor bruises should be taken care of. Always keep your first- aid kit handy.

Treating wounds

Bring along a roll of bandage, safety pins and scissors. Tweezers might be needed to pull out foreign materials that penetrate the skin. Bring ointments and alcohols for treating abrasions. If you are prone to allergies and itching, antihistamine medications like Benadryl should be handy.

Common medicine

Carry along medicines that you are likely to use, like aspirin for headaches, laxative for proper bowel movement and pain relievers. If you have a runny nose, buy a couple of decongestant. Dehydration and motion sickness is common when traveling, consult your doctor on which medicine is appropriate for you.

Prescription drugs

Remember to bring along whatever medication you are taking. Bring enough supply to last for the entire trip.

Personal Hygiene Kit

This kit must include all your toiletries. This will keep you looking fresh all the time.

Dental

Bring along your toothbrush, toothpaste and dental floss. Buy a small bottled mouthwash or if you have plenty of supply left, just transfer it to a smaller container.

Hair

Carry along your favorite brush, comb and shampoo. Stuff in your hair spray, hair cream or conditioner and gels if you are using them.

Personal effects

This will include your make-up kit. Remember to bring only the cosmetics that you are likely to use. Carry with you a handy mirror. You can bring your manicure set too.

Skin protection

Keep your skin healthy by putting on sunscreen and lip balm as often as you need them.

Bathroom needs

Bring along with you sets of toilet papers, soaps, towels and washcloth.

Emergency Kit

This includes the stuff you might need like flashlights, lighters, pocket knife and duct tapes. Mobile phones are important in case of emergency, be sure to bring your charger and an extra battery.

Leisure Kit

For added fun, you can bring along your travel journal, reading materials and the locale's language book. Make the most out of fantastic views with your binoculars and your camera.

There is no such thing as a standard traveler's kit. It varies upon the place and the activities you'll do in a certain place. The above kits are basically the essentials. Be sure to keep everything checked and have a fun trip ahead!

How to Survive While Traveling

No doubt about it, traveling can be one heck of a fun and relaxing activity. However, even if you do the best planning possible, you unfortunately cannot entirely prevent or rule out Murphy's law: "whatever can go wrong, will go wrong."

To avoid getting caught off guard while enjoying the sights and scenes during your trip, here are a few tips to heed while traveling:

1. Know your water.

Ever heard of the traveler's diarrhea? This condition is caused by contaminated water that a foreigner has drunk. Aside from that diarrhea, a list of diseases abound due to contaminated water. To prevent getting any of those water-borne diseases, make sure you boil your drinking water for at least 10 minutes.

2. Milk will do.

Remember that thing they say regarding milk as the complete food? It still is true. As long as you boil it for at least 10 minutes too, like water, it will serve as one of your best sources of nutrition. Local processed milk products may not be safe for your tummy, better opt for a more popular brand of milk product.

3. Vitamins Schmitamins.

Bringing vitamins will help in warding off many of the diseases that an unguarded (with resistance-building supplements) person may be so prone to. Multivitamins can be more convenient to bring than separate vitamins for various needs.

4. Battling extreme temperatures.

Doing your homework before going to any foreign country will save you from a lot of inconvenience and aggravation. An online consultation will inform you what to bring to gear up against any problem that may be caused by the weather or temperature.

If you are to go to one of the warmer spots of the world, your luggage will benefit a lot since you don't have to bring a heavy and thick wardrobe. Now if you are about to visit a place like Antarctica, one tip is to choose your clothes well, so as not to stock up on those that you will not be using that much.

5. Taking care of your skin.

Don't forget your bottle of moisturizer if you're going somewhere cold. A sunscreen will be very indispensable too. Also, it never hurts to bring along a lotion or spray that will ward off insects. Some advice that is applicable even when you're not traveling is to avoid excessive sun exposure; try to limit your tours or excursions in the middle of the day when the sun is at its peak (hottest).

Plan the Perfect Vacation Getaway: Tips for Making Your Vacation Stress-free

Vacations should be a time for relaxation and solitude. Everything should be easy and stress-less. However, this is not always the case. In an effort to make your next vacation as stress free as possible, try following these simple guidelines:

First off, make sure you have planned your vacation well. Most stressful vacation scenarios arise because of reservations that have fallen through, flights that have been cancelled, or baggage that has been misplaced. To avoid situations such as these make sure to plan ahead as well as possible.

Make sure you arrive at the airport with plenty of time to take care of checking in, getting through security and getting to your flight's gate before your flight takes off. Most airports have lounges and restaurants where passengers can relax and wait for their flight if they are early, so do not stress if you have extra time. Take this time to sit back, have a drink and kick back – remember you are on your vacation!

If you are a person easily upset by small things, try extra hard to let them go while on vacation. If it takes a little extra time at the airport check-in desk or your bag is the last to come out at the baggage claim area, do not get stressed out. Instead, take a deep breath and try to enjoy every minute of your vacation, even if it is currently being spent at the airport. You have probably planned the trip for months beforehand so try to relax and enjoy all the hard work you have put in.

Do not let your kids get to you. Children can be anxious when it comes to vacations – especially on the way there. Choruses of “are we there yet?” can sometimes drive parents right over the edge before the fun-filled family vacation even begins. Make sure to pack plenty of activities to keep your kids occupied during the trip to your vacation destination and even during downtime. Some children may expect 24-hour entertainment while on vacation. But as many parents know, spending a few hours in the hotel room is not always a bad thing. Just make sure you always have something to fill the hands of a bored child.

Do not worry about things back home. For some people, leaving their homes can be a stressful move to make. However, planning to have someone stop by the house each day and check on things while you are gone might put your mind at ease. Just keep in mind that nothing bad will happen while you are gone, and you have a reliable person who you trust house sitting your home until you return.

Be sure to get your job off your mind during your trip as well. Before leaving make sure you have designated someone to help take over your work while you are gone. By planning well you can avoid having to worry about piles of work waiting for you upon your return.

When you are planning your vacation make sure not to schedule too many activities into one day. Although it is tempting to see as much as possible while on vacation, you should keep in mind that you do not want to tire yourself out after one day. Chances are you will have plenty of time to see all the attractions you really want to see, so why not narrow things down a bit.

If you have too much on your plate, try rating your activities in order of what you want to do most. Chances are the items at the bottom of the list can be scratched off or put off until a later trip. You never know, you might end up having time to squeeze a few extra attractions in to your vacation – but do not get stressed out if you can not find time for everything.

Last but not least try not to overwork yourself right before your trip. Try to slow things down a day or two before your departure so you are not too tired to enjoy your trip. You do want to relax but you do not want to spend the entire vacation sleeping in your hotel room either.

More Advice for Stress-free Travel

Whether you are going on business or pleasure, traveling can be very stressful. Tension can start from the planning stage up to the time you are leaving. However, stress does not have to ruin your business or vacation. These simple tips are guaranteed to help you get rid of that travel stress bug.

Plan ahead

There is no replacing good planning. To ensure that your travel will be stress-free, make sure that your flights and hotel accommodations are booked and confirmed. This will put you at ease knowing that delays are unlikely and there will be no surprises at the hotel desk. If you arrange for transportation for the duration of your travel, all the better. In case, you will have to get around the city by taxi, it is good to ask the concierge to help you find a reputable taxi company.

Be prepared to get lost

Remember that you are on a foreign land and, unless you have already traveled there a couple of times, you'll have no way of knowing how to get around. Becoming lost is probably the biggest nightmare for travelers.

Before embarking on your trip, buy a travel book with maps and some useful phrases that you can use with the locals. Carry with you a credit card, identification papers and enough money to get around the city in case you get lost. It is also a good idea to ask your hotel for a business card which you can show to locals when you ask for directions. By acknowledging that you can get lost, you'll be better prepared and ready for anything.

Keep the communication open

Nothing can be a better stress-buster than staying connected with your family when traveling. With today's technology, communication is increasingly more available. People who travel can now keep in touch through cellular phones, emails and text messages. Rates in international phone calls are also cheaper now than before.

Reward yourself

Do not procrastinate. If on a business travel, make sure that you have done all your work before you go sightseeing. Set aside a day where all you can do is travel to different sights in the city. If your schedule is spread out, make sure that you have ample time to go somewhere. It will also help to make out an itinerary of places to see. You can always ask the hotel to help you with that.

Eat local cuisine

Eating can minimize travel stress! So, treat yourself to local foods and stay away from your usual staple of burger, spaghetti and cola. Be adventurous and have fun in local restaurants. Before leaving, you can ask people who already traveled in the country if they can recommend any restaurants. Hotel personnel can also help you immensely. When you're there, don't hesitate to ask for the house specialty and enjoy!

Keep a travel journal

Writing down your experiences during your travel will not only preserves the memories, it will also help you relieve stress. Describe the sights that you have seen, the places that you have been to, even the people you have met. Get small keepsakes from each experience, a napkin from the restaurant where you have eaten, a receipt from a souvenir shop, a bus ticket going to a special place. This will keep the magic of your travel with you.

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