

# TRAVEL TIPS



## Carrying On: What to Pack in your Under-the-Seat-in-Front-of-You Bag

### *For COMFORT*

inflatable neck pillow	There are so many options out there but, you couldn't pay me to lug around those big puffy ones. I prefer the inflatable ones so I can inflate it to a comfortable size, and collapse it completely when I am not using it.
compression socks	A lot has been written about the risk of DVT, deep vein thrombosis. Wear these socks to reduce swelling in feet and ankles. While you are in the air, remember to get up, stretch, and walk around the aircraft periodically to encourage circulation and to protect yourself from this life-threatening condition.
earplugs, noise cancelling earphones	I find the mini ones are easier to wear when I want to sleep but, they don't always eliminate the sound of a screaming baby like a good pair of noise cancelling headphones do!
eye masks	I once flew overseas and made a poor seat choice near the galley. I missed that on the seat map when I booked the last available aisle seat on the plane. All night long the crew was in and out, and every time they opened the curtain, I was disturbed by the flash of bright light. I have never traveled without an eye mask again!
scarf	Scarves are a great way to stretch your wardrobe when you travel. Wear one to the airport or pack it in your carry on and it can double as a blanket on your flight.

### *For REFRESHMENT*

empty reusable water bottle	Pack it empty, fill it up at a airport water fountain after you get through security.
healthy snacks	Airport snacks can be a real budget buster. Bring healthy ones from home like dried fruit, cheese sticks, crackers and nuts. Finish them or ditch them before you enter customs when you land. I once saw a customs agent confiscate an orange that his canine found while sniffing a backpack at the baggage carousel.
chewing gum	Chewing gum helps relieve pressure in the ears due to changes in altitude. Avoid sugar free varieties - the sweeteners can have a laxative effect which can be exaggerated at altitude.
jet lag relief pills	Although I think the best cure for jetlag is exercise and fresh air, I have used these pills with some success. There inexpensive and just might help you adjust to your new time zone faster.
toiletries	On an overseas flight, try to mimic your bedtime ritual at home to prepare your body for some sleep, however brief. Pack facial wipes, toothbrush, toothpaste, moisturizing cream, lip balm, and travel size deodorant so you can clean up before your sleep and freshen up before you land.

### *For ENTERTAINMENT*

laptop, tablet, eReader, paperback, magazine	Pick two, load the electronic ones with whatever you need to keep yourself amused, relaxed, or informed.
extra power charger	Today's chargers are no bigger than a tube of lipstick and they've come down in price in recent years. Don't forget to pack the USB cord and wall outlet plug so you can recharge it periodically.
power cords and USB cords	I consolidate all of mine into one compact zippered bag so I don't have to dig around for them.

### *For PEACE OF MIND*

sanitizing wipes	Because you have no idea who's been sitting in your seat and how thorough the airline's cleaning crew has been, I'd urge you to toss a travel size pack into your carry on. Don't think about this too much, just take matters into your own hands and wipe down your armrests and tray tables, and the surfaces in the lavatories whenever you venture in there...
prescription drugs	Don't ever, ever, EVER pack these in your checked bag! If your bag get lost or stolen, you'll waste precious vacation time trying to replace them, if that's even possible in a foreign land.
copies of your passport & travel documents	I store scanned copies in my phone but, also carry paper copies just in case technology doesn't cooperate somewhere along the way.

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