
Top Tips for Smart and Safe Travelers

Contributed by ARAccontent
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Page, Arizona - You booked your trip and the excitement for your upcoming vacation increases as you count down the days before your travel adventure starts. But to help ensure your vacation becomes a travel delight and not a travel nightmare, there are some things you should consider prior to takeoff.

"Traveling is a lot of fun," says Michael J. Kelly, President of On Call International, a medical and travel assistance company. "No one wants to think that something bad will happen, but it's best to be prepared from the beginning so you stay safe. And then if a travel emergency does arise, you know what to do."

Here are seven tips all travelers should consider as they plan their trip:

Prep Your Passport

Make sure you sign your passport and fill out the emergency information page. Consider making a copy of this information and leaving it, along with your trip itinerary, with a family member or a friend.

Pack for Safety

What you pack can help you avoid being a target of crime. Research the appropriate attire of the location where you will be traveling. Dressing too flashy or too casually instantly tells locals you are a tourist. Also, consider leaving jewelry, watches and extra cash at home where they are safe.

Secure All Luggage

Put your name, address and telephone number on the inside and outside of all pieces of luggage. Sometimes the traditional tags on the outside of luggage can get ripped off and then it is important that there is an alternative way to identify the owner. It also is a smart idea to put a copy of your travel itinerary inside your luggage, especially if you are on a tour. That way, if your luggage is lost, the airline can direct it to where you are located.

Purchase Global Medical Assistance

Did you know that your medical insurance might not protect you while traveling and that only 8 percent of plans cover an evacuation for medical reasons while you're in a foreign country? Medical problems of all types occur when traveling, so it's a smart idea to purchase medical and travel assistance from a company like On Call International.

On Call provides peace of mind for travelers. Members get access to a 24-hour emergency response center to find doctors in your travel area, a 24-hour English-speaking nurse line to help identify symptoms, and coverage should you need to return home for medical reasons or have a family member flown out to your bedside if you're hospitalized. On any given day, On Call is medically evacuating an average of five people, so it's more common than you think. Visit www.oncallinternational.com to get the affordable coverage you need.

Register with the State Department

Registering your travel plans with the U.S. Department of State helps to ensure you are easy to reach should something happen with your family in the United States or if something important is happening in the location where you will be traveling. Visit the State Department at www.travel.state.gov.

Handle Prescription Medications with Care

To avoid problems with customs, keep any prescription medications in the original, labeled containers. If you require many prescription medications, consider bringing copies of your prescriptions along with the generic names in case questions arise.

Observe Local Laws

While visiting a foreign country, you are subject to its laws and regulations. You should research the local laws and customs prior to visiting a country so you know what to expect. Visit your local library, call your local tourist bureau or ask your travel agent for more information.

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