



## **Tips to Make You Travel Wise**

Whether you're a seasoned traveler or just beginning to explore new vistas, here are a few tips to make your trips more enjoyable, less expensive and safer:

### **For your road trip . . .**

From AAA and [www.seniordrivers.org](http://www.seniordrivers.org):

- Write out directions using maps of your destination to avoid reading maps while driving.
- Take frequent breaks at least every 100 miles or two hours; take a walk, have a snack.  
The most dangerous times to drive due to fatigue are 12 a.m. - 7 a.m. and 2p.m. - 5p.m.
- While driving, keep your eyes moving and set the car's temperature on the cool side.
- Bring a cell phone and other emergency tools such as jumper cables and flashlight.  
Make sure your rental car has an inflated spare tire and a jack.

### **For your health...**

AARP and [www.healthwise.net](http://www.healthwise.net) suggest you:

- Contact the Centers for Disease Control ([www.cdc.gov/travel/](http://www.cdc.gov/travel/)) and the World Health Organization ([www.who.int/en/](http://www.who.int/en/)) for information about current disease outbreaks and travel health. The pneumococcal vaccine, which prevents bacterial pneumonia, is recommended for everyone older than 65.
- If you become ill or injured while traveling abroad, your embassy can help find medical care. The U.S. Department of State lists every U.S. embassy worldwide: [www.state.gov/travel](http://www.state.gov/travel).
- Consider the environment where you will travel and plan appropriately. Is the water safe to drink? What about air pollution (for those with lung conditions)? What will the temperature be? The altitude?
- Boost your fitness with an exercise program before you go – increase your daily walk.

- Carry a letter from your doctor or wear an internationally recognized Medic Alert bracelet (1-888-633-4298).

You can also obtain a worldwide directory of qualified English-speaking physicians who work on an agreed fixed fee schedule and are on 24-hour call by joining the International Association for Medical Assistance to Travelers (1-519-836-0102, [www.iamat.org](http://www.iamat.org)).

Membership is free but donations are requested.

### **For your security...**

Follow advice such as this from Alan Towey, Crime Prevention Coordinator at Seniors Go Travel, [www.seniorsgotravel.com/articles/t\\_security.php](http://www.seniorsgotravel.com/articles/t_security.php):

- Unpack and arrange your belongings so you can tell if anything is missing.
- Lock your empty suitcase so it can't be used to carry your property out.
- Leave a light and radio on in your hotel room when you leave.
- Looking lost will make you an easy target for crime. If you need directions, ask a store clerk rather than other pedestrians for assistance.
- Be careful about pickpockets in crowded areas such as elevators, baggage carousels, restrooms and public transportation.

### **For your budget...**

Save money using these tips from "Simply the Best Travel Bargains; 12 Tips to Trim Travel Cost ", *Reader's Digest*, [www.readersdigest.ca/mag/2004/10/bargains.html](http://www.readersdigest.ca/mag/2004/10/bargains.html):

- Travel off-season.
- When flying, plan well in advance (10 months to a year) or at the last minute (less than 2 weeks before you leave).
- Check your credit cards for existing travel or care insurance.
- Be flexible. Travel mid-week.
- Brown-bag healthy snacks and meals to avoid pricey airport or train food.
- Ask your travel agent where to change money to get the best exchange rate.
- Rent fuel-efficient cars, use cruise control and limit air conditioning.

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