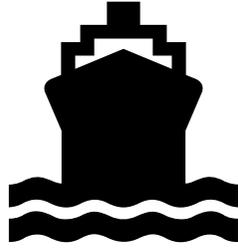
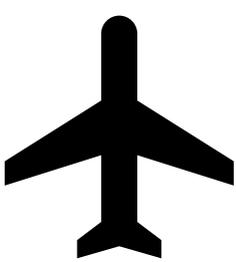


MY ITCHY TRAVEL FEET

101 BOOMER TRAVEL TIPS



At My Itchy Travel Feet, we've been there and done that. Plan your next trip with 101 boomer travel tips personally tested by us!

Packing Tips

- Roll pants to create a base in the bottom of the your bag, then use packing cubes and envelopes for the rest of your clothes.
- Bring a small canvas bag to use on day trips or cruise excursions. It can also double as a pool or beach bag.
- Pack a few empty plastic bags for leaky toiletries, wet swimsuits, muddy clothes, etc.
- Place a copy of your itinerary and contact information in all pieces of luggage including checked bags.
- If your carryon is too heavy to lift into the overhead yourself, check the bag. Which is cheaper, back surgery or a checked luggage fee?
- Pack it once, wear it at least twice. Leave all one-use clothing items at home.
- Pewter colored shoes go with almost any color outfit.
- Don't pack valuables or medications in checked luggage.
- Wear your heaviest pair of shoes on the airplane, even if they are tennis or workout shoes to keep luggage weight low and workout chances high.
- Packing cubes keep clothes from wrinkling and keep you organized.
- A rolling duffel bag holds more items. We also use one as a carryon.

Safe travels from **My Itchy Travel Feet**
The Baby Boomer's Guide to Travel

Cruise Tips

- Repositioning cruises save money because many are priced as two for one. It's a good time to try out a ship, especially luxury ships, at a value price.
- For the best cabin, book ahead making sure that you know cancellation policies. Cheap, last minute fares on cruises are often the worst cabins of the ship.
- Gain extra hours on your trip by cruising from East to West.
- Prone to sea sickness? Book a mid-ship cabin on the lowest deck possible.
- Candied ginger and sea bands are non-drug alternatives for mild to moderate sea sickness.
- Vow to take the stairs instead of the elevator to balance out the great food. That's what we do!
- Declare a sea day while in port. Stay on the ship while others brave the crowds. You'll have the ship to yourself.
- Spa specials are usually offered on port days. Stay on the ship and rejuvenate.
- Bring a shoe bag to hang over the inside of the bathroom door to keep toiletries organized and easy to reach.
- Pack a power strip with surge protector. There are never enough outlets in a cruise cabin.
- Book excursions on the cruise line's web site. Popular excursions book up quickly.
- Ask to be put on a waiting list for a booked up excursion. Cruisers are constantly changing excursion plans.
- Unhappy with your cruise excursion? Hold complaints until you can address them with the tour desk on the ship. Don't ruin it for others on your excursion who might be enjoying themselves.
- Don't overbook your cruise. Save time for enjoying the ship or relaxing on deck.

Air Travel Tips

- Save money and get the best itinerary by booking international flights from gateway cities even if you have to book a domestic airline to reach the gateway city.
- Check SeatGuru before booking flights to find the best seat and avoid the worst ones.
- When researching airline tickets online, clear your cache or use a private browser to see the best rates after repeated searches.
- If you're flying over the Thanksgiving holidays arrive at the airport early. What to do with the extra time? Go holiday shopping in one of the airport stores.
- When booking tickets, if a connection feels too short to you, choose a later flight. The extra time may be worth a longer travel day if delays occur.
- Don't go through security barefoot. Avoid germs by wearing socks or hose.
- Stuck at the gate due to a long layover or delay? Take a walk on the concourse but don't miss your flight!
- At the airport with time to spare? Find an empty gate to meditate or practice a few simple yoga moves.
- Turn flying economy into a first class experience by bringing an amenities kit you make at home.
- Pack your own snacks for the flight. Unsalted nuts or an energy bar are better than the empty carb foods served on planes.
- On the plane, wipe down tray table and armrests with antibacterial wipes.
- Research alternate routes. Save the info in the notes app on your phone, just in case you need to change plans.
- Install the airline's app on your phone. It's the quickest way to deal with rebooking flights because of delays and missed connections.
- A smile is your best negotiating tool when dealing with airline delays or issues. And it costs nothing.

International Travel Tips

- Scan important travel documents like passports, visas and credit card contact information into Evernote or Dropbox. The Pro version of Evernote allows you to access information across all devices even when offline.
- Bring two printed copies of your passport but pack them in a personal bag. Do not put the copies in checked luggage!
- Check your passport's expiration date. Many countries require that your passport be valid at least six months from date of entry.
- Does the country that you're visiting require extra blank pages in your passport? Check details at the U.S. State Department.
- Check with the U.S. State Department or CDC about needed immunizations or medical precautions and where to obtain them.
- Visit your personal physician to discuss precautions, especially if you have current or ongoing medical issues.
- Invest in a travel door alarm, especially if you're traveling alone.
- Pick up several hotel business cards from the front desk so that you are always able to return, regardless of language barriers with taxi drivers.
- Remember to keep a list of emergency phone numbers in your wallet.
- Use your cell phone as a flashlight.
- To save on international roaming charges, turn off the cell phone function of your phone. Use free Wifi paired with Skype or Google Voice instead.
- Learn "Hello" "Good morning" "Goodbye" "Thank you" and "You're welcome" in the local language. Add a friendly smile and you'll break through the language barrier, making new friends in the process.
- Alert your credit card company of when and where you'll be using your card to protect against fraudulent charges.

Safe travels from **My Itchy Travel Feet**
The Baby Boomer's Guide to Travel

Road Trip Tips

- Would you like to eat healthier on a road trip? Pack a cooler (the kind that plugs into the dashboard) with healthy meals that also include vegetables and low-fat cheese.
- Bring high energy snacks, such as nuts or energy bars, for those long driving times between meals
- Add romance to your road trip: Pack a screw cap bottle of wine, plastic wine glasses and a battery operated candle. Once you're off the road for the night, let the romance begin.
- When you're staying in a small town during a road trip, try to book lodging in the center of town. This allows you to walk to meals, working in a bit of exercise. You'll also have the opportunity to observe daily life.
- If you're traveling on a ferry system that offers reservations, it's worth the extra cost to reserve a space, especially in the busy summer travel season.
- Follow the dots on maps for the most scenic itinerary.
- Keep a small notebook and pen handy labelled "For Next Time." Notate any roads, lodging or sites for exploring on your next trip in the area.
- Have your camera at the ready for impromptu photo stops.
- Pack a very small bag for nightly stops. Every couple of days, change out clothes from a larger suitcase that you keep in the car.
- Pick up free magazines at gas stations and rest stops for a glimpse at local happenings and culture.
- Stretch or run in place every time you stop to refuel, take a bathroom break, stop for photos or purchase a meal.
- Remember that this isn't a marathon — it's okay to take detours.

National Park Tips

- Are you over 62? Purchase a \$10 Senior Pass for free admission to National Parks. It's good for life!
- Are you permanently disabled? The Access Pass is free and provides admission to all National Parks.
- Want to stay in one of the National Park grand lodges? Book ahead at least a year in advance. Don't give up if there's no room at the inn. Keep calling back to check for cancellations, you might get lucky.
- Avoid the crowds by visiting popular National Parks in the fall after school is in session. Be aware of opening and closing dates.
- Hike popular trails early in the morning before the crowd arrives.
- Bring hiking poles and use them. They take the pressure off knee joints and also provide balance on uneven surfaces.
- Bring a paper map, or pick one up at the Visitor's Center, as cell phone services are unreliable in National Parks.
- Arrive by train, using the Amtrak to Parks program.
- Own a RV? Spend the season volunteering as a National Park campground host.
- Pack layers of clothing especially when visiting National Parks with higher altitudes.
- Respect wildlife by following the rules. No selfie with a buffalo is worth you or the animal getting hurt.
- Visit Yellowstone National Park in the winter for the ultimate wildlife watching experience.

Healthy Travel Tips

- Call your medical insurance provider before leaving on an international trip to determine if you have worldwide coverage. If you do, tell them where you will be traveling and take down the call collect number just in case you need it.
- Joining a medical evacuation program is an inexpensive precaution in case of a long medical recovery in a foreign destination.
- Bring a copy of medical and eyeglass prescriptions.
- Start training several months before leaving for an active travel adventure. This includes exercising, stretching and eating right.
- To combat altitude sickness, strengthen lungs with deep breathing exercises before traveling to a high altitude destination.
- If you're trying an activity for the first time (like snorkeling, snowshoeing, cross-country skiing, ATV riding), sign up for a couple of hours rather than the all-day excursion. It will be easier on your boomer body and you'll know if the activity is worth more hours for the next time.
- Tell the guide about any concerns you might have such as a fear of heights or medical conditions. A good guide will help you through them by offering empowering strategies.
- Book the most active cruise excursions available.
- Do jumping jacks or run in place while fueling the car on road trips.
- Don't leave your new-found flexibility at home. On a road trip, stop the car every 90 minutes for a 10-minute stretching session. If you're on a cruise, check out the stretch classes, they're available on most cruise lines.
- Dance, dance, dance on cruises.

- Plan to exercise in your hotel room (or in the gym if there is one), but practice and perfect your routine first at home.
- Wear a step counting device. Don't go to bed until you've logged 10,000 steps.
- Apply sunscreen every morning, just in case.
- A tinted sunscreen with a zinc oxide base offers the best protection for your face.
- Powder sunscreens are convenient for reapplying sunscreen to your face during the day.
- Drink plenty of water!
- Sniff peppermint oil to quell a craving or—chew mint gum or sip peppermint tea.
- Sprinkle cinnamon in your coffee instead of sweetening it with sugar. You'll save calories plus reap the medical benefits of cinnamon.
- Get up early enough to make a peanut butter sandwich on whole wheat bread before leaving on an early morning flight. Substitute the sandwich for a bagel and coffee at the airport or the high carbohydrate snacks offered on the plane.
- Substitute club soda mixed with cranberry or pomegranate juice as an evening cocktail. Request that it be served in a champagne flute.
- Say no to extra pours of wine at all-inclusive resorts (or cruises).
- At dinner, share the main course with your travel partner (but order an extra salad so you consume enough vegetables). Ask for half portions at dinner.
- Survey the buffet first and put only items you'd rate as a "10" on your plate.
- Enjoy dessert but stop eating after the first three bites.
- Have a plan. If you splurge, promise to make up for it the next day.

Were you counting? Yes, that makes 101 boomer travel tips!