

Holiday Checklists to Refer To Before Travelling Abroad...



[Travel Tips by Cheap Holidays Abroad](#)

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Introduction

No doubt every year you look forward to the summer holidays or the time when you take leave from work to enjoy a much needed holiday away.

Today the possibilities and options for travelling to many beautiful destinations all over the world have become within reach of everyone.

Still even with technological advances in modes of transport communication and medicine; while travelling things can go horribly wrong.

With this in mind **[My Holidays Abroad](#)** gives you this free guide packed with great tips for travelling safely.

Some may be simple common sense but still in the excitement and rush of planning your holiday many little things can be overlooked which make things go wrong when you least expect them too.

Sure travelling can be expensive and all the extras that come with it, but with some proper planning, and taking advantage

of budget travel tips, you can plan one of the most memorable family holidays or romantic honeymoon ever.

This guide has some valuable tips to keep you and your family safe while travelling abroad and is a great guide to refer to when you know you are going away.

Read it again before you plan your holiday so that everything goes smoothly.

You have a holiday budget right? So the first thing to do is visit any travel website and check what their approximate costs are going to be for airfares, accommodations, and local tours.

Then have a look see what sort of holiday activities there are and whether they also appeal to you.

If you just want a warm beach holiday to lounge around in the sun and swim, then there are some absolutely stunning beach locations in the Caribbean to choose from.

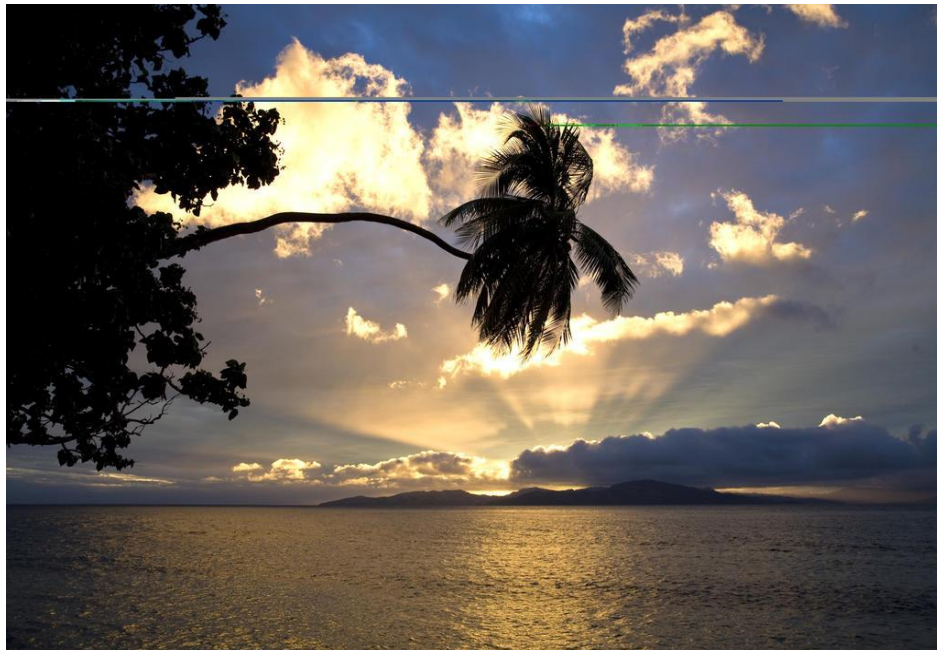


Travelling on holiday is something everyone will do in their lifetime and when travelling abroad a handy travel checklist will

ensure that everything goes smoothly from planning to the actual holiday experiences.

We have already touched on some of these points in travel extras but for your convenience, we are going to summarize this travel checklist to remind you of the most important points to write down on a travel checklist and then tick them off once completed...

Holidays abroad should be a safe memorable experience but sometimes things do go wrong, and if you have planned for any eventuality you can avoid letting these issues ruin your holidays abroad...



It is the new millennium and with cruise travel, air travel and road travel now within everyone's reaches there has never been a better time to pack a bag and head for unseen horizons.

With a minimum of planning the world is waiting for those who are willing to take that first bold step into the unknown.

It is not only the usual tourist spots that are waiting for the adventurous soul, but exciting expeditions to all corners of the globe...

Many countries are also opening their doors to travelers and tourists who are interested in experiencing the road less travelled offering amazing value all-inclusive travel packages.

For those who want to travel to out of the way destinations, cruise fares and air fares have become much cheaper than they have in past years.



With a little application of common sense and a serious wanderlust, travelers from the old to the young are offered greater opportunity than ever before.

Safety for you and your family while travelling abroad must always be a priority and if you are properly prepared, you will enjoy your holiday without any serious incidents to ruin it.

Exciting Adventure Travel



Tips for Travelling Safely With Small Children.

Many families enjoy exploring other countries and if you are flying with small children on a family holiday, there are some safety tips to be aware of that will ensure your trip abroad goes smoothly.

Today airlines do diligent safety checks to keep everyone safe for your peace of mind even though these security points can be a little tiresome for families.

Everyone needs to go through these security checkpoints and in some airports, there may be more than a single check done before you get onboard.



The airport security personnel need to screen everyone, no matter what ages and this includes babies and little kids.

During the security check, the officers will try and keep families together for as little discomfort as possible.

Children are handled with respect and as gently as possible with offices fully aware of parents concerns and if you are helpful during security checks everything will go smoothly.

Here are some guidelines for going through security airport checkpoints:



- 1.** Remove babies from prams and carry them while the carrier goes through the x-ray machines.
- 2.** All items of luggage will go through X-ray machines including baby carryon bags, toys, blankets and diaper bags without exceptions.
- 3.** If Possible collapse the pram, baby stroller, or baby seats so that they are compact to go through the x-ray machine.
- 4.** Remove any items that you have placed in the prams or child equipment and place it in the plastic bins provided for smaller items to go through the x-ray machines.
- 5.** Larger prams, strollers and baby seats that cannot go through the machines will be visually inspected by security officers and should they question you about certain features answer politely.
- 6.** If your family has substantial child baggage, prams, and other items babies or small children need to ask security officers for assistance in gathering everything after the safety

check as airport boarding can be busy with many passengers waiting to go through security points at a time.

7. Before final boarding, you will need to go through metal detectors and if small children can walk they will need to go through individually.

8. If you need to carry babies through the alarm may sound and if so security officers will ask to screen you and your child separately, or do an alternative security check?

9. Do not pass children and babies to security officers unless expressly requested to do so and neither to another person in front or behind you during the security check.

10. Always remember that the security personnel are just doing their job for keeping the airways safe for everyone and by cooperating fully the safety screening checks will go smoothly.



Try and limit what you want to take on board for small children which will make security screening easier.

You may want to take some toys to keep small children occupied while flying and be sensible in choosing practical ones.

It can be useful to spread the carry-on bags between everyone in the family that are old enough to manage which will make it easier for everyone while ensuring that if you do have infants they will have everything they need during the flight.

When travelling overseas by air for your family holidays, explain everything to your children that have never been on an aircraft.

This includes what to expect on the actual flight as well as what happens when they will be checked by security officers so that they are not fearful when the time arrives.

Exciting Adventure Travel

[Tips for Choosing Your Holiday Accommodations: Star Ratings Explanations.](#)



One of the largest expenses when [travelling abroad](#) is holiday accommodation and while you're away you want the type of comfort you are accustomed to without blowing your holiday budget.

With such a huge variety of accommodation options wherever you plan to visit, some tips will help you get exactly what you want at a budget beating price and without compromising on creature comforts.

Let's go over some accommodation tips covering all types of choices:

1) Backpacking, Hostels and Dorms: Choose the small dorms in hostels which are preferable over large ones even if they are more expensive. You may still end up sharing with someone but you can get some great travel information from your roommates.

Do research to make sure the hostel, youth centre or backpacking hotel is reputable and double check bookings in advance before leaving for your next destination each time.

2) For low-cost options, you could try to get holiday accommodation as near to the airport as possible if you don't want to rent a car while on holiday. Check whether the hotel has a shuttle service or taxis available.



Something to consider in this case is that not all airports are located in the best areas of the cities and there may be a lot of noise from aircraft activity. Although you will find them cheap and comfortable you may have to endure the noise.

3) The location of accommodation plays a large part in what you will pay. All Hotels, Resorts and holiday rentals, will always charge a premium rate in exchange for the convenience of their location, close to beaches, holiday activities and amenities.

For a good example why not check the prices for holiday accommodation on or close to a resort such as Disney Land in comparisons to others on the outskirts of towns or cities.

4) Choose accommodations relative to the tours and activities you have planned for your holidays.

For example, if you are going together as a family you will enjoy much better use of your limited vacation time by making sure the travel distances between the tours and attractions is as short as possible.

If you want to see the sights in London for example, then get accommodation as close as possible to these sights.

5) Stars aren't everything when you choose holiday accommodation. Even one-star hotels resorts and hostels are clean, have great services and good food.

When you are staying for a longer duration while abroad go down a few stars and you will find an enormous difference in rates.

Other options to consider are the comparisons between all-inclusive and self-catering. You get what you pay for, and often a lot of amenities and facilities you might not even use but will still pay for them regardless.

What do the Star Ratings Mean in Holiday Accommodation?

You can always trust large established chains such as The Hilton or other well-known brand resorts.

You should do your homework when choosing accommodation because smaller independent chains with fewer stars also have their merits besides being infinitely cheaper.

Although the star rating system was created to help guests and tourists judge how good a hotel is, these days many people read the reviews and take these as gospel rather than look at what the accommodation offers.

Star ratings indicate the level of services, comfort and standards a guest can expect, recognized worldwide and rated from **1 – 5**.

Stars are allocated to accommodation according to the quality of service, facilities and amenities, the size and condition of rooms, furnishings and the food.

They are also given according to safety and security standards of the buildings, efficiency of staff and services for guests. These are down to earth hotels and resorts or motels offering guests practical accommodation.

They will offer you the basics and sometimes the ablution facilities will be communal.

1-Star Rated Accommodations.



One-star accommodation is very cheap in most instances and a bargain for those on tight budgets that are not worried about en-suite.

Before paying, first check the rooms and facilities because you don't want the bed bugs to bite. Also check the location is in a safe area of the town or city.

2-Star Rated Accommodations.



Although many hotels, motels and smaller resorts offer en-suite facilities there are still a few where you might have to share a shower and bathrooms with other guests.

Most will offer comfortable furnishings and television as well as options for bed and breakfast.

3-Star Accommodations Ratings



Just like you are going up in the ratings, almost all of these accommodations offer private bathrooms, HD and comfortable furnishings. Some may offer mini bars and additional vending machines for free ice and snacks.

These days the 3 stars accommodations come with improved services and facilities, inclusive bed and breakfast, improved staff service and room cleaning.

Resorts, hotels and motels are always in competition with one another and will go out of their way to get good reviews from guests.

4-Star Accommodations Ratings



With four-star hotels, resorts and other accommodation you can expect a bit more luxury.

All of these offer spacious rooms with private bathrooms, quality linens and great locations.

Look forward to higher level services, emphasis on quality dining facilities, including room service and cleaning, dry cleaning.

[Browse Villa Accommodations here](#)

5-Star Accommodations Top of the Log



It doesn't really need to be said that this accommodation is simply the best.

The interiors and rooms will be of the highest standard possible to treat guests with pampering and luxury.

Stylishly furnished rooms with services for guests is unsurpassed.

Five star means that nothing is too much for guests and there will always be room service, luxury amenities, Jacuzzis, spas, massages, a gym and other useful services available.

5 stars mean flawless services and high standards to make sure guests are always happy with everything.

We all know 5 stars are the best and naturally, the affordability might not be favorable.

These holiday accommodations star ratings are a general guide to what you should expect while choosing accommodation.

Even so, sometimes lower star rated accommodation are also top class, treating guests with everything of the highest possible standard.

Of course all of them want a 5-star review from guests as this is good for future business.

With so many hotel chains and resorts in so many different countries there can often be a lack of consistency in hotel ratings.

Sometimes a 2-star hotel in a certain country will make you feel as if you are staying in a 4-star hotel because the services and facilities were fabulous.

It can go either way where a top class hotel gives you less than what you were expecting and what they have been rated for.

Some Help to Make Holiday Accommodation Choices.

Today, reviews go a long way in helping people [choose the accommodation](#) they want.

Another great solution is to ask trusted friends or colleagues that have travelled and what they recommend.

You can also do some research online about the hotel with Google.

Reviews are a great watchdog to find great accommodation but beware even these are often negative because as the saying goes, you can't please everyone all of the time.

Negativity for small issues is quite common and often damaging to the reputation but in reality, the hotel was still great holiday accommodation

>>>because some people are never satisfied with anything.

It really isn't difficult to see between the lines and choose with confidence, as long as you use the tools at your disposal and prepare in advance with a bit of extra effort.

Remember sometimes even un-classed accommodation can be superb so do your research carefully

Tips for Keeping Money and Valuables Safe While Travelling Abroad!



You have probably heard stories from others how their holiday turned into a complete nightmare with everything going wrong as soon as you locked the door behind you to leave for your trip.

Your yearly vacation with your partner or family should be an enjoyable memorable experience but everyone has a horror story to tell.

Worse still; in a foreign country where often English is not the first language trying to sort out a problem can turn into a frustrating mess that makes you want to pull out your hair.

Some terrible things that have happened to unsuspecting travelers include:

- Hotel or resort rooms being robbed with loss of money, valuables and even passports went missing
- Spouses gambling away all the holiday money in a feverish quest to win at a casino.
- Getting horribly lost in a strange city and ending up in an undesirable location
- Losing your wallet or having it stolen by a pickpocket with all your holiday money and credit cards in it
- Your luggage goes missing at the airport, it's on its way to Russia and you are in Spain
- You arrive at your hotel or resort and they never confirmed your booking and now it's full
- Food poisoning or illness lays you out for the count for the entire holiday
- You get stopped at customs for items you did not know were forbidden in that country!



Things can wrong, but with some careful planning, you can prevent them from happening or have some valuable backup plans in place to overcome them.

Its stressful planning a vacation abroad and you are bound to overlook something.

Consider referring to this guide before going on holiday to tick off things as they get done.

1) Invest in a hidden wallet to carry most of your valuables and identification and split these up between members of the family to prevent theft or losing everything at once.

Take some foreign currency relevant to the country you are travelling to, as well as your own currency in the traveler's amounts that are allowed.

You can always exchange currencies at the hotel or resorts if you need to.

Do not take expensive jewelry or watches with you on holiday. There is really no need to and it can attract thieves.

2) For holiday money you can also use 'travelers' checks and if you feel comfortable sending them in the mail, get a friend or family member on standby back home to mail a money order or a traveler's check to you at your hotel so that even if you lose some of your money, or were robbed, you can have access to more funds.



3) Let friends and family back home know exactly where you are going and where you will be staying while on holiday.

This way, if something happens in the area where you are vacationing, your loved ones will be able to have a good idea of where you are.

4) Make three copies of your passports and identification take one copy and originals with you, and leave copies of identification at home with friends or family to courier to you if, they go missing or get damaged while abroad.

Lock your travel documents in the hotel safe or resort where you are staying as soon as you arrive, and only keep what is necessary with you.

5) When you go on vacation, choose one credit card to bring along, rather than bringing all of them if you have more.

Keep a diary of contacts of the banks to call in case you need to cancel bank accounts or credit cards immediately if they get stolen or go missing.

This way if your wallet gets lost or stolen while on holiday, you will minimize your losses.

6) Investigate preloaded credit or debit cards to load your holiday spending money onto.

This keeps you within your holiday budget because these cards are really more like a debit card that you put money "on" so that if you end up losing your wallet the thieves cannot ruin your credit rating.

7) Keep a diary and record all your important phone numbers to keep with you on your trip and make a copy to keep them in two different places.

Keep phone numbers to reach your embassy; numbers of close family, and friends, who can help you if you get into trouble and bring along phone numbers of the hotel and car rental company as well.

8) Take out proper travel and medical insurance and keep copies of this travel insurance information on hand.

You can also leave a copy with family back home just for safety in case they need to access if you become incapacitated.

Read all the details to know what you are covered for so that you have peace of mind in case of an emergency.



9) Bring along all you're and the family's basic medical information with you, like their blood types and allergies.

If possible when you arrive, make sure that the medical information is translated into the primary language of the country you are going to so that non-English-speaking doctors will have no problem understanding the situation.

10) Know what kind of insurance is covered for loss of bank accounts and on your credit card, if that is how you are going to be paying for your trip.

For example, some credit cards cover car rental insurance, but may not cover it in the country you are going to.

Be sure to know what type and what cover in travel insurance you have before you leave.

11) Clearly mark your luggage and if possible have it wrapped at the airport.

You don't want to become an unsuspecting drug mule and this is why luggage wrapping has become popular, it's inexpensive and worth doing.

It also protects your luggage from being damaged while in transit.



12) Each country has its own laws on food and other materials allowed into the country.

Some countries like Australia are extremely strict regarding foodstuffs, flora and fauna coming into the country and you can face a hefty fine or even a criminal record if you are not careful.

Check what is allowed and before entering be honest in declaring what you need to for peace of mind.

Look forward to a smooth fun relaxing holiday abroad which is what it will be if you have planned for every possible eventuality.

Sure things can still go wrong but with a backup plan, you can simply take it in your stride.

Vital Holiday Planning Tips you Should Never Overlook!



Each year millions of people from all around the world citizens enjoy cruise vacations, tourism travelling and around the world sightseeing.

Travelling on cruise ships, trains, by air or even in taxis exposes people to new environments and high volumes of people, including other travelers.

In some countries it can happen that locations are less than hygienic opening up healthy people to minor or even serious illnesses.

All this exposure to each new environment creates the risk for illness, which could come either from contaminated food, dirty unfiltered water at some locations or more commonly through person to person contact

Please follow these tips to help prevent the spread of illness and maintain good health while travelling:



1. Wash your hands often as possible! Before and after eating, after smoking, after touching areas, after touching your face where airborne germs can accumulate, and after going to the bathroom.
2. Leave any area if you see someone get sick (vomiting or diarrhoea). This can often happen in bars, and from people becoming seasick or motion sick. Report the incident to cruise staff or travel stewards, if not already notified. You could become sick if you ingest contaminated particles that travel through the air.
3. While travelling keep up a strong immune system by taking extra care of yourself. Get plenty of rest, drink lots of water, eat healthily getting daily fresh fruit and vegetables and consume alcohol within limits.

Resting helps rebuild your immune system. Drinking water helps prevent dehydration and healthy nutrition boosts your immune system.



4. Always be considerate of other people's health while travelling whether on a cruise or by air or any means.
5. If you're ill before taking a cruise, call the cruise line, travel agent tourist excursions to determine if there are alternative cruising options.

The same applies for any trip and mode of travel you may have planned in advance. Budget wise: before even starting planning family holidays what budget do you have and you will need to work out many factors for a memorable holiday occasion.

Still, there are always many extras on holiday you need to cater for like shipping, ice-cream for the kids, tourist attractions, rides on water parks and the like and souvenirs. Then some money for tips and unforeseen expenses is a must as well.

Ask your travel agents about exchange rates or look these up on Google and add a little extra for fluctuations in currencies. If possible and you can organize family holidays during off-peak seasons, then you will save even more on your family holidays

but it may mean having the children out of school for a few days extra which may not be an option.

How to Prevent Motion Sickness When Travelling.



Motion sickness occurs when your brain and your body get confused.

Your brain thinks that you're still because you are standing still on a surface like the deck of a cruise ship or when you are sitting inside a car, but your body senses balance through your inner ear and knows that you're moving.

This conflict produces a chemical which your body tries to reject, and this is what makes you feel ill which can turn into a full blown episode of motion sickness.

Here are a few tips that can help to prevent motion sickness no matter what mode of transport you are using.

1. As soon as you begin feeling queasy or ill then it is advisable to focus your eyes on the horizon.

2. if you are indoors in a car or in a cabin go outside or open a window to get some fresh air in, sometimes overpowering air fresheners, or cruise ship cabin smell can make sufferers feel even worse.
3. If you are prone to motion sickness avoid reading or tabs, laptops or hand held games!
4. When packing snacks for the journey or eating onboard a cruise ship avoid strong smelling or greasy hard to digest foods. Stick to dry snacks, and water or squash rather fizzy drinks or orange juice.
5. Sometimes it can be useful for certain people suffering motion sickness to close their eyes. If you can't see the movement it removes the cause of the sickness, and you may even fall asleep after a little while.
6. Today most chemists sell highly effective over the counter motion sickness pills that are effective or you can invest in wrist bands that have pads which touch the magic pressure point on the inner wrist and stop motion sickness.
7. There are certain foods you can also eat which may help to prevent motion sickness and one of the most popular and effective options are ginger.

Try eating ginger biscuits, ginger sweets, ginger beer, ginger tea or ginger tablets.

Fresh mint also works wonders and you can often get it from the dining areas.

Alternatively, if nothing else is available you can try peppermint sweets to suck!



Top Tips for Road Travelling Trips!



In order to visit certain destinations where air travel and train travel are not possible it may mean taking an extended road trip perhaps in your own vehicle or a rental depending on what country you are visiting.

Long car journeys in strange countries can be extremely unpredictable so it's best to take some of these tips into consideration and be prepared...

1. Plan your journey with the help of a tour guide and a GPS and, if you haven't got GPS there are plenty of websites that do route planners. (Try Multimap or Google maps.) While you're online check out information on the areas, plan an alternative route and schedule regular stops.

2. Take time out on long drives by making regular stops to stretch your legs and get some exercise so that you can burn off some excess energy before getting back on the road.
3. Many car rentals have overpowering air fresheners which can give you a headache so remove these if possible.
4. Take along some snacks and sweets to munch on while you are travelling because in some areas there are long distances between stops where you buy anything to eat or drink.
5. ALWAYS have lots of water handy, not only to keep everyone hydrated but if anyone suffers from motion sickness you'll need it to clean them and the car!
6. More useful items are tissues, wet wipes and a plastic bag for rubbish!
7. A mini first aid kit with all the basics is a must have for long road trips and if you do not have one then buy one from a local pharmacy.
8. Lastly make certain your phones are properly charged or that you have a portable car charger so that in case of an emergency you are able to call for help.

Travel Safety and Security Tips



No matter where you travel in the world there are always going to be criminals lurking so it is worthwhile to be extra vigilant especially in certain countries.

Before you visit a destination it is worthwhile spending some time online to learn a bit about the country and cultures so that you know what to expect.

All big cities are dangerous as many thugs operate in them, pickpockets, kidnappers, and thieves ready to strip you of everything you have if you are not vigilant.

Here are some safety and security tips to take note of while travelling to prevent a nasty incident or even getting stranded because all your documents, cash, passports and travelers checks have been taken.

a) If possible, ALWAYS carry your own luggage and bags at the airport, bus and train stations.

Many a traveler has lost everything when so called criminals acting as porters have run off with everything.

*Rather ask your friendly taxi driver or staff for help at your hostel, hotel or guest house, or wherever you have arranged accommodation.

b) NEVER carry large sums of cash with you and split the cash and cards between travelers. Try and carry only the amount of cash and one credit card for your day trip that you might need.

c) Avoid using a handbag, backpack with open pockets and zips, and outside pockets, rather carry your valuables either in your inside pockets or a strong shoulder bag or money belt under your clothes that isn't visible.

d) Use a small purse with small change and notes in public areas or when you have to shop in crowded places.

REMEMBER PICKPOCKETS: WHEN THEY BUMP, THEY STEAL AND IT'S GONE IN A FLASH!

- e)** Photographic equipment, laptops, tablets and cellular phones should also be carried with caution when you are in public places.
- f)** Do not leave your equipment near open windows or visible on your bed, pedestals or unattended on your car seats when you drive.
- g)** Make regular downloads and backup CD's of your precious photos and memories and put them on a separate memory stick daily.
- H)** Your cash, credit card and Passports are safest when it is locked in the room or hotel safe, Ships cabin safe or purser (if applicable) or request the safe keeping with relevant security staff or hotel managers.
- I)** Make copies of everything at least three copies if possible and divide them among the family so if one of you gets robbed you have these as backups
- j)** While sightseeing at port excursions or while travelling always remain in a group if possible, and try not to wonder off all on your own.
- k)** Dress conservatively and try not to wear or display flashy jewelry especially designer expensive stuff because thieves have eyes like hawks trained to spot these items.
- l)** Never leave any valuables on your car seats that are visible to pedestrians as this will avoid a "smash and grab" incident. Lock them in the boot or keep them out of sight under the seats.
- m)** In hotels always keep your doors locked at all times and while out and about, be aware of pedestrians or street vendors

around your car when you stop at an intersection or traffic light.

n) IN CASE OF THEFT OR ROBBERY IMMEDIATELY:

Cancel all your credit cards and travelers cheques when they are stolen or lost.



Conclusion

Hope these travel safety checklist tips will help you enjoy a wonderful holiday and if you apply them which is simple enough t you can be a smart happy traveler as well.

Travel is a great way to expand the mind and broaden your horizons, but remember to take these few common sense precautions we have discussed above

.

By doing some simple preparation you can make your journey that much more enjoyable.

Applying these common sense tips make the difference between a miserable time, and fabulous memories that will be with you for the rest of your life.

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