

TIPS/GUIDELINES for BETC TRAVELER HEALTH, SAFETY, SECURITY and ENJOYMENT

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The following tips/guidelines for BETC trips are provided to help you prepare for and enjoy your travels.

These guidelines and tips were extracted from Center for Disease Control data, US State Department documents, Air Transport Association alerts, BETC Trip assessments, Airline Information, discussions with Travel Health Professionals, [personal trip experience](#), and review of data on internet travel sites.

PRE-TRIP PLANNING/PREPARATION

-Obtain travel alerts for countries you are visiting from the US State Department at www.travel.state.gov. For other points of view visit the British at www.fco.gov.uk/travel and the Australians at www.dfat.gov.au/consular/advice. If you don't have access to the worldwide web, ask your BETC Trip Focal for the data. Know what the trip cancellation costs are if the trip is cancelled because of security/safety reasons. Travel Guard International will provide a free World Travel Cue Brief for areas you plan to visit. Call 1-800-540-9037 for information. You can also access their web site www.travelguard.com for information on the financial health of cruise lines, airlines and major travel organizations. Many companies are on shaky financial grounds because of the current economic situation worldwide.

-Get trip medical and cancellation insurance if it is not part of the trip price. Have trip cancellation, pre-existing condition, and emergency medical evacuation coverage. Remember that Medicare does not cover your medical expenses when outside the United States and that your personal insurance may have limited coverage. Check your health care insurance to know what situations are covered when you are out of the country. Make sure your Tour Agent provides you a detailed listing of what's covered and what's not if insurance is part of the trip price. It is a good practice to check on what coverage you have in the event of trip delay or cancellation due to terrorist acts and/or threats plus changes caused by flight cancellations/trip interruptions due to financial problems of the firms providing the service.

-Make sure that your passport has at least 6 months before expiration. Write (in pencil) your emergency contact data in the appropriate section of the passport. Also, make sure that you have enough blank pages for the immigration officers to stamp your entry/exit from the countries you plan to visit on this trip. Make sure that you have the proper visas for the countries being visited. Note: For some countries the visas can be obtained upon entry. Know what the fees and visa application requirements are. Make sure your Tour Agent provides you this information in writing before the trip. US Passport fees and processing has changed. The fee for first-time passport applicants is now \$85 per adult. The renewal fee for an adult's passport is now \$55. Children younger than 16 will now pay \$70 for their first passport. Fees for expedited service, for people who need their passports in

fewer than 14 days, is now \$60. Adult passports are valid for 16 years, and those for children younger than 16 are valid for 5 years. For passport information, see www.travel.state.gov, which has application forms you can download and lists Post Offices and other sites where you can apply. Or call the National Passport Information Center at 900-225-5674 (35 cents per minute for recorded information) or 888-362-8668 (\$4.95 charge, you must enter your credit-card number)

- If you have a passport from another country (Canada, for example) and have a US green card, make sure the data is up to date. Also, make sure you have the proper visas to enter the countries being visited. These visa requirements may be different than those for people traveling with US passports. Contact your country's Consulate or Embassy for information. Recheck about a week before your trip to be sure that you know of any recent changes.

-Leave a copy of your trip itinerary, passport ID page, phone numbers/locations where you can be reached in an emergency. Leave this information with your home emergency contact.

-Pack sensibly; take only what you need, don't take clothes that will easily identify you as a tourist. Limit your carry-on luggage so that you will have room for your feet under the seat in front of you on the airplane. **Know what the baggage security rules are for the airlines you will be traveling with.** New scanners (CTX-5000) for X-ray of checked baggage will damage unprotected film. You will need carry your film in protective bags. Refer to web site www.f-stop.org for the latest information. Ask your Tour Agent to provide you guidelines for film and camera/video equipment that you plan to take on your trip. Identify your expensive camera, video equipment and computers with name tags since many look alike and could get mixed up at airport security check points.

-Take your International Certificate of Vaccinations (this is required by yellow fever prone countries to prove that you have the proper shots), eyeglass prescriptions, medical alert information, blood type data, and medical prescription records with you in a separate plastic bag. Carry this in your hand carry luggage. Make sure you have the vaccinations and medications recommended for the countries you will be traveling to. Refer to www.emedicine.com for a chapter on Tetanus. Also, the State of North Dakota (www.ehs.health.state.nd.us) has good information. The Center for Disease Control should always be used to get updated information. See www.cdc.gov/travel or call 1-877-394-8747.

-Pack your medicines, spare eyeglasses/contacts, sunglasses, travel aides, vitamins, and other items you will need access to while on the plane in your carry-on luggage. Keep medicines and vitamins in their original containers to ease your passage thru Customs. Know the generic names of your medicines in case you need to replace lost items in the country you are visiting. Take some good general-purpose allergy medicine with you to cope with the different air pollutants and room environments you will encounter in foreign countries.

-If you have any doubts about being able to handle the trip, consult with your doctor. Ask the Tour Agent to provide details on the amount of walking and stair climbing required for the trip. **Find out the altitudes for the places being visited.**

-Make sure you don't have any dental problems before the trip. Get a dental checkup if you think you have problems. Take some toothache medicine such as Anbesol with you just in case. Take some Dental Dots with you to clean your teeth in situations where you don't have your toothbrush handy. See www.dentaldots.com. Take some Fixodent with you in case a crown or tooth cap comes off during a trip.

-Use the recommended packing list furnished for the trip as a guide for taking what you will need. Take clothing, shoes and other items that you may want wear and then leave as donations; this will make room for souvenirs. You can save lots of money by shopping at Goodwill, Value Village or the Salvation Army for travel clothing that can be worn a few times and then left as donations to the maids, guides, etc.

-Take good condition US currency (\$1,\$5,\$10,\$20 bills) for shopping and tips. Know the value of local money so you can bargain better and know the value of other things you buy. You can access www.usatoday.com for a foreign currency converter in the money currencies web page.

-Stop newspaper delivery to your home before the trip so you know its been stopped.

-Stop mail delivery by the Post Office unless you have a friend or relative pickup mail for you.

-Check on other services that you can stop on long trips to save money. An example is your garbage collection.

-Set your thermostat at the temperature you wish to keep your house while gone.

-Pay all your bills before the trip so nothing becomes overdue while you're gone.

-Ensure that your home alarm systems are working properly and notify your local emergency contact that you will be on a trip. [Install new batteries where required.](#)

-Notify your security service if you live in a community that has its own security prior to your departure. [Inform your neighbors of your travel plans so they can be alert for anything unusual at your home while you're gone.](#)

-Arrange to have your lawns mowed and indoor/outdoor plants watered while you're gone.

-Have friends or relatives take care of your pets or place them at the vet while you're gone.

-If you are a member of an airline frequent flyer program check the affiliation of your airline's program with the airlines that you will be flying on this trip. This includes the local airlines you will be flying in the country being visited. Present your frequent flyer card at check-in. Save all your airline ticket receipts and boarding passes in case you have to submit mileage claims after the trip.

-Know the phone number you can call if you have lost or stolen credit cards during the trip. This phone number is different for foreign countries than 800 numbers for use in the USA. Determine if your credit card company puts any limits on your charges when overseas.

-Determine, before the trip, whether your ATM card will work in the countries visited. Find out how to use your access code on foreign ATMs. You get the best exchange rate for your US dollars by using the ATMs.

-Make copies of your ATM card, credit card, traveler check numbers, drivers license and any other important papers you are taking with you. Carry these copies in a plastic bag with your other copies of travel documents. Leave a copy of this documentation with your home emergency contact.

-Remember that your airline tickets are valuable negotiable documents. You are responsible to protect them. Make a copy of the last ticket, it summarizes all legs of your trip and makes it easier to get a replacement ticket if you happen to lose your tickets.

-Have covered nametags on all your luggage and have your name, address, and phone number on a piece of paper inside each item of your luggage. Have sturdy locks for all your luggage including your hand carry-ons. Have a spare set of keys with you in separate locations.

-Have a money belt or money pouch to carry your money, passport, airline tickets, and credit cards on your body under your clothing. Don't carry valuables in a fanny pack or your backpack. Men should not carry their wallet in their back pocket. They can be easily stolen without you realizing it. Women need to be protective of their purse. .

-Minimize the amount of valuables you carry in your wallet or purse. Don't take valuable jewelry with you on the trip. Leave your valuable watches, rings, necklaces and clothing at home.

-Ask your Tour Agent to provide tipping guidelines before trip departure. If tips are included in the trip price ask if there are any exceptions.

-Ask the Tour Agent to provide information on all airport departure fees, arrival fees, taxes, and other charges not included in the trip price. Ask for this data before trip departure.

-Take basic first aid items with you. Ask the names of people in your travel group who are CPR/First Aid certified. [See the Pack A Medical Kit To Go section of these guidelines.](#)

-Ask your Tour Agent to provide you instructions on how to handle a medical or other travel emergency in each of the different countries you are visiting. Remember that their systems are different than our 911 system. Refer to The International Association for Medical Assistance to Travelers website, www.iamat.org for more information. [A book, "The Pocket Doctor by Stephen Begruchka" provides a good summary on how to keep healthy during trips.](#)

-If you are traveling by electronic tickets, have a paper receipt for the ticket with you. It is also a good idea to have a copy/fax of your trip itinerary. And finally have the credit card you paid the ticket with you. If your Washington Drivers license is due for renewal in the next 3 months get it done before you plan to travel. The airport security checkpoints may not accept a temporary drivers license and your old punched-out drivers license as valid identification. [Border crossing into Canada or Mexico requires your driver's license and a certified copy of your birth certificate. A copy will not suffice.](#)

-Register to vote by absentee ballot if you will not be home due to travel. Many frequent travelers have established permanent absentee voting registration.

-Ask your Tour Agent to determine if there will be any limitations on visiting specific places in the countries you are traveling to. For example: the Aborigines in Australia closed Uluru (Ayers Rock) in 2001 for a short period and the BETC trips to Italy and Eastern Europe had limitations on bus traffic in cities.

-Dengue Fever, West Nile Virus and other mosquito borne diseases such as malaria are making a dramatic come back throughout the world because of cutbacks in control programs. Therefore, you should take mosquito repellent with you for any trips where mosquitoes will be encountered. Many people take the high % DEET but the lower % repellents are better for extended use. Sawyer Products and REI have excellent repellents. See web sites www.malaria.org, www.cdc.gov/travel and www.who.int/inffs/en/fact094.html for more information on malaria. Remember that prevention is the best way to prevent mosquito-borne diseases!

-Single travelers should request the BETC Trip Focal to provide information how an emergency for them would be handled.

-Ask your Tour Agent to provide you a description and price for optional tours you can take while on the trip. Get this data so you can plan ahead.

-New Carry- On Restrictions. Check the airline's websites for current information regarding airport procedures, travel tips, trip planning, security procedures and other items to make your trip easier. Northwest Airlines has pretty good data that is easy to use. Go to www.nwa.com to their travel planner and travel tips web pages. The following items cannot be carried in clothing, purses, or carry-on bags on commercial flights, but may be placed in check-in luggage:

-Any knife, including Swiss Army knives or small pocketknives, or box-cutting knives or any other device with a retractable blade.

-Small, sharp tools, such as Leatherman pocket tools.

-Nail clippers, nail files, or manicure products with a blade.

-Any scissors, including small sewing or cuticle scissors.

-Corkscrews.

-Razor blades, straight razors, or any other metal items with sharp edges or points that might be used as a weapon.

-Golf clubs, baseball bats, hockey sticks and pool cues. You probably need to check with the airlines to determine if fishing rods can be carried on.

- Make sure you have good batteries in your camera equipment and take spare batteries with you.

- Review and thoroughly understand all the documentation provided to you by your Tour Agent for the trip. If you don't understand something ask a question of the Tour Agent or your BETC Trip Focal.

-If you have doubts about travel, there are Travel/Health Resources that can be contacted to help you plan travel away from home. Some of those used by BETC Members are:

-Cascade Primary Care at Valley Medical Center in Renton.

Gary Beerman 425-656-5400 (he has briefed BETC several times on travel precautions)

-Public Health in Seattle and King County 206-296-4600;

www.met-rokc.gov/health/immunizations.travel

-University of Washington Travel Medicine Service 206-598-4878

-Polyclinic Travel Medicine Service 206-329-1760

-International Association for Medical Assistance for Travelers 716-754-

4883;

www.iamat.org

-Centers for Disease Control and Prevention www.cdc.gov/travel

PACK A MEDICAL KIT TO GO

A traveler's medical kit offers a defense against illness and injury. Following is a partial listing of items recommended by The University of Washington Travel Medicine Service. You should tailor your list for the type of trip you are taking.

Prescription Items

>Multipurpose antibiotic, such as ciprofloxacin, for traveler's diarrhea and other infections in adults

>Antibiotic eye drops for certain eye infections

>Epi-pen or Anakit (for severe allergic reactions)

>Malaria pills

>Motion sickness medicine

>Pain relief medicine, such as acetaminophen plus codeine

>Jet-lag medicine, such as zolpidem

>High-altitude sickness medicine

>Syringes

Non-Prescription Items

>Antibiotic ointment, such as Neosporin, for minor cuts/abrasions

>Antifungal powder or cream, for athlete's foot or skin fungus

>Antifungal vaginal cream for yeast infection

>Aspirin, acetaminophen (Tylenol), ibuprofen (Advil, Motrin, Nuprin), naproxen sodium (Aleve) for minor aches and headaches

>Cough suppressant such as Robitussin DM

>Decongestant such as Sudafed for nasal congestion

>Diarrhea relief such as Pepto-Bismol or Imodium

>Hydrocortisone cream, for sunburn or insect-bite itching

>Laxative, fiber supplement or stool softener, for "traveler's constipation" due to changes in diet and schedule

>Oral rehydration salt packets, for fluid replacement and rehydration during severe diarrhea or heat exhaustion

>Throat lozenges, for throat irritation due to air pollution or upper respiratory infection

- > Eye drops for dry eyes during air travel and low humidity conditions
- Miscellaneous
- >Antiseptic solution such as Betadine or Hibiclens
- >Bandages (gauze pads and roll)
- >Band-Aids
- >Elastic bandage (Ace wrap) for sprains
- >Extra pair of eyeglasses
- >Insect Repellent with DEET
- >Moleskin for blister treatment
- >Safety pins
- >Steristrips, skin-closure tapes for minor cuts
- >Sunglasses and sunscreen
- >Pocket knife
- >Tape (adhesive and/or duct)
- >Towelettes (premoistened)
- >Thermometer
- >Tweezers or tick pliers
- >Venom extractor pump
- > Water disinfection tablets(iodine,chlorine) or a water purification device

AT AIRPORTS

-Arrive early. **New security procedures and checks require you to be at the airport 2 hours before departure on domestic flights and up to 3 hours for international flights. Check with your BETC trip focal for the arrival times at the airport for your trip. Make sure you get seat assignments. Remember that you can not get seat assignments at curbside luggage check-in points.**

-Watch your luggage; make sure it gets checked in by the airline. Have your luggage receipts or that you know who in your group has them. Make sure you collect your hand carry luggage after going thru the Security Check Points and have all of it before you board the airplane. Know your luggage description just in case you have to file a lost bag claim. **Watch your purse as it goes through airport screening equipment. Thieves are stealing wallets and tickets from open purses while their accomplice delays you at the walk thru screening equipment. It is good idea for one person in a group to go thru first and then observe the hand carry luggage come thru and get claimed by each member of the trip group.**

-Keep your carry-on luggage in your possession at all times.

-Walk or stand until you board the airplane, you'll have plenty of sitting time.

-Be wary of strangers getting close to you. They may be pickpockets. Alert other members of your travel group if someone unknown to your group is getting too close to them. **Distraction is the tool of pickpockets and thieves so beware of the following types of activity at all stages of the trip.**

-Someone drops coins near you: **Don't stop to help pick them up. This is a pickpocket's method of distracting you.**

- A drink or food such as ketchup or mustard is spilled on you: **Don't let a stranger help you clean up. They will try to pick your pocket or steal your purse.**

- Someone waves a newspaper or magazine in front of your face: Beware!
 - A begging woman throws her baby at you. Catch the baby but yell for help.
 - Someone at the airport security check-in area shows you a ticket and asks if you lost yours. Beware!
 - Don't expose your money belt or pouch in public. Never open it in public to get out money.
 - If a group of strangers gets around you and start asking lots of questions or making lots of noise, get with your group immediately and alert them of possible trouble.
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- Go to the restroom before boarding the plane.
 - Take a bottle of water with you. You may want to take some high-energy snacks with you since the airlines, especially short flights, are cutting down on meal service.
 - Stay with the group and go to the next phase of the trip.
 - Be prepared to remove your shoes at the airport as part of the security screening process.
 - Review the restrictions on what you can take into and bring out of each country you are visiting. Ask your Tour Agent and review the web sites for the countries you are visiting.
 - Know the airline compensation rules if you are bumped from a flight. See www.dot.gov/airconsumer for information.
 - Fill out the emergency contact information that the airline requests on boarding passes for trips to foreign countries.
 - Some Security Hints (see www.AirSafe.com)
 - Be aware of your surroundings at the airport. Look at people. Listen to what they are saying. Watch their actions. Don't be timid. Report unusual activity to law enforcement officers or someone else in authority.
 - Do not make assumptions about who may pose a threat. Don't assume a particular person who is acting in an unusual manner (hiding their face, no bags, acting nervously) is not a threat just because they don't look like one.
 - Avoid suspect circumstances. If you see unattended luggage-don't move it- leave it alone. Immediately advise airport security or the airline gate agent.
 - Report lapses in security. If you're going thru a checkpoint and notice that a guard or security person fails to check bags or passengers properly, report it to a supervisor.
 - Talk to fellow passengers and make a plan to thwart any violence that might occur on a flight. Communicate with those who are strong and healthy. Coordinate who will do what if something happens or if the air crew calls for help.
 - Bring your cell phone. In the USA a call to the FBI, 1-866-483-5137 could be made if the situation required it.

AIRLINE TRAVEL/JET LAG

-Make sure you are well rested before embarking on a long trip. Some travelers use the Anti Jet Lag Diet, which is provided on the last page of these travel tips.

-Travelers with a history of blood clotting or recent surgeries should consult their doctor before making a long airline trip. Obtain blood-thinning medication if recommended. Use an aspirin prior to the flight departure if your doctor okays it. Consider wearing support socks.

-Do not travel if you are sick or have a contagious disease.

-If you are tall or need more leg room because of leg problems ask for exit row, aisle, or bulkhead seats. Some travelers are now purchasing an extra seat which is less expensive than buying business class seating. Ask your Tour Agent if this can be done for your trip.

-Eat lightly before/during air travel.

-Drink lots of water/juices before, during and after air travel.

-Limit alcoholic and caffeinated beverage consumption before and during air travel.

-Avoid wearing tight restrictive clothing, belts, and socks/shoes.

-If you're susceptible to motion sickness:

-request a seat over the airplane's wings

-request a window seat

-fly larger planes if possible

-consult your doctor to obtain motion sickness medicine/patches if you want other than over the counter medications such as Dramamine or Bonine

-eat some ginger at the first sign of motion sickness or wear acupressure wristbands

-Wear spectacle glasses instead of contacts during the flight. Use eye drops to keep your eyes from drying out on long flights.

-Walk about the cabin at least every hour (there may be limits on people walking the aisles because of new security rules so learn how to do exercises while seated-practice them at home before the trip). Go to the bathroom often.

-Exercise your feet and arms while seated. Flex your feet for about 1 minute every 30 minutes. Do arm and leg exercises before standing up. See the Boeing website for some good exercises and other information on the cabin environment (www.boeing.com/commercial/cabinair/environmental.html).

-Use a skin moisturizer during flight.

-Avoid long periods of sleep on the flight. Use short naps as the preferred method to rest.

-Be considerate of the person behind you when you recline your seat. Don't be a space hog!

-Be careful when opening overhead luggage bins. Many travelers aren't heeding the aircrew warnings. Be aware when someone else opens the bin above you.

-Women should not put their purse in the overhead luggage bins. Everyone should be vigilant of their expensive camera/video equipment that is placed in the overheads.

- Relax and enjoy your flight-keep a positive mental attitude.
- Stay awake during aircraft descent to avoid ear and sinus discomfort. Use quality ear plugs during all phases of the flight if they help.
- After arrival, try to adjust to the local time as soon as possible. **From the start, go to bed and get up at the normal time for that location. Caffeine drinks, high-protein foods or other stimulants, or sedative foods such as starches, may help you adjust. Manage daylight exposure, For example, when flying east to west, stay outside for several hours in the late afternoon on your arrival day, allowing light to stimulate hormones that influence sleep and help you adjust to the new time. Get outside for an hour or two the next morning. When flying west to east, go outside early on the first morning at your new location. Avoid late afternoon exposure on the first day.**

AT YOUR TRIP DESTINATION

-Make sure you have all your luggage before departing the airport. File claims immediately for any lost luggage. **Make sure you have a good description of your luggage.**

-Food and water borne diseases are the number one cause of traveler's illness. Make sure your food and water is safe. Also, take with you remedies to treat excess gas (Gas-X), diarrhea (Imodium AD), heartburn, and other discomforts.

-Use sunglasses, sunscreen (SPF 45), broad-brimmed hats, light long sleeved shirts, and lip balm (SPF 45) to protect against sunburn. Be especially careful at higher altitudes. If you are taking antibiotics be careful of excessive exposure to the sun.

-Wash hands often with soap and water. Use antiseptic hand wipes before eating. Check plates and silverware before using, if they are dirty, ask for clean ones.

-To prevent parasitic infections, keep feet clean and dry. Do not go barefoot and don't go swimming in local lakes, rivers, or streams.

-Don't eat food or drink beverages purchased from street vendors.

-Ensure that the seal is intact on bottled water before drinking it. A safe way is to use bottled carbonated water.

-Don't drink beverages with ice unless you know the ice has been made from safe water.

-Don't eat dairy products unless you know that they have been pasteurized.

-Don't handle or touch any animal.

-Protect yourself from insect bites. Take insect repellent and insect bite medication with you.

USE of PUBLIC TRANSPORTATION and TAXI

-Have the hotel call a taxi for you. Ensure it is marked as a taxi.

-Know/ask what the fare is before leaving for your destination.

-Know where you are going or want to go.

-Don't travel alone.

-Make sure you collect all of your personal items when you leave the taxi.

-Make sure you know how to get back to your hotel if you use the bus, train or subway. Know your hotel's name, address, and phone number so you can give proper instructions for a return by taxi.

-When walking you may step in dog "poop" on foreign streets. Take some old toothbrushes or popsicle sticks with you to clean your cleated walking shoes or sneakers.

HOTELS

-Know the room number for the BETC Trip Focal and the Tour Agent.

-Learn the escape route from your room. Practice using the route to make sure emergency exits lead you to safety. Count the number of doorways from your room to the emergency exit. This will be essential information if you have to crawl along the floor in case of a fire.

-Ask for bottled water in your room. Brush your teeth with bottled water.

-Put your dirty clothes in a laundry bag to keep them from contact with your clean clothes. If you do laundry, find a local self-service or service laundramat near the hotel. More and more are showing up near major hotels. This will save lots of money. Take some laundry soap with you in case you want to do laundry in your hotel room.

-Don't be afraid to ask the hotel or cruise ship for medical references or help if you are ill, have an insect bite, or get injured.

-Leave the room key at the front desk when leaving the hotel.

-Be wary on the use of room safes to protect your valuables when you are gone from the room. Use the hotel safe when you're gone from your room for the day or carry the items in your money belt or pouch.

-Be courteous at all meals and know what meals have the tips already included in the trip price.

-Ensure that you have accounted for all your belongings and valuables when you checkout. Checkout early to be ready for on time departure. Ensure that you have your credit card receipt for any charges you made at the hotel. Check to make sure they are correct. The charges are in local currency so make sure you know the US dollar value. Be careful whenever you charge anything to your credit cards.

Remember the security rules when you pack your luggage for return home.

-Hotel minibars charge high prices for soft drinks, bottled water, and snacks. Buy them at the small shops that are located near most hotels.

RESTAURANTS/CAFES

-If you don't understand the menu, ask the tour guides or waiter to help you. Don't eat things you shouldn't.

-Drink lots of bottled water.

-Enjoy yourself. Drink the local wines/beers if you feel the need try local beverages.

-Be courteous to the waiters and staff.

-Know the tipping guidelines for meals you take on your own.

-Don't eat (graze) at the buffet table.

-Know what the tour meals include and make sure you pay the waiter for the extras you order (beverages).

-Regarding buffets, don't take more than you can eat. And don't jump in line ahead of other people. Don't overeat, buffets can do you in.

-Restaurants use a "charger plate" that stays on the table. The waiters just wipe this plate off between seatings. Don't put food on this plate and eat off it.

-Mayonnaise sits for long periods without refrigeration in foreign countries-avoid using it.

TOURS/BUS and BOAT TRIPS

-Go to the restroom before starting off on the tour or trip.

-Be on time.

-Minimize your carry-on items.

-Have bottled water with you to drink while traveling.

-Follow instructions of your tour guides.

-Don't take the choice seats every time , rotate your seating positions for each trip.

-Follow safety instructions of the bus driver and tour guides

-Be courteous to the bus driver, tour guides, and your fellow passengers.

-Cleanup after yourself. Make sure you take all your belongings and purchased items with you at the end of the trip.

-Help other passengers to exit and board the bus if they appear to need help.

-Keep up with the tour guide and listen to their talk. Don't talk with others in the group while the guide is talking. Ask questions when the guide has finished speaking.

-Be respectful of Churches, Cathedrals, Historic Sites and the people themselves. Ask if photographs can be taken. Some countries are very sensitive about their military and civil infrastructure so be careful on your photo taking in these areas.

-Tip the bus driver and tour guide if it is not already included in the trip price. Tip the bus drivers daily since you usually will not have the same driver the next day.

-Postage stamps are sometimes hard to get overseas for your postcards. Ask the hotel staff or your local guides on where to get stamps and what value stamps are required to send letters or post cards back to the USA.

KEYS to TRIP ENJOYMENT by ALL BETC MEMBERS

-Be on time for all air, bus, boat, tour, meals and tours.

-Minimize the amount and size of your carry-on luggage on airplanes, buses and boats.

-Have your travel documentation ready for each customs/immigration crossing. Have your proof of purchase price for major items you bought on the trip. If you have expensive camera equipment with you, make sure you have proof that you purchased it in the US before the trip.

-Pay attention to tour guides. Listen, don't talk when they are speaking.

-If you have a disagreement with the Tour Agent or BETC Trip Focal, handle the dispute off to the side in a polite manner. Don't get into heated arguments.

-Keep your valuables safe, protect your passport/visa, money/credit cards, jewelry, and airline tickets.

-Learn some of the local language while on the trip. Use what you learn with the guides, bus drivers, hotel people, and people you bargain with. Ask the Tour Agent to furnish a listing of common words and phrases before the trip begins.

-Know the exchange rates for the money of each country you will visit. Ask your Tour Agent to provide you conversion tables for the countries you are visiting.

-Follow the trip health and safety guidelines to avoid getting sick or injured. Let your BETC Trip Focal and the Tour Agent know right away if you're not feeling well or hurt yourself. **Treat blisters early to avoid painful complications. If you don't know how to treat them, ask for help from your Tour Agent or BETC Trip Focal.**

-Be courteous to your fellow travelers, bus drivers, tour guides and everyone else you come in contact with.

-Get to know each other and watch out for each other like family.

-If you have any situations such as illness, injury, theft or damage to your luggage or other property, or premature trip termination, keep documentation of the event so you can process your insurance claim upon your return home. Have your Tour Agent and BETC Trip Focal help you process insurance claims.

-Complete your BETC trip survey and identify the good and the areas for improvement. We need honest feedback to continuously improve our trips.

COUNTRY PECULIAR PRECAUTIONS

-For each country to be visited, learn what the sensitivities are before the trip. Once in country, ask your local guides for anything that you need to know about the country or locality that you're in. See the US State Department web site for information. (www.travel.state.gov)

-Watch out for the traffic in foreign countries. The drivers don't respect pedestrians. Be especially careful when crossing the street in countries where they drive the opposite direction from the USA.

-Don't go walking in areas that you were alerted to as being unsafe. People have been robbed in areas that appeared safe but the robbers can appear from out of the blue.

-Avoid people who are coughing. TB is making a comeback throughout the world.

-Be aware of food bans in foreign countries. Recently the Australia New Zealand Food Authority banned twenty-two brands of soy and oyster sauce after these imports were found to contain high levels of chloropropanol, a chemical that can cause cancer.

US EMBASSY and CONSULATES

-In the event of lost passports, medical emergencies, robbery or other situations that involve governmental relations contact the US Embassy or Consulate.

If you are not a US citizen you will have to contact your country's Embassy or Consulate in certain situations. Use www.travel.state.gov to get access to the US State Department web site for this information. Have the Tour Agent provide this information in your trip documentation package.

BACK HOME

-When re-entering the USA, report any visits that you made to farms/ranches while overseas. Wear the shoes you wore during those visits or have the shoes in a plastic bag in an easily accessible place in your luggage. The agriculture inspector will want to disinfect the shoes you wore on your visit to a ranch or farm. Remember, it is our responsibility as travelers to help prevent the spread or entry of infectious diseases into our country and into countries we visit.

-Clean/disinfect your luggage and shoes after a trip to a foreign country. If you pack shoes in your luggage, put them in a plastic bag to keep from contaminating your other clothing. Keep them in the garage until you do this. Remember that you don't know what they have been exposed to.

-Some diseases or infections don't show up until after the trip. For example it may take six weeks or longer for a viral, bacterial, or parasitic disease to declare itself. Malaria, which causes almost 3 million deaths a year worldwide, may not produce symptoms for 1 to 12 months after you return. Be sure to contact your doctor if you develop a health problem after a trip to a foreign country.

-Know the customs regulations regarding what you can bring back to the USA. The new publication, *Know Before You Go*, may be accessed online at www.customs.gov or obtained by writing USCS, PO Box 7407, Washington, DC 20044.

-The Customs Service also is cautioning travelers that many food items brought into the country can cause disease, such as some meat products that may carry the mad cow virus. *Travelers Tips*, offered by the US Department of Agriculture, can be accessed at www.aphis.usda.gov/travel.

Health Tips for Other Situations

There are situations, which can occur while traveling either at home or aboard. This section has been added to provide some helpful information.

-How to survive a heart attack alone?

The University of Rochester General Hospital has published the following instructions. Suddenly, you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are alone and what can you do? You've been trained for CPR but were not trained in how to do it on yourself. Without help, the person whose heart has stopped beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough. The cough must be deep and prolonged, as when producing sputum from deep inside the chest. And a cough must be repeated about every 2 seconds without letup until help can be obtained, or until the heart is felt beating normally again. Deep breaths get oxygen into the lungs and

coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, the heart attack victim can survive until they can get professional help.

-Prevention of Mosquito Borne Diseases such as West Nile Virus: Use common sense during mosquito season at home or when traveling at home or abroad! Wear long pants, long-sleeved shirts, and use repellent. At home practice mosquito control. Clean rain gutters, remove old tires, drain bird baths/fountains and any other areas that collect water where mosquitoes can breed.

-Tips for treating traveler's diarrhea whether it happens during any type of travel-(1) Try taking 1 to 2 ounces of Pepto-Bismol four times a day to prevent diarrhea. Or take two Pepto-Bismol tablets three or four times a day. Note: High doses may cause temporary black stools and/or tongue, which is not harmful. Can also cause ringing in the ears, and should not be used by anyone who is also taking aspirin. Also, it is not recommended for children. (2) If you get diarrhea, avoid the dehydration it causes by drinking lots of safe beverages. (3) Relieve cramps with liquid Pepto-Bismol or a prescription medication obtained from your doctor before starting your trip. Choose bland foods such as rice, bananas and clear liquids; avoid fried or fatty foods. (4) If you have severe abdominal pain, pass bloody stools or have a fever greater than 102 degrees, seek medical help.

-Anti Jet Lag Diet

First, determine what breakfast time will be at your destination on arrival day and begin eating breakfast at that time two to four days before you're due to arrive. For example, flying from east to west, say, Seattle to Hawaii: Day 1 (three days before arrival) 'Feast' with a high protein breakfast and lunch and a high carbohydrate dinner. No cola, coffee, tea, or other caffeine drinks between 3PM and 5PM.

Day 2 "Fast" with three light meals of salad, fruit, and juices. Avoid caffeine between 3PM and 5PM. Day 3 (the day before you travel) Another feast day. Day 4 (travel day) A "fast" day. Drink caffeinated beverages on this morning only. Do not drink alcohol, especially on the plane going west. If the flight is long enough, try to sleep until breakfast at your destination, then eat a high protein breakfast, such as eggs and sausage. When flying from east to west, follow the same procedure until the day of departure.

Then, drink caffeinated beverages between 6PM and 11PM.