

A 'To Do' list for Travellers

Before/At Time of Booking

- Research the area you'll be visiting and take note of not-to-be missed sites.
- Ensure your passport expiry date is acceptable for the countries you'll be visiting
- Verify allowed luggage weight and size

Three Weeks Ahead

- Make sure there's room for emergency expenditures on your credit card.
- Purchase automatic timers for your lights and ask a friend to check periodically.
- Buy film and or batteries for your camera.
- Arrange for the post office to hold your mail.
- Book lawn care/snow removal. Uncut grass or a driveway filled with snow tells every burglar in town that no one's home.
- Wear the shoes you'll be taking on your trip to make sure they're comfortable.
- Eat yoghurt to strengthen your digestive system, particularly if you will be travelling to foreign countries where you may encounter challenges to your digestive system.

Two Weeks Ahead

- Reconfirm reservation.
- Purchase foreign currency
- Put your valuables and jewellery in a safety deposit box.
- Take your travel clothes to the dry cleaner if necessary.

One Week Ahead

- Get out your suitcase and start your packing.
- Make sure your luggage is clearly marked, inside and out.
- Changing time zones? Begin adjusting your sleeping now to help avoid jetlag.
- Phone your credit card companies and give them your travel dates & cities.
- Make two lists of your credit card numbers - keep them in separate places.
- Make copies of your passport. Leave one list at home and carry another in your suitcase in case you lose your passport.
- Check your prescriptions for necessary refills. Bring a list with the drug's generic name listed since brand names can vary from place to place. Always keep drugs in their original bottles.

One Day Before

- Pay any bills that will come due while you are away.
- Walk around the room with your packed luggage to see how heavy it will be.
- Move your houseplants out of the sun, water thoroughly and wrap the pots with plastic. Most plants can hang in for about two weeks.
- Empty the refrigerator of anything that might spoil and cancel your newspaper delivery.
- Turn your refrigerator to its lowest setting and set automatic light and radio timers.

The Day You Leave

- Turn the water heater to its lowest setting.
- Leave shades or drapes as normal.
- Lock all doors and windows including basement and garage.
- Unplug electronic items to protect them from power surges.
- Pack the car inside the garage, with the door down, so passers-by won't know you're leaving.