

Tips from Jess on...

Packing and Traveling

Packing:

- Pack only what you need, not what you think you need. Less is best! (NT packing lists are online for all teams)
- No matter how long your trip is, pack for only 5 days. Wash and wear and wear something more than once.
- While travelling, choose comfortable clothes. Quick-dry pants are great. No belt or a belt with plastic buckle works great. That way you do not have to “undress” at each X-ray.
- Never leave home without a lightweight fleece, even in the tropics. Airports and airplanes can be cold. I always carry a pull-over fleece. Most security checks will not make you remove a pull-over. Some girls may not like this because it will mess their hair. I don’t have much hair, so no problem!
- Always have breath mints!

Be organized:

- A carry-on with several pockets works great. Everything you bring with you should have a place.
- Purchase a simple document holder for your passport and boarding pass.
- Make sure you have a printed copy of your e-ticket.
- Have an address of your lodging as well as name & phone number of who is meeting you at your final destination and instructions of what you are supposed to do upon arrival.
- Summarize your itinerary on one sheet of paper, so you can look at your schedule at a glance. Sometimes with multiple papers, next numbers and times can get confusing.
- Beware of military time! 14:30 does not mean 4:30 P.M.

Passport Control or Immigration:

- Before you land, complete all entry forms for immigration & review all your arrival information.
- When you pass through immigration, have all your documents ready. Know beforehand the requirements for entering a country.
- Always have a ballpoint pen in your carry-on bag.
- If there is an entry fee, make sure you have new, unfolded, clean bills.
- When you approach the immigration officer, place your documents on the counter and wait for instructions. This is not the time to socialize.
- After leaving the counter, secure all your documents, double-checking that you have them all and put them back in their place.
- Do your research. Be prepared. Be business-like. Have your head in the game!

Safety and Security

- Most places in Asia are still very open to Americans and are very welcoming. If you are an African-American or Anglo-American, your skin color sets you apart immediately.
- You should be prepared, not paranoid. You should do things that make yourself a hard target.
- Keep your wallet and money in your bag instead of your pocket. Keep your money in more than one place.
- Always keep your carry-on bag with you. While eating, keep your bag in front of you, hooked over your legs.
- Know the security risks of the country in which you are going. (You will hear more about this at pre-field training.)
- Know as much about the airport as possible before going. Most airport diagrams can be researched on-line. Know where you are going or at least look like you do! Walk with confidence to the information desk if you are lost. 😊

Money Exchange

- Most airports have an ATM machine. Use an ATM machine if possible. There will be a minimal fee for using the ATM machine. Know beforehand what the exchange rate is if you are exchanging money. Always count your money before leaving the counter.
- Let your bank know before you leave the US that you will be traveling. Give them your travel dates and where you will be. Ask also about service charges for using your card internationally.
- When leaving a country, always exchange your extra local currency to dollars before you leave.

Bathroom bag and essential Medicines

- Again, less is best! Think small. Small toothbrush, small tube of toothpaste, small shampoo, small deodorant, and soap. Every country has these things. If you run out, buy some more!
- Sometimes it is hard to find a pharmacy and if you find one, you may not understand any of the language or know the local name of the medicine you need, therefore there are a few items I always carry with me:
 - **Anti-acid or Anti-flatulent-** for heartburn or stomach ache.
 - **Imodium-** for anti-diarrhea.
 - **Medicine** for fever or head-ache.
 - **Ciprofloxin or probiotics.** For traveler's diarrhea, enough for 7 days. (Ask your family doctor)