

FOR THE EXCLUSIVE USE OF LAURIE@LAURIEGARRISON.COM

From the The Business Journals:

<https://www.bizjournals.com/bizjournals/news/2019/02/17/the-definitive-international-business-travel.html>

The definitive international business travel checklist

Feb 17, 2019, 12:00am EST

The best tip international travelers share is to be prepared. It's even more imperative when dealing with the long distances, major jet lag and unfamiliar cultures and government processes involved with international travel.

Below are nine main areas to consider when preparing for your international trip.

Carry-on luggage limitations – Find out in advance about the size and weight restrictions of carry-on bags as this varies by airline and between domestic and international travel. You don't want to get to the airport and find your carry-on bag will have to be checked.

Travel documents – In addition to your plane ticket and driver's license, for international travel, you'll need your passport and perhaps a travel visa. You'll also want information on your accommodations readily available. To simplify the process at international airports and hotels, have a printed copy of all your documents. This will allow you to travel smoothly even if you run into electronic complications.

Travel comfort – Include travel pillows, noise-canceling headphones, antibacterial wipes and hand sanitizer, along with toiletries. A travel pillow can help you overcome the havoc dealt to your sleep schedule, but find one that can be



D3SIGN

Traveling to other countries for business or pleasure can be exciting. By planning ahead, you can make it an even more enjoyable experience.

compressed so it doesn't take up a lot of space in your carry-on bag. Using ear buds for eight or more hours can be painful, so noise-canceling headphones will not only save your ears, but also drown out noisy distractions. Once again, consider how much space they'll use in your carry-on. Wipes and sanitizer are a must to stay clean and fresh during a long flight without making multiple trips to the plane's bathroom. Upon landing, with a few basic toiletries, you can freshen up in preparation for making your way through customs.

Snacks and water – Include your own snacks and an empty water bottle. Once you get through security, you can fill up your water bottle at the airport. It's important to stay hydrated on a long flight and with your own water bottle, you can drink at your convenience. You may even want to add some electrolyte tablets to help prevent dehydration headaches. You can take your own snacks on the plane as long as you don't try to take them through customs. This is particularly helpful if you're trying to eat on a set schedule.

Electronic power packs and cables – Whether you're using a phone or tablet, you don't want to run out of power on a long flight. Many planes have USB ports, so if you pack your cables, you can stay powered while you use your device. If they don't, you can use your portable power pack to get through the flight. Just be sure to recharge it when you get settled in at your hotel.

TSA-approved locks – You can use these on both your checked and carry-on bags. They can give you the peace of mind that your contents are secure, but TSA can still access your bag if needed.

Lightweight travel jacket with multiple zippered pockets – Whether you want to stay warm on the plane or keep your devices and other belongings handy, a zippered jacket can serve both purposes.

Work material – If you want to work on the plane, have a copy of all the documents you need on the hard drive of your computer, tablet or phone. This way, you can work even if you can't access the cloud during your flight.

Reading material – Whether you're old school and like a physical book or magazine, or prefer reading from your electronic device, have a variety of things to read to help you pass the time.

Bonus tip #1

Bring along an international power adaptor. There are a variety of configurations for electrical outlets depending on your travel destination. If you want to use your electric devices – from your computer to your hair dryer – when you travel, make sure you have at least one international power adaptor.

Bonus tip #2

Prepare for the change in currency before you leave. The best place to exchange your dollars for the local currency and pay the lowest exchange rate is at a major bank before you leave home. If you bank at a smaller branch, the currency may need to be ordered, so allow ample time. If you wait until you arrive at the airport or your destination, the exchange rate may be higher. Additionally, download a currency converter app to your phone so you can determine the price of your purchases in U.S. dollars.

Traveling to other countries for business or pleasure can be exciting. By planning ahead, you can make it an even more enjoyable experience.