



U.S. Public Health Service Nursing TIP of the Month August 2017

Travel Tips



Travel Tips

Are you ready for an enjoyable and stress free adventure? Let us help you plan a pleasant plane ride, a calming cruise or a remarkable road trip.

Air Travel Tips

Arrive early: 2 to 3 hours prior to departure is usually sufficient. [TSA Pre✓®](#) can be helpful when going thru security.

Nonstop Flights: Minimize travel time by booking direct flights when possible.

Know your gate location: Once in the secure airport terminal, always view the flight departure screens for up-to-date gate assignments.

Hydration: Drink lots of water. Avoid or minimize alcohol and caffeine before and during your flight.

Reduce your risk: Deep Vein Thrombosis (DVT) is a risk. Move around and stretch your calves especially on long flights.

Additional information to reduce your risk of a DVT while traveling: [Deep Vein Thrombosis](#)

Travelling overseas? Visit [Traveler's Checklist](#) for helpful tips.

Pack sensibly: [What can I bring?](#)



Cruise Ship Travel Tips

Pay attention at Lifeboat/Muster Drills: Know where your meeting station is, how to put on a life jacket, evacuation procedure and what the alarms mean.

Know your limits: Alcohol is a major contributing factor to personal safety incidents onboard cruises.

Buddy up: Do not advertise traveling alone. Have a buddy system and whereabouts in place when traveling with friends. Do not walk alone at night.

Good Handwashing: Norovirus is a common virus that affects cruise-ships passengers. Thorough hand washing can reduce your chance of becoming infected. Cruise Ship Travel: [Click Here](#)

Know the weather: Weather conditions can change quickly.

Get to know your steward: Ask his/her name on day one. Establish a rapport. He/she'll notice if someone is trying to access your room.

Do not carry around large amounts of cash: Onboard transactions can be completed using your room key. Take only needed cash for on shore excursions. Keep your cash secured. Most credit cards provide protection when lost or stolen, check your cards policy.

Use the room or ship's safe: Secure valuables like jewelry, passports, cash and return tickets.

Resource: [Safety at Sea](#) , [Cruise Safety](#)



Car Trip Tips

Check your car: Make sure all routine maintenance services are up to date, brakes are checked and there is enough tread on the tires. Perform basic maintenance on your vehicle before you head out such as checking fluid levels and wiper blades.

Pack sensibly: Take into account the vehicle's load capacity (passengers and cargo). If an option, know your roof-top cargo capacity.

Overloading your vehicles weight and tow capacity can be unsafe. Check the vehicles owners manual for details.

Be patient: During busy travel times expect to hit traffic. It may make sense to drive late at night or early in the morning to avoid the rush and ensure you get to your destination on time and with minimal stress. Take rest breaks.

Pack an emergency kit: Add a blanket, first-aid kit, flashlight, extra water and food for emergencies.

GPS navigation system: Helpful to navigate your travel, avoid traffic and road construction/hazards.

Review [Safe Travel USA](#) for up to date information on road closures and road construction.

Resource: [Consumer Report Road Trip Tips](#)

CDC Travelers Health Information: [Click Here](#)

State Department Travel Information: [Click Here](#)

Healthy Eating Tips

Pack it in advance such as: Dried fruit and nut mix, fruit & veggie slices, turkey on wheat sandwich.

Buy it on your way: Turkey or chicken sandwich, nonfat/low fat yogurt, fruit and veggies, salads with the dressing on the side, trail mixes without added sugary candies.

Smart restaurant choices: Look at the menu online if available, choose steamed, broiled, grilled, poached or roasted food items, ask for accompaniments on the side.

Source: <https://www.builtlean.com/2012/02/14/eat-healthy-while-traveling/>



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