

## CHAPTER 8

# 5 Travel Tricks and Tips for Travelistas on the Go

A TRAVELISTA IS A TRAVEL head on the go, someone who loves to see the world, someone who is adventurous, open-minded and excited by the very thought of touching down in a new land. Usually a travelista has a full life and may be known to jump at a last-minute opportunity for an international trip. I count myself among the brave globetrotters who are quick to pack up and board a plane, thinking about preparations only after the trip has commenced. Over the years, I've learned a few tricks and tips that have made each travel escapade a little easier and more enjoyable. A mix of practical and slightly more esoteric, these are my top five tips for travelistas on the go.

**1. Focus on your spirituality-** Tap into your inner source of faith, strength and resilience. These are your keys to centeredness and groundedness, both of which you'll need in large doses to take in all the wonder and worry that come with traveling the globe. Sounds easy, but it can be hard to do when your senses are feeling overwhelmed. Maintaining your faith and strength is the foundation of how you see and carry yourself in the world. Do not neglect this!

**2. Journal-** Keep a written account of what you experience. Some of it will be so intense that it may be difficult or even impossible to recapture the details and ambiance of those beloved moments,

but try your best. You'll experience sincere joy reading over your challenges, obstacles, enlightenment and triumphs. You will also have a much easier time recounting your stories to your loved ones if you record them in the moment. If you have the technology, try an audio or video journal. This can be particularly useful for people who do not like writing.

**3. Pack light-** Sounds obvious and cliché, but it's one of the most reliable pieces of travel advice there is. You really won't need all of those clothes, shoes and accessories, and you'll definitely want to have room for the unique and charming finds you'll pick up along the way. Also, consider your destination. If you are traveling to a remote location (one with lots of foliage and few paved roads), you may have to do a lot of walking. Consider this when packing.

**4. Time your airline ticket purchases-** Identify your travel personality and devise a ticket purchase plan that fits your type. I'm more of a last-minute, need-to-be-flexible traveler because of my clinical practice, but you may be the plan-ahead type. It is easier to find good deals when you have ample time to search, and there are many websites that make ticket search easier by compiling competing fares. Kayak.com's price tracker is one of my favorite tools. Even if I don't know my exact travel date, I start watching price fluctuations as soon as possible. I tend to make purchases around three weeks ahead of my departure (although six weeks is supposedly the golden number). There are many other sites that have popped up, including [secretflying.com](http://secretflying.com) and [skyscanner.com](http://skyscanner.com). Do your research and you will be able to find great deals. Also, fly on weekdays when possible, and try to book during the early morning hours and/or on Tuesdays.

**5. Know your status—visa status, that is-** Can you imagine arriving at the airport ready to board, only to be told you can't check in because you don't have the proper visa for your destination? Or even worse, you somehow make it on the flight, are in the air for 8–10 hours and *then* are told you have to go right back home because you don't have the correct visa. Plan ahead. Do your research to ensure all your paperwork is in order.

Bon Voyage, Travelistas!