

LET SPARKS FLY



Travel Guide

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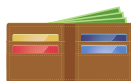
TRAVEL PACKING LIST

TRAVEL DOCUMENTS



- Photo ID / Driver's License
- Passport / Visa
- Boarding Passes
- Confirmation Receipts
- Emergency Docs
- Health Insurance Card
- Travel Insurance Card

FUNDS



- Wallet
- Cash
- Credit/ATM cards

CLOTHES



- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Skirts |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Sweaters |
| <input type="checkbox"/> Bras | <input type="checkbox"/> Swimsuits |
| <input type="checkbox"/> Sleepwear | <input type="checkbox"/> Cover-ups |
| <input type="checkbox"/> T-shirts | <input type="checkbox"/> Laundry Kit |
| <input type="checkbox"/> Dress Shirts | <input type="checkbox"/> Laundry Bag |
| <input type="checkbox"/> Casual Shirts | |
| <input type="checkbox"/> Jeans | |
| <input type="checkbox"/> Pants | |
| <input type="checkbox"/> Shorts | |
| <input type="checkbox"/> Dresses | |

ACCESSORIES



- | | |
|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Jewelry |
| <input type="checkbox"/> Hats | <input type="checkbox"/> Purses |
| <input type="checkbox"/> Scarves | <input type="checkbox"/> Umbrella |
| <input type="checkbox"/> Belts | <input type="checkbox"/> Collapsible |
| <input type="checkbox"/> Ties | <input type="checkbox"/> Totes |

SHOES



- Leisure Shoes
- Sneakers
- Dress Shoes
- Sandals

TOILETRIES



- Toothbrush
- Toothpaste
- Dental Floss
- Soap
- Deodorant
- Hand / Body Lotion
- Shampoo & Conditioner
- Eye drops
- Contact Solution
- Disposable Wipes

BEAUTY



- Hairbrush
- Styling Tools
- Facial Cleanser
- Face Lotion
- Sunscreen
- Moisturizer
- Shaving Supplies
- Face Mask
- Lip Balm

HEALTH



- Face Mask
- Feminine-Hygiene Items
- Birth Control
- Hand Sanitizer
- Bandages
- First-Aid Kit
- Ointment
- Insect Repellent
- Medications
- Pain Reliever
- Vitamins
- COVID Test
- Rash Cream

ELECTRONICS



- Video/MP3
- Player
- Camera
- Laptop iPad
- All Chargers
- Adapters/
- Converters
- Headphone
- Earplugs

COMFORT



- Eye Mask
- Headphone
- Book or E-Books
- Travel Blanket
- Travel Pillow
- Gum
- Empty Water Bottle
- Paper/Pen
- Lysol Wipes
- Itinerary
- Maps/Directions
- Guidebook

TRAVEL PACKING TIPS

1 Use packing Cubes

Packing cubes keep your suitcase organized and stack together easily — no more trying to fit in oddly shaped items like a puzzle. Plus, the best packing cubes are lightweight and thin so you won't lose any precious suitcase space.

2 Choose travel-friendly fabrics

We always recommend opting for knits and stretchy fabrics while traveling. Even when these fabrics wrinkle, the creases will fall out when you hang them up. Woven fabrics (like linen or cotton twill) are more prone to wrinkling.

3 Roll clothes and pack them first

The best way to prevent creases and make the most of your space is to use the roll method. Lay tops facedown, fold in the sleeves and roll from the bottom up. For pants, put the legs together and roll from the waist down. Once you've rolled everything, place pants and tops in your suitcase before walking shoes and accessories; then, fit in other oddly shaped items, like hair tools.



let
SPARKS FLY
IT'S A TRAVEL LOVE AFFAIR

Wardrobe Travel Planner

Day 1 Morning

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

DAY 1 Evening

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

Day 2 Morning

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

DAY 2 Evening

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

Day 3 Morning

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

DAY 3 Evening

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

Day 4 Morning

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

DAY 4 Evening

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____



Wardrobe Travel Planner

Day 5 Morning

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

Day 5 Morning

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

Day 6 Morning

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

DAY 6 Evening

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

Day 7 Morning

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

DAY 7 Evening

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

Day 8 Morning

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

DAY 8 Evening

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

Day 9 Morning

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

DAY 9 Evening

Activity: _____
Outfit: _____
Shoes: _____
Accessories: _____

101 Travel Etiquette

Traveling is always enjoyable—especially when you’re visiting a new place. But sometimes the excitement can get the best of us and result in some not-so-exciting consequences like insults from locals or jail time. The way things are done in the United States isn’t always how they’re done in other countries. In fact, most people have very different ways of living their lives. In this article, we’ll go over everything you need for your next trip so you can be equipped with the travel etiquette do’s and don’ts.



You are a Guest

As a guest in a foreign country, it’s best to behave as one. Pretend you’re in someone else’s home and be curious rather than judgmental. It’s important to remember that you don’t live there and you’re only staying for a short time. So, it’s best not to get so comfortable as to act rudely, become excessively inebriated, or cause any scenes. Respect the area, especially the locals. They’ll help you if you really need it.

Follow the Laws – they’re there for a reason

I know that traveling can give you feelings of grandeur and a huge ego—trust me, I’ve been there. But regardless of what you think or how you feel, you are not invincible under the law. The American government can only do so much to help you when you’re abroad. Sometimes, breaking the law can mean serious consequences. So, if you see a sign or post, read it fully, Google translate if you have to, and adhere to the rules. Understand local laws as well so that you can keep to yourself and stay out of the way of harm. Breaking a law abroad can mean jail time in that country, high fees, or a revoking of your visa.



101 Travel Etiquette

Learn the Local Language



Look, you don't need to be fluent in Japanese when you go to Japan but knowing some basics is not only helpful but also encouraged if you want to make friends. It gives you the advantage to know the language of a destination. Take the time to learn greetings and polite sayings. It shows that you respect the locale you're at. Proper travel etiquette always includes a friendly greeting before delving into asking for anything, including directions.

Research Dining Etiquette

While a McDonald's can be found around most of the world, you won't be eating there most nights (hopefully). So when you do find yourself eating foreign foods and delicacies, be prepared for the level of authenticity and unique flavors. Having local foods and indulging in the culture of where you include trying new things. Always be respectful of the local cuisine, never make a face, or complain about the taste, and don't spit it out, Obviously if you don't like it. Be discreet.



Wear the Right Clothes

Certain customs in the United States are universal—others aren't. There are sometimes very strict dress codes in other countries, especially for women. For example, if you're going to Iran or Afghanistan, you need to wear a hijab. If you're entering a church in a Latin or European country, you'll need to cover your shoulders and thighs. Understanding where you're going can help you in terms of packing. Your travel etiquette goes up a notch when you know what's acceptable to wear and what's not. Some places like Japan, for example, would prefer if you didn't wear shoes in some homes. Be respectful and remove them.



Uncommon Travel Tips

We Bet You Didn't Know!

What are some of your all-time favorite travel tips? Not leaving the packing for the last minute and emailing important documents. But I bet you haven't heard of these uncommon travel tips before. Consider this your list of hidden gems!

1 Pack Baby Wipes

No, seriously. Even if you don't have a baby, you'll be surprised at the pros of baby wipes. Wiping your face and neck with baby wipes after a long flight can make you feel refreshed and energized to start exploring right away! Nothing could replace a bath or shower, but you can always use wipes.

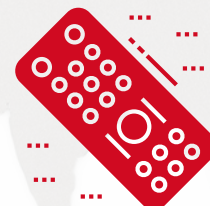
P.S. they are also great stain removers! Thank me later



2 TV Remote! Hold that Thought

Hotel housekeepers may bleach the bathroom and dust the nightstand, but they rarely clean the TV remote. Just think about it. How often do you clean your remote at home??

Studies conducted by microbiologists have found that remote controls have some of the highest levels of bacterial contamination in hotel rooms. So, before channel surfing, cover the remote with the free hotel shower cap.



3 Protect Your Valuables with Duct Tape

Duct tape and expensive items don't create a good picture in your mind, do they? But that's the whole point. If you tape your electronics or other similar items, they will appear broken. The bottom line: Nobody would want to steal things that don't work or aren't good enough for reselling!



4 Get On Board the Flight as Soon as You Can



Sounds funny, right? Obviously, you'll board the flight once they open the pathway. However, it's best if you get in the line as soon as possible. You want to be the first one to reach the overhead bins and avail as much space as you can for your carry bags!

5 Don't Be So Quick to Cut on the Lights



What's one thing that everyone touches in a hotel room, but no one ever cleans? It's the light switch, and it's home to lots of germs. Think about it: People might wash their hands once they get inside the room, but the first thing they touch (after being on germey planes and trains) before reaching the bathroom is the room's light switch.

A recent study by a University of Houston researcher found that the main light switch was the dirtiest surface in the hotel rooms tested, and often contained high levels of fecal bacteria.

6 Check The Crime Rates of Your Destination



This tip might seem common. However, many people either delay their homework or don't do it at all. If some things are too good to be true - like low hotel rates. Check the crime rates in the area you're staying so you know what you're getting into. The low prices might not be worth the stress of staying in an area where you're afraid to walk outside. Be mindful of visiting places and spots where many incidents of pickpocketing, robbery, or other crimes have been reported.

7 Keep Extra Clothes in Your Carry Bag



What if your luggage goes missing? I'm not trying to be paranoid or make you fearful here. Some airlines do offer to exchange clothes or something in case your baggage is nowhere to be found. But you can't always rely on that, can you?

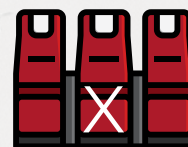
8 Go Incognito



Use Incognito Mode When Browsing An incognito browsing mode does not save your search history, cookies, and cache memory. Hotel and flight booking websites usually store your browsing history. They use this information to raise the price of your searched flight/accommodation if you use the website again.

Thus, we suggest you clear your search history first and then turn on incognito mode when searching for hotels or flights.

9 Don't Pick the Middle Seat If You're Flying with A Companion



If you can select your seats online, choose an empty row and select the window and aisle seats. When other people are checking in, they're less likely to choose the middle seat between you and your partner, giving you a better chance at scoring the whole row to yourselves. If someone does show up, simply say you'd prefer to sit next to your companion.

Let's be real: no one in their right mind will want to be crushed between the two of you. Win-win If a pick pocket gets their hands on the originals, you could go to the embassy and ask for replacements.

10 Download Google Translate



Google Translate can do more than translating texts. It also comes with a camera feature that translates signs, menus, posters, and anything else we can't read in a foreign language! If you're visiting a country where locals don't speak English, using Google Translate can make communicating with them a bit easier. You won't be relaying an accurate translation, but locals will at least know what you're talking about!

Google Translate will also definitely save you some embarrassing moments at restaurants when you don't know what to order because you can't understand anything - which happens to all of us!

30 Day Travel Checklist

#	ACTIVITIES	YES	NO
1	Check Emails Daily for Travel Updates	<input type="checkbox"/>	<input type="checkbox"/>
2	Make Copies of All Travel Documents	<input type="checkbox"/>	<input type="checkbox"/>
3	Reserve Airport Parking for Discounted Price	<input type="checkbox"/>	<input type="checkbox"/>
4	Print/Pack a Copy of Travel Insurance Policy	<input type="checkbox"/>	<input type="checkbox"/>
5	Notify Bank and Credit Card Company of Travel	<input type="checkbox"/>	<input type="checkbox"/>
6	Review Cell Phone Plan for International Coverage	<input type="checkbox"/>	<input type="checkbox"/>
7	Check your Prescriptions. Do you have enough prescription medication to last for your entire trip (plus a little extra, just in case)? If not, call the pharmacy ASAP.	<input type="checkbox"/>	<input type="checkbox"/>
8	Put Your Passport in a Safe Place	<input type="checkbox"/>	<input type="checkbox"/>
9	Sign up for STEP. The Smart Traveler Enrollment Program, run by the U.S. Department of State, helps the local embassy reach you in an emergency.	<input type="checkbox"/>	<input type="checkbox"/>
10	Withdraw Some Cash/Exchange Currency. Small Bills are Useful for Tipping.	<input type="checkbox"/>	<input type="checkbox"/>
11	Double-Check Your Boarding Passes	<input type="checkbox"/>	<input type="checkbox"/>
12	Check your bank balances. Make sure your bank account and credit limits are prepared to handle your vacation spending.	<input type="checkbox"/>	<input type="checkbox"/>
13	Inspect Luggage for Problems	<input type="checkbox"/>	<input type="checkbox"/>
14	Weigh Your Checked Bag	<input type="checkbox"/>	<input type="checkbox"/>
15	Check travel requirements for your destination. If your destination country requires certain vaccinations, visas, an arrival tax or a specific number of free pages in your passport, you want to know that before you leave.	<input type="checkbox"/>	<input type="checkbox"/>
16	Photograph the Contents. This makes it easier to file a baggage loss/delay claim, if anything happens to your stuff.	<input type="checkbox"/>	<input type="checkbox"/>
17	Take a deep breath. If you tend to get a little anxious about packing, just remember that you can replace almost anything you forget. As long as you have money, identification, travel documents and travel insurance, you'll be fine.	<input type="checkbox"/>	<input type="checkbox"/>

Traveling Mindfully

Exploring the World with Intention!



Embrace mindful travel and experience a deeper connection with the places you visit.

Discover ways to engage with local cultures, practice sustainable tourism, and create meaningful memories.

