

TIPS FOR THE TRIP

PASSPORT

If you do not have a passport we recommend that you get one. Applications are available online at <http://travel.state.gov/content/passports/english.html> or the US Post Office. Hey this is a TRAVEL CLUB and if you want to travel **PLEASE GET A PASSPORT.**



STATE PHOTO ID Always bring your state issued photo ID and it should always be current. PLEASE DO NOT USE A COPY - WE NEED THE ORIGINAL



TAP CARD: Always bring your TAP Card. The Green ACCESS TAP Card or any METRO TAP Card.



DRESS CODE FOR THE DAY OF TRAVEL

It's always casual even for cruising!

SUNSCREEN

BRING # 50 or HIGHER SUNSCREEN. BANANA BOAT / COPPERTONE / NEUTROGENA ARE JUST FINE.



MEDICATION

BLISTER BUBBLE PACK: The **BEST WAY** to bring your meds on any overnight excursion is in a **blister/bubble pack** with the prescription and the prescribing doctors name and phone number on the pack. The pills are dated on the card so staff can see right away what meds have been taken or not taken. It's very easy to keep track of your meds using this method.

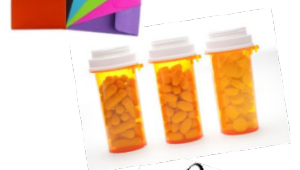


THE WEEKLY DISPENSER: Although better than a bottle it is not a great way to bring your medication. On every trip we have taken someone forgets to bring their written prescription so staff have no idea what is in the dispenser. Yes we can check to make sure the meds are being taken but what is being taken is not known. In case of an emergency we cannot inform emergency personnel what that individual has in their system. Customs always asks what prescription medication we are bringing back into the United States and they do not like it when we say yes we have some but we do not know what it is. If you do bring a weekly dispenser **PLEASE BRING THE PRESCRIPTION.**

PILLS IN ENVELOPES: Better than a bottle but we do need the **PRESCRIPTION.**



PILLS IN A BOTTLE: Bringing your **pills in a bottle** is the **worst way** to bring medication and is a nightmare for staff. Because of the excitement and different environment you can easily forget to take your medication. Staff will have no idea how many pills are in a bottle so they will not know if you took your meds. It is the best way to get your daily dosages all mixed up.



CARRYING YOUR MEDS: The best way we have found for carrying medication is a small backpack. Easy to stash on an aircraft, easy to get through TSA and easy to take with us during the day if you have noon meds etc. Available at Walmart for around \$9.00



Bedtime could be 2 am in the morning when on a cruise or in Las Vegas so if you are taking bedtime meds check with your doctor and see if it is ok to be taking those meds at a later hour. Breakfast is often later in morning so if it is important to take your meds at 8:00 am or earlier you may not be able to sleep in. **Check with your doctor!!**

Please remember to bring your Medicare, Medi-Cal or Health Insurance Card.

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LUGGAGE

GETTING TO AND THROUGH THE AIRPORT, CRUISE TERMINAL, METRO SUBWAY OR LAS VEGAS HOTELS INVOLVES **A LOT OF WALKING**. WE **HIGHLY RECOMMEND A ROLLING DUFFEL BAG BETWEEN 26 AND 30 INCHES**. Anything over 30" will be easy to overload beyond the 50 pound limit. These **rolling duffels collapse and can be stored under your berth** on board a ship. They can also collapse when we are loading them into a van. The rolling duffels below are very easy to pull. We found some very good brands at *Ross Dress for Less* for around \$40. We do use WD 40 on those rolling duffel bag wheels. Keeps them doggies rolling.

Rolling Duffel Bags - The Good Ones

LL Bean - We are big fans of this company. **The large rolling adventure duffel 30" bag is just right**. The medium 24" is too small. A really light weight and tough bag. Only available from their web site unless you are in Portland, Maine or at their outlet store in Freeport, Maine. From \$109 and you can get it in a ton of colors and monogrammed with your name. **SEVERAL OF OUR MEMBERS AND STAFF HAVE THESE BAGS AND IT IS THE BEST ROLLING DUFFEL WE HAVE SEEN**. Watch how they test them at: www.llbean.com



High Sierra - One of our members has had one of these for several years and it is still in one piece. Available at *Marshalls*, *Macy's*. 28" from \$97.00 Also available online at www.highsierra.com



Timberland - This bag lists at \$300 but is sometimes available at *Ross Dress for Less* for around \$49. Also available online at www.timberland.com



Samsonite - Sometimes available at *Ross Dress for Less*. The 26" is for sale at \$39.99. Also available online at www.samsonite.com.



Shaving Kit or Toiletry Bag

The bathrooms on board the cruise ships are not huge. They do not have a lot of storage space for your razors, toothbrush, tooth paste, deodorant etc. We **highly recommend** a shaving or toiletry kit. They are available at Walmart, Target and LL Bean. From \$10 - \$55. *The medium size from LL Bean is the best \$29.95 and can be monogrammed with your name.*



ELECTRIC SHAVERS

We highly recommend **PANASONIC wet/dry** electric shavers. They are very easy to clean by rinsing them under water and they don't fall apart and break as easily as the other brands. They are available at Fry's Electronics from \$35 and up.



NOSE AND EAR HAIR TRIMMERS

We recommend Panasonic Wet/Dry nose and ear hair trimmers. Easy to use, easy to clean and available at Fry's Electronics from \$10.99.



There are other brands we did not mention that are very good. Briggs and Riley (expensive but with a lifetime warranty), Travel Pro etc.