

VitaMin



Vital health information in a minute

SIX TIPS FOR HOLIDAY TRAVEL WITH LESS STRESS

Spending time with family and friends makes the holidays shine. If you're traveling, you may get slowed down by winter weather, traffic on the road or crowds at the airport. Luckily, there are many ways to travel safely and arrive on time and unfazed.

Plan and prepare

- 1. Pack smart.** Minimize the bags, especially if you're flying. Put important papers, medicine and a change of clothes in your carry-on bag. Ship gifts before your trip or give gift cards.
- 2. Allow extra time.** Build in extra time to deal with the surprise mishaps so you don't have to rush.
- 3. Get tech savvy.** Download books, music, games and movies for quick access to entertainment. Use travel apps to easily check a flight status, estimate waiting times through security lines and find the cleanest bathrooms on the road.
- 4. Know before you go.** Plan alternate routes to use if needed. Look for interesting places to stop along the way.
- 5. Stay on schedule.** If you're taking a plane, a morning flight is more likely to be on time. Also consider the potential for weather events when planning airport layovers. Layovers in cities with snowy or icy conditions could lead to delays. If driving, roads are less crowded at night. Check weather and road conditions before heading out.
- 6. Be prepared.** Make sure your car has good tires to handle winter conditions. Pack an emergency kit. Include snacks and water, a snow shovel, blankets, flashlights and extra batteries.

Saving money

If you're planning a road trip, use mobile apps to find affordable gas stations on your route.

If you're flying and have some time flexibility:

- › Fly on off-peak days (return on the holiday or a Saturday) or the week before or after a holiday.
- › Book a holiday trip to a city with many hotels, such as Orlando or Las Vegas.
- › Use reward miles or points.
- › Explore flights with a layover, or two one-way tickets.



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