



Boomers' Corner Travel tips!

1. **Download a translation app.** You should download a translation app that allows you to speak into your phone and translate to a person, then listen from that person, and translate back to you. [Translate All Languages](#) is one of the best, but you should download it while still in the USA because it may not be available in the country you are visiting.
2. **Get a VPN before you travel.** If you are taking your laptop with you or may have to communicate sensitive information back home, make sure you do it through a VPN (Virtual Private Network); one very affordable and popular is [Nord VPN](#).
3. **Keep your meds in your carry-on and always with you.** Never leave all of them in the hotel room; you should have at least half of your total portion with you and a few extra days' worth of meds in case you are forced to stay longer.
4. **Upload your travel documents to your cloud.** You should upload all essential documents to your cloud, including your passport, copy of your visa, driver's license, medications, etc. Make sure they are also in your smartphone in a folder named "JIC" (just in case) or "FYI" (for your information) or whatever you want to call it.
5. **Ensure your smartphone is encrypted,** including the memory card, and that you have an eight-number code to unlock it.
6. **Purchase travel insurance.** Especially if
Your trip is longer than 14 days. There are various [travel insurance policies](#) you can purchase for the duration of your trip.
7. **Plan to get to the airport early.** Nowadays, many issues are going on with traveling; some airlines require documents like Covid 19 proof of a test, certificate, online migration forms, etc. You can probably take care of it at the terminal before your flight if you get to the airport early enough.
8. **Buy your snacks and water after you clear customs.** Otherwise, there is a good chance you may have to dispose of them. If you travel with small children or grandchildren, take plenty of gummies, kids can cry when they are chewing, and it will help pop their ears.
9. **Shrink-wrap your luggage.** If you travel to Central or South America, you want to ensure no one can put anything inside your luggage.
10. **Get up and Stretch.** If your flight is over three hours, stand up and stretch, and if you feel any pain in your legs, take an Alka-seltzer; it thins your blood faster than an aspirin. DVT (deep vein thrombosis) is a high risk for boomers during long flights