



Jet Seven Travel Seminars

Planning Itinerary
www.JetSevenTravel.com

P R E P A R E - P R O T E C T - P R O V I D E

Tips for an enjoyable trip –planning the itinerary

1. Plan “trip meetings” with all traveling members.
2. Gather input from everyone on “ideal trip”.
3. Respect that everyone may have different “dream trips”.
4. Consider health history of each member.
5. Plan down time to breathe (sitting at café, reading book , time in park, etc.).
6. If traveling with group, consider splitting up and meeting for certain events.
7. If traveling with children, designate 1 or 2 people to be responsible for kids – take turns.
8. Do not return from “vacation” exhausted. Do not try to see and do everything.
9. Enjoy the local culture, interact and observe.
10. Allow time for travel and consider delays.
11. Form meeting plan in case someone gets lost.
12. Form back up plan if plans are changed (weather, strikes, etc.).
13. Carry photo of every traveling member.
14. Know location of medical records/travel insurance/medical evacuation information.
15. Consider limitations of group as a whole (disabilities, age, fitness, enthusiasm, etc.).

Mayo Clinic and Stanford-trained registered nurse and author Anya Clowers is a travel expert working as a liaison between the medical community and the travel industry. As an advocate for the traveler, she works with physicians, manufacturers, travel experts, medical organizations, etc. – finding the best solution to situations that occur *daily* to travelers all over the world.

A self-sufficient traveler prepares ahead of time, packing peace of mind as the foundation for every trip. Whether traveling across the city or throughout the world, simple steps of preparation can save your life – literally!

Visit us at www.JetWithKids.com for resources designed to maximize the success of your travel. If interested in attending or scheduling one of our travel classes, please call us at 916-853-9619 or email info@JetSevenTravel.com.