

Traveling Well

Flying

- **Water** - Stay well hydrated
 - Avoid caffeinated beverages and lots of salty snacks
- **Move** - Get up to walk & stretch often
- **Seat Exercise** - Move your feet in a circular motion while seated to increase circulation and decrease swelling
- **Special Socks** - Use compression socks if you have issues with your ankles swelling
- **Sleep!** - Try to get some sleep on the plane ("If you throw away a solid two-hour nap on a few extra rounds of Angry Birds, you might well be angry at yourself later.")
- **Sleep Aid** - Consider using a sleep aid for long flights.
- **Layer** - Wear layers so you will be comfortable whether the aircraft is hot or cold.
- **Mask & Plugs** - Blocking out sound & light can help you snooze.

Team Dynamics

- Always stay with your team
- Check in with your team leader if you need to go anywhere
- Have at least one other team member with you at all times
- Follow your team leader's lead
- Be really really flexible

Customs

- You have **NOTHING** to declare. Period.
- You are a tourist.
- Keep a low profile and don't over share about the trip.
- Don't take pictures in the customs area.

Misc

- Put address tags on your bags ahead of time.
- Add a strip of colored duct tape to more easily identify your bag in the carousel.
- Get on your new sleep schedule ASAP. Stay up the entire first day until a normal bed time.