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Women's Travel Tips



Additional Things To Pack

It seems that women have so much more additional things to bring; hair dryer, lotions and potions, make-up, scarves, jewellery, a spectrum of undergarments, pantyhoses, slips etc.

The 10 essentials

The woman traveller's must haves as suggested by the Society of American Travel Writers:

1. Good walking shoes.
2. A photocopy of the opening page of your passport, carried separately from the passport.
3. Plastic zip-lock bags.
4. Immodium AD (the most widely recommended antidote to diarrhoea).
5. Photocopies of prescriptions and eyeglasses you cannot do without.
6. Swiss army knife.
7. Pocket flashlight.
8. Spare camera batteries.
9. Address book.
10. Photocopies of all credit cards.

In your carry-on

Put whatever you simply can't live without for 24 hours in your carry-on-bag - brush, medicine, make-up etc. All your valuables such as; jewellery, camera, laptop, handphone, travel documents and so on should also be in your carry-on.

In your toiletry kit

Keep all your cosmetics, skin care, prescription medication, contact lens solution and some first aid supplies in a toilet bag that you can grab and go from your bathroom to the gym to the suitcase. Be sure to include a few tampons or sanitary pads in your cosmetic case. You are not as regular when you travel, so there may be surprises.

Sewing Kit

Many hotels provide a small sewing kit among their amenities. Keep one of these in your travel bag. If you tear your skirt hem or a button thread comes loose, you'll be able to fix it on the spot.

Medical necessities

In your toiletry kit or in a separate pouch pack a small medical kit for the road. A favourite brand of cold medicine for example, may not be available or the drug store may not be open when you need it. The essentials are:

1. Band aid
2. Paracetamol (panadol)
3. Vaseline (first aid cream, heals cracked lips)
4. Nasal spray and antihistamine
5. Antacid
6. Tweezers
7. Sunscreen
8. Laxative or fibre like metamucil
9. Immodium for diarrhoea
10. Melatonin (for jet lag)

Miscellaneous needs

Other must pack items: several types of plastic bags and zip-lock bags. They are handy for storing trash and wet items, keeping snacks fresh and so on.

Many hotels save electricity by using low-wattage bulbs in room lamps. This can be very annoying if you are doing some paper work or putting on make-up. Bring a 60-watt bulb wrapped in an old sock. A flashlight can also serve the same purpose as well as function as a bedside reading light.

Bring a small travel alarm clock instead of relying on hotel wake-up calls.

Find out if you need to bring adaptors and converters as electrical outlets differ from country to country.

One other useful thing to bring is duct tape to tape over your little bottles of lotions in case they spill or burst under pressure on board.

Suction cup hooks that adhere to mirrors are handy for hanging loose items in the bathroom. For the business traveller who leaves nothing to chance, pack a travel iron and hair dryer as well.