

How To Take A Worry-Free Vacation

Top Ten Travel Tips



(NAPSA)—Wherever your next vacation may take you, heeding a few suggestions can help you stay happy and healthy on your trip. The experts at RBC Insurance, a leading provider of travel insurance and emergency assistance services, offer the following tips:

1. Keep credit cards and travelers' checks, passports and other identification in several different places. Use pockets or purses only for items you will need frequently. Otherwise, use a money belt or hotel safety deposit boxes so if your wallet is lost or stolen, you won't be left without identification or money. If you lose your passport, immediately call the nearest embassy or consulate, and the local authorities.

2. Travel arrangements are often nonrefundable, so don't risk losing your entire travel investment should something unexpected happen. Purchase cancellation and interruption insurance to help protect your investment, in case you have to cancel your trip, come home early or stay later at your destination. Make sure to carry proof of travel insurance with you, along with the company's name and phone number.

3. Check to see if any travel advisories or warnings have been issued for your destination by visiting <http://travel.state.gov>.

4. Provide your family and friends at home with a copy of your itinerary and keep them

informed of any changes. Supply them with your contact information, copies of the identification page of your passport and travel insurance information.

5. Increased security at airports has led to longer waiting times. Go early to give yourself plenty of time to make your flight.

6. Make sure you're up to date on all your immunizations. Contact your doctor well in advance of your trip to see if you need any specific medication or immunizations.

7. Remember that medical treatment outside the United States can be very expensive and your health insurance or credit card may only cover a limited part of these costs. Find out exactly what you're covered for and purchase travel insurance to fill in any gaps.

8. Gastrointestinal illness is one of the most common illnesses affecting tourists. Eat foods that have been well-cooked, and fruits and vegetables that have been freshly peeled or cooked. Drink bottled or hot beverages, and avoid ice that isn't made with purified water. Wash your hands frequently and thoroughly.

9. Make sure your passport is current. Some countries require that passports be valid six months beyond expected departure dates.

10. Most importantly—relax, recharge and have a great time!

For more information, please visit www.rbcinsurance.com.