



199 Travel Hacks

“Backpacker’s Bible for the Road”

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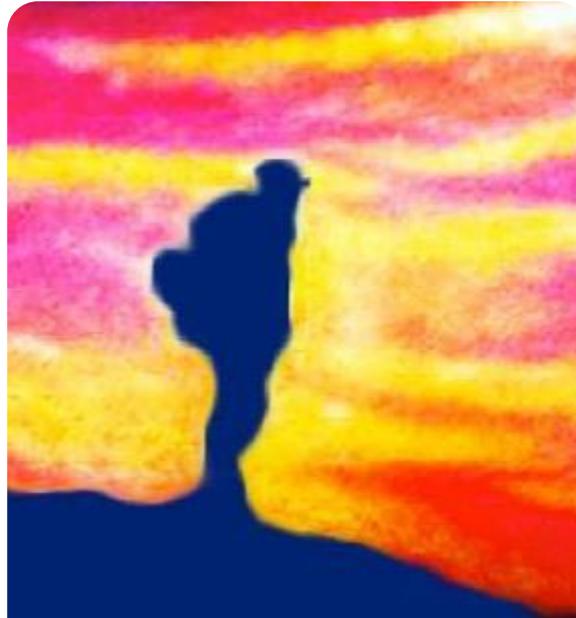


About the Book

So you've made the decision to embark on the adventure of a lifetime. You will never regret it. Adventure is waiting around the corner and you will create new memories that will last a lifetime. That decision is the first step. In this guide, we want to share the travel tips that we have found invaluable on the road. Some from our own hard won experiences, some we have learned from other travelers and some that are largely common sense. All of what we have learned will help you make the most of your travels in this world. This book is divided into easy sections with specific themes, so you can easily skip to what you are looking for from the contents page.



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Before You Go Anywhere

There are some very important things you will have to sort out before you start your trip that will make life easier on the road. The more organizing you do before you go, the less you will have to think about when out there in the world. So it is worth getting sorted.



Planning Where To Go

Choosing from the overwhelming number of marvelous things in this world to see can make it a baffling decision of knowing where to go. You need to decide what is most important for you and what you want to achieve from your travels. So, the decision boils down to two simple things; what you want to see and what you want to do. Chances are you already know!



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Chapter 1: Preparation

Get your thinking cap on. It's time to plan out a rough idea of what you want from your upcoming journey.



- **1. How Long Will You Travel?**
- Start with having a rough idea how long you can travel for. This will determine how many places you can visit, how much you can see and do and will help you work out a travel budget ([see later](#)). This will also help you decide whether to purchase a one way ticket, a round trip or a multi-trip, round the world ticket ([see later](#)). A lot of this will depend on your work or college situation and whether you have to be back for any big events like weddings or important birthdays. Once you have this figured out, you can start your planning.



2. Chart Your Course

Decide what places you have always wanted to see and go from there. If you're hitting some main sites like Machu Picchu or the Taj Mahal, know when they are open and try plan to go in low season, so you will get a better price and be able to avoid the crowds. Know what your visa requirements are, as some need to be arranged in advance.

3. Create the Vision

Decide what you have always dreamed of doing. If you want to have new thrilling experiences, base your destination decision on the places that are best known for what you want to do. Be it hiking in Patagonia, chilling on a Mexican beach, sailing around tropical islands, cultural immersion in Asia, climbing Volcanos, wildlife spotting. Whatever it is, some countries do some things better than others.

4. Mind the Season

Bear in mind what season you are travelling in, be it summer, rainy season, wine harvest or ski season. This will have a big impact on the weather to expect, your [travel budget](#) and knowing what to [pack](#).



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5. Keep it Loose

If you want to travel long term (3 months or more), it is better to keep your plans loose so you can leave yourself open to any experience that comes your way that you may only learn about on the road.



Chapter 2: Saving For Your Trip

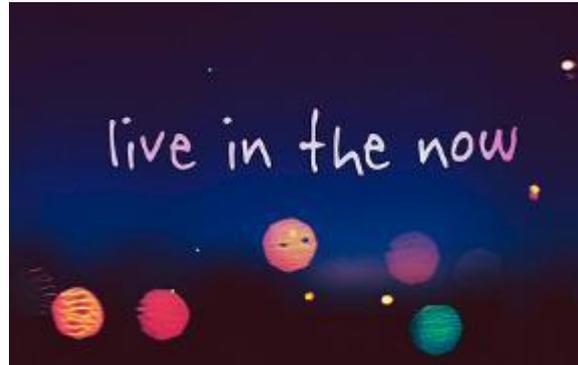
You may have already saved money or you may need to start. Knowing how much money you have obviously determines where you go, how long you go for and what you can do when you're there.



- 6. Keep the vision in front of you
- Keep your travel plan, a picture or a world map close to hand to remind you so that you don't feel the need to splurge on something. I used to stick a world map on the dashboard of my car to keep me going on those dark morning drives into work in the months before I set off.



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7. Learn to Cook

Cut out eating at restaurants, start cooking at home, minimize going out, shopping trips, etc. but balance it with an occasional treat so you can still enjoy life while pinching every penny. Still grab that bottle of wine or a few beers for a Friday night, and arrange to meet friends during the day for a coffee. If you don't still enjoy an occasional treat, you will have a miserable time with all your hard saving.



8. Separate Your Finances

Set up a separate savings account to watch those pennies grow.



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THIS IS YOUR **LIFE.**
DO WHAT YOU LOVE,
AND DO IT OFTEN.

IF YOU DON'T LIKE SOMETHING, CHANGE IT.

IF YOU DON'T LIKE YOUR JOB, QUIT.

IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.

IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP;

THEY WILL BE WAITING FOR YOU WHEN YOU

START DOING THINGS YOU LOVE.

STOP OVER ANALYZING, ALL EMOTIONS ARE BEAUTIFUL,

WHEN YOU EAT, APPRECIATE

LIFE IS SIMPLE. EVERY LAST BITE.

OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS

AND PEOPLE, WE ARE UNITED IN OUR DIFFERENCES.

ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS

AND SHARE YOUR INSPIRING DREAM WITH THEM.

TRAVEL OFTEN; GETTING LOST WILL

HELP YOU FIND YOURSELF.

SOME OPPORTUNITIES ONLY COME ONCE, SEIZE THEM.

LIFE IS ABOUT THE PEOPLE YOU MEET, AND

THE THINGS YOU CREATE WITH THEM

SO GO OUT AND START CREATING.

LIFE IS LIVE YOUR DREAM,

AND WEAR

SHORT. YOUR PASSION.

TO DO LIST

9. Keep Your Eye on the Prize

Stay motivated to start organizing. Do what ever it takes for you. Talk to your friends who have travel experience and listen to their stories. Pin inspirational quotes around you, browse through guidebooks in your local bookstore and ogle beautiful travel images online. All of this will help you keep on track to live the dream.

10. Make a List, Check it Twice

Make a list of things that you will bring and useful notes that will help you in your travels. As you will find many useful travel hacks in this resource, you should make your own personal travel guide with the things that are important to your trip. Maybe you need border information, maybe you need item ideas, but by having a list you will be able to organize your thoughts as they come to you and act on them. This will help you immensely while preparing for your trip.

Chapter 3: Travel Documents & Bank Access



The important stuff like organizing your paperwork will make sure you have a failsafe plan to resort to if you need any help while travelling.



■ 11. Get Copies of Your Documents

- Make photocopies and scans of all your important travel documents like your passport, driver's license, flight details, insurance certificate, I.D. cards etc. Keep these copies separate from your original documents when travelling. Take photos or scan them and save them to your email or a Cloud service like Google Drive or Dropbox so you can access them anywhere in the world. Also, leave copies at home so your family can assist you if you need it. Make sure all your documents are current and you have the right amount of validity on your passport for the time you want to travel. Believe me on this. I know several people including myself with lost or stolen passports and this is the key to getting a replacement.



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12. Notify Your Banks

Make sure to call any banks that are attached to debit or credit cards you intend on using during your travels. Banks, in an effort to prevent fraud, will often freeze your accounts if they consider the activity “suspicious” or “out of the ordinary”. Whether you like it or not, this happens, so I recommend you make the call. It will save you a headache when you are trying to pay for a bus ticket and find your card has been declined.



13. Get a Digital Currency Converter App

Download a currency converter app that works offline like xe.com and know the official rate before doing a currency conversion at a border, exchange rate stall or store. You can store up to 10 currencies at one time with this app. It will update whenever you are in a Wi-Fi zone and if using it offline, it stores the most recent currency conversion rate that you used.



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14. Travel Insurance

Sort out some travel insurance. Base it on your destinations and length of travel time. Also, think about whether to pay extra for valuable items like a laptop, cameras or phones. It will be worth it if your stuff gets lost or stolen and you need to make a claim. It is better to be safe than sorry, after all!



15. EU Free Health Care

If you're travelling within the European Economic Area as an EU Citizen you can get a free European Health Insurance Card for free or reduced price emergency care. And, you can call 112 to contact the emergency services in any EU country. **TIP:** It's a good idea to make note of emergency numbers in the country you're in, just in case.

Chapter 4: Planning your Budget

Once you have decided where to go, you can start planning a rough budget. You have been saving hard for this so a bit of planning will go a long way to help you get the most of your hard won cash. Everyone is different on this and so much depends on the countries you plan to go to, the type of accommodation and travel you want and the activities you want to do, but here are some general tips.

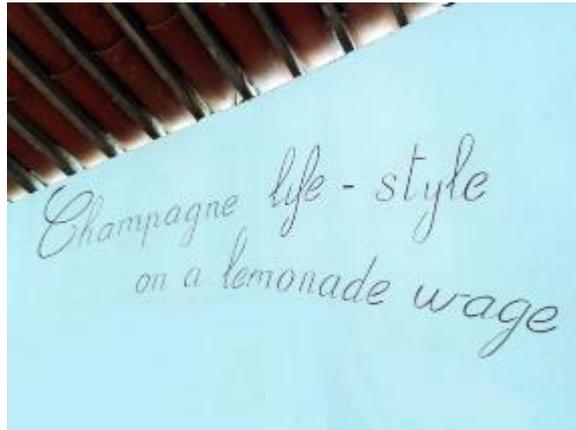


■ 16. Flight Selection

- Decide what kind of flight you want to get you there and know how much it costs ([see later](#)). Are you focusing on one destination or multiple countries? Once you know this, you can research flight costs. STA Travel, Trailfinders and Oneworld.com are good places to start looking into RTW trips.



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17. Know Your Place

Know what kind of traveler you want to be. This will have a huge impact on your budget. Are you looking for luxury, plan to stay in hotels, eat out at restaurants and fly between destinations? Are you going to be a backpacker, stay in hostels, tents or hammocks, eat street food and travel overland between destinations? Or are you going to simply be a traveler and go wherever the wind blows you?



18. Stretch Your Budget

Know that 'western' countries are much more expensive than 'developing' countries and your money will go much further in some countries over others. You have your ideas set, now it's time to book.

Chapter 5: Booking Your Travel Before You Go



It doesn't always pay to book before you go, but the following are things to think about if and when you do.



■ 19. Strategize On Your Flight Choice

- Decide if you are buying a one-way ticket, a return or a RTW (round the world) flight. Often times when traveling long term a one-way ticket is the best option. It is sometimes hard to determine where or when your trip will end once you start your travels. Also, if you are flexible, talk to a travel agency about booking your flight the day before you fly. You can often save a lot of money by doing this because airlines are anxious to fill their unused inventory.



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20. Surf for Flight Options

Scour the web for the best possible prices for your flight. Use websites like [skyscanner.com](https://www.skyscanner.com), [kayak.com](https://www.kayak.com), [cheapflights.com](https://www.cheapflights.com), [momondo.com](https://www.momondo.com) and be as flexible with your dates as possible to secure the best price. Try searching an entire month to get a range of prices though the dates. This may take some time but it will pay off in the end.

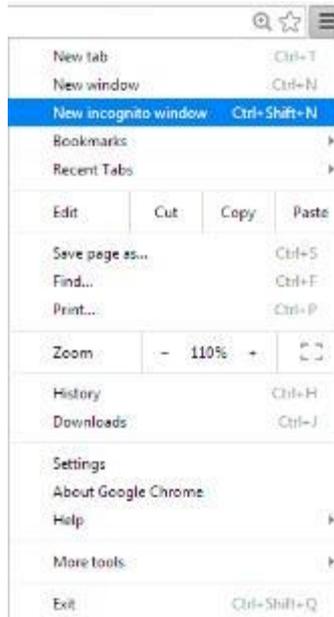


21. Flights from a Neighboring City

Don't stick to your closest airport as your only departure point. Check other nearby cities as well. For example, if you are in Europe, it is often cheapest to fly to Latin America from Madrid. Super cheap flights from any other European destination can get you there and could save you a packet. In general, always check out the option of an inexpensive domestic flight to a major airport hub when searching for flight deals.



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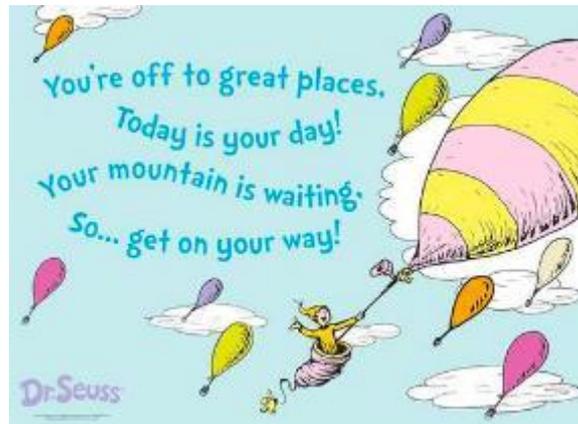


22. Use Private Browsing

When searching for flight prices, open an incognito tab or use private browsing so the website cannot record your past searches and bump up the price on you to cover their “marketing costs.”

23. Use Airlines' Own Sites

Don't forget to check an airline's own website to get more options. After all, it is their airline and they have the power to provide the best rate if they choose.



Chapter 6: Booking Your Travel on the Road

There is a lot more road to be traveled and a lot of lessons to learn. Here are some hacks that will get you started with a competitive edge.



■ 24. Negotiate Your Bus Ticket

- Don't be afraid to try your negotiating skills at a bus counter. When traveling through countries even a bus counter attendant can be swayed a little on price if the bus is getting ready to leave. Just like with an airline, a bus company is more flexible when trying to fill last minute seating. Of course, you will do better if you speak the local language ([see language section below](#)).



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25. Travel Overnight

When traveling a long distance of 6 or more hours through a country it is good practice to travel at night, if possible. This saves on accommodation. It is safe in most countries but do heed any local advice before booking. Keep your valuables hidden about your person and cover yourself with a blanket. Wrap the strap of your bag around your leg. This will allow you to drop off without too much worry. Although many new bus models in more developed countries do have an on-board toilet, it's a good idea to know how often the bus will stop, if at all.

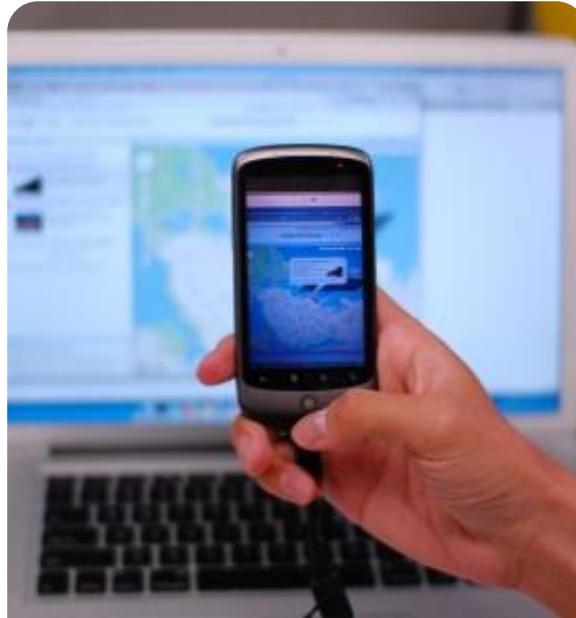


26. The Comfortable Ride

Pack an eye mask, an inflatable pillow, a blanket and a pair of socks in your hand luggage on overnight journey to keep you comfortable and toasty.



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27. Digital Records

Take screenshots on your phone of hotel/hostel bookings, flights, maps, directions etc. so you can keep track of everything without needing to use Wi-Fi when you arrive bleary-eyed at your destination.



28. Be Camera Smart

If you're on your own and you would like someone to take your picture, approach another tourist couple or a family as they are less likely to run off with your phone or camera.



Chapter 7: Packing Your Stuff

Packing for a long distance trip truly is an art form. The following hacks will make your life a lot easier to organize. Also, check out the '[Super Useful Travel Kit](#)' section for some handy added extras.



■ 29. Pack Be Nimble

- Pack light, light, light! You've heard it before but it is so essential when you have to lug that bag up stairs, down streets, onto tiny local buses, down country roads, in the jungle, and everywhere else.



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30. Hot and Cold

If you are travelling through multiple countries and different seasons, bear that in mind. Pack your swimwear and thermal gear. Bring things you can layer up with. It is worth investing in quality quick dry light thermal gear like Icebreaker® Merino wool. **TIP:** Don't forget the sunglasses, gloves and a Beanie will also keep you comfy out in the world.



31. The Fresh Maker

To reduce the smells of moist or humid clothes in your backpack, try placing a dryer sheet in with your clothes to keep your clothes smelling fresher.



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32. Role Your Clothes

When packing clothes into your luggage or backpack, it is common practice to roll your clothes instead of folding them. This will free up more space in your backpack.



33. Packing Cubes

Use clothes rolling in combination with packing cubes to separate your underwear and tank tops from your bigger items of clothing to make access easier.



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34. Only The Necessities

Adjust to living out of a bag, only keep toiletries out for easy access. Don't unpack much to reduce the risk of leaving stuff behind.



35. Shower With Clothes

To save on laundry costs, bring your stuff into the shower with you and wash them there.



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36. Laundry Bag

Bring a laundry bag. It's really useful for keeping your dirty stuff separate when on the road.



37. Non-Crease

Pack lightweight, easy dry, non-crease stuff.



38. Watch Your Weight

Keep the weight of your pack down. **TIP:** Use an estimate of 10% of your body weight so you won't strain yourself.



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39. Pack Old Reliables

Don't pack something you haven't worn before. Bring stuff you have tried and tested and don't bring anything you mind losing or going missing.



40. Snap Your Bag Contents

Make sure to take a picture of the contents of your bag before boarding an airplane or a bus and keep this on your phone, or somewhere accessible. This will come in handy if your luggage is lost or stolen to prove the value of the things that were packed in your bag.



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41. Essential Footwear

Bulky footwear takes up a lot of space and should be kept to the basics. Really all you will need is a pair of sandals or flip flops, a trusted pair of walking/hiking shoes. Many travelers I've met opted for a pair of running shoes or trainers in place of hiking shoes. **TIP:** Stuff socks or other small items into your shoes to save on space too.



Chapter 8: Super Useful Travel Kit

There are lots of extra odds and ends that will help you tackle repairs on the road. Here are some lifesaver tips and little random items of kit that will make your life easier.



■ 42. Invest in a Bloody Good Backpack

- Invest in a good backpack. One that opens at the front will save you digging around at the bottom of your bag for stuff. There are a few travelers on the road with wheely suitcases which may be handy in some situations but not if you're heading off the beaten track into the jungle or on a dirt road of a small local village. One that comes with a small attachable day bag is also very useful. This is mine, and I've been on the road for 15 months and it's still going strong!



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43. Simple Waterproofing

If your backpack doesn't come with a waterproof layer, grab a bin liner and line your bag with it.



44. Clean Sleeping

Bring a sleeping bag liner. It won't take up much space and can come in really handy if you are camping or staying in a less than top notch hostel bed. **TIP:** Save money and make your own using a cotton sheet.



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45. Shine On

A torch is really useful when the room lights go out, when you are on a tour, in a cave or whatever. I can recommend the Petzl head torch (as seen on the wonderousworld.com website). At the very least, download the Assistive Light App on your Android phone or the Flashlight App on your iPhone for midnight reading or finding your things and navigating a new place in the dark. **TIP:** For greater illumination, strap your torch to a bottle of water and that will diffuse the light so it spreads. Great if you're camping out.



46. Pen Knife

A penknife or multi-tool is really handy, even if you're just cutting cheese for your sandwich to accompany the wine you opened with your corkscrew tool. Yum! **TIP:** I also carry a stainless steel fork with me for munching on the go. I find this more satisfying to use than a plastic spork.



47. Trusty Tape

Duct tape or electrical tape is super handy for sealing your lotions and potions and repairing things. **TIP:** If carrying round a big roll of it isn't your thing or you don't have space, wrap some of it around a lighter so you can still have it but are saving space for other backpack goodies.



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48. A Stitch in Time

A small sewing kit or even just a needle and thread is handy for repairing clothes and kit. If you don't use it, there will always be someone who will and you'll make a new friend because of it!



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49. Drown That Sound

Bring some earplugs to take care of snorey hostel mates, survive a party hostel or an overnight bus journey.



50. Sound It Out

A travel speaker will make you a popular person or if you didn't pack one, you can pop your phone in a cup or glass to pump up the volume.



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51. Slick Storage

A sun glasses case is handy for storing your USB cables, headphones, wires and other bits n' bobs.



52. Carabiner

A carabiner is also very useful for attaching wet shoes to the outside of your backpack, to attach to any room or hostel keys you have been given, so you can keep better track of them, especially if you have paid a key deposit.



53. Superglue

A tube of superglue is very useful if you need to do some quick repairs.

[\(see the Technology section for more kit\)](#)

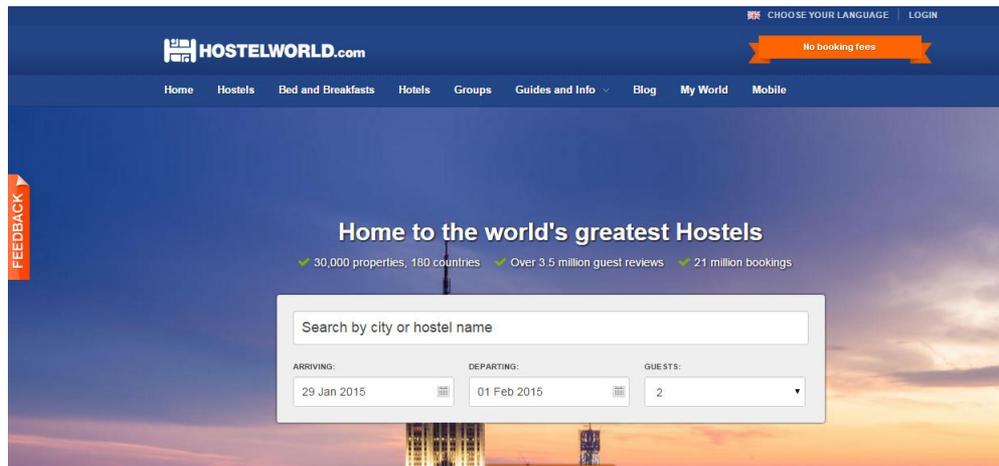


Chapter 9: Accommodation

Fulfilling the daily need for shelter over your head will keep you busy. Don't just rely on guidebooks. Listen to where other travelers stay for invaluable word of mouth knowledge. The best deals can be found online or by direct contact with your choice of accommodation.

■ 54. Book Wisely

- Use well established websites like Airbnb.com and Booking.com for apartments, rooms and hotels or Hostelworld.com, Hostelbookers.com and Hostels.com for hostels. These sites have very strict rules in place with their hostel and apartment partners that prevent from mistakes being made with reservations. This will be your best guarantee at getting the accommodations that you want. The partners are also required to find you a comparable place to stay if something should go wrong with a reservation. **TIP:** Try to find a place with breakfast included to save on spending and with a shared kitchen so you can rustle up a quick snack whenever you feel like it.





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55. Contact Accommodation Directly

If a place you want to stay in does not have availability on these websites, it is always worth contacting them directly by email or phone as they almost always have space that they have not allocated to a website. You might get a slightly better price too.



56. Take Advantage of Bag Storage

If you arrive way before a set Check In time, you can always leave your luggage at your accommodation for no extra cost and head out for a wander round your new surroundings. **TIP:** Sometimes you will even get in on breakfast if it is included and you get there early enough.



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57. Try a Homestay

For full cultural immersion, try a homestay, where you stay with a local family. These are often affiliated with language schools if you are looking to do a course. If you do not want to study a language but still want a homestay, you can still email the language schools and they will put you in touch with the local families they know and trust. **TIP:** It is a great way to practice a language as well, especially if there are young kids around.



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58. Hang a Hammock

In tropical places, renting a hammock or slinging your own is often the cheapest form of accommodation. It is worth renting that mosquito net as well. Or buy a hammock. Some would argue that the travel hammock is too bulky, and a little luxurious to be considered a necessity. I would not completely disagree, but it really boils down to the nature of your trip. If you are backpacking around cities, staying at hostels, and enjoying more of the free sides of travel then a hammock is your best friend. You can turn any situation into a comfortable, relaxing getaway by finding 2 trees to hang on your hammock up in minutes. And, when your travel hammock is in its bag it can double as a pillow. If you ask me, I say make the room. See the [Random Hacks Section](#) for how to tie your hammock up.



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59. Barter for Your Bed

To save money, try bartering for a hostel stay. It doesn't hurt to ask because hostels often have very part time job requirements and are sometimes willing to trade you a place to stay for a few hours of work a day. Often simple tasks such as changing sheets, sweeping, creating artwork or preparing food will be asked of you, as these tasks only take a few hours a day but need to be done. And it never hurts to ask.



60. Be a Workawayer

Workaway.info is a good program to sign up to. In exchange for a few hours of work a day, you will get free accommodation and often some meals included. It is a good way to learn new skills or use the skills you already have to help out a developing business, an eco project, helping a family, among so many other things. It's a great way to stay in a place you like for a bit longer without having to spend much money and you might even learn something too.



61. WWOOFing

World Wide Opportunities on Organic Farms (WWOOF), or WWOOFing is a similar deal but focuses mainly on agricultural projects and is centered mainly around Australia and New Zealand, but it is spreading to more countries now.



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62. Camp Out

Pitching a tent is also a good way to keep your accommodation costs down. If you didn't pack a tent and want to camp out somewhere, most campsites have tents they can rent out to you.



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63. Grab a Business Card

Take a business card from wherever you are staying in case you get lost, forget the name of the place or don't speak the local language.

64. Book in Advance

In some cases, when booking a hostel it can pay to book 4 + months in advance. With most hostel booking websites, it is up to the hostel owners to adjust the pricing for the whole year. However, part of their arrangement is to honor their pricing on a booking website no matter what. Many hostel owners only change their rates 1-2 months out at a time. This means if you are booking a major holiday such as New Year's Eve, or a major event in a particular city, if you book long in advance you may end up paying half price or better than when it is closer to the date. It is not always recommended to book a hostel in advance, but in this particular scenario it can often save you a ton of cash.





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65. Rent an Apartment

If there's a gang of you it can be more fun and sometimes cheaper to rent a house or an apartment so you'll have your own space. Check out websites like [airbnb.com](https://www.airbnb.com), Vacation Rentals by Owner (VRBO) and Homeaway to find your crashpad.



66. Park Up

If you are travelling in your own vehicle and need a spot to camp up for the night, try an outdoor standalone Walmart store parking lot. It is in the company policy that you are entitled to stay there for free and security will not bother you. If there isn't a Walmart near you, head to a drive through fast food joint like Burger King. They don't really care and you can grab some fries for breakfast!

Chapter 10: Technology

Devices can be a fantastic tool while travelling and here are some extra hacks you may not have known about for how to get the most out of any technology you decided to bring along.



■ 67. Undercover USB

- If you forget or can't find a charger for your phone but have a USB cable remember to check a modern television for a charging port.



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68. Free Wi-Fi

It is sometimes possible to get Wi-Fi passwords in public areas by checking on the FourSquare phone app. FourSquare can be downloaded to your smartphone for free through the app market.

69. Waterproof Your Camera



If you intend on taking pictures during your travels consider getting a waterproof case for your camera / cell phone. If you take your phone camera seriously, you may not have much use for another camera unless photography is a passion. Plus you are more likely to have your phone when a picture opportunity presents itself. **TIP:** Don't forget to back up photos by syncing with Facebook or a Cloud service. They will still be private unless you make them otherwise.

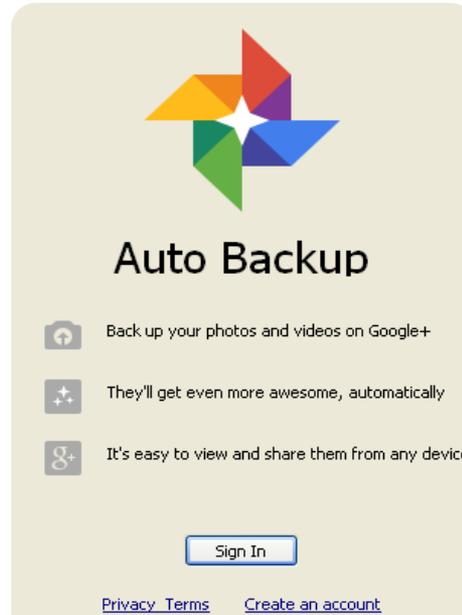


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70. Power Strip

Consider bringing a travel extension cord or power strip. You will be popular with all your travel friends and can charge multiple things at the same time.

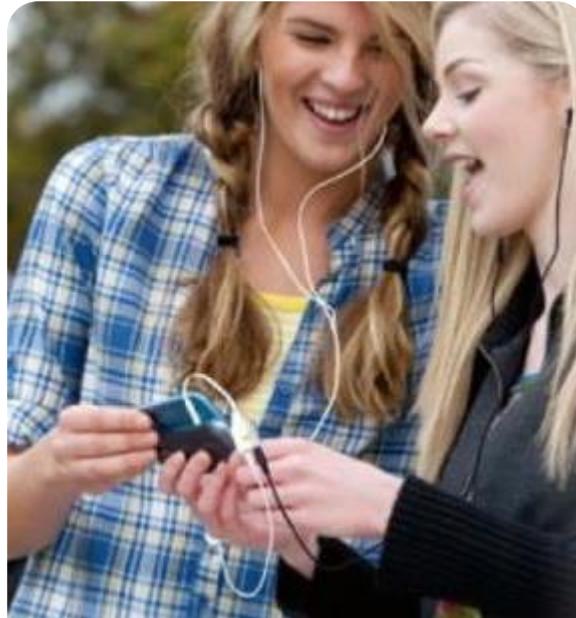


71. Backup Everything

Use Google Drive or Chrome + to automatically back up your photos and documents.



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72. Share the Music

Bring a headphone splitter. It is really handy for sharing music or a movie on those long journeys.



73. Spare Earbuds

Pack some extra earbuds for your headphones as they generally mysteriously pop off after a while.



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74. Save Your Battery

Keep your phone in flight mode or airplane mode to save battery and accidental roaming charges. And keep your phone light levels at a minimum.



75. Keep Your Charger Handy

Keep your charger in your hand luggage so you can get easy access to it in case you spot an available wall socket while waiting in an airport or bus station.



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76. Spare Batteries

It is also worth taking a spare battery for your phone and camera if you are out in the wilds for a few days. A mobile charger for your phone can be useful too. Keep some spare AA or AAA batteries if any of your kit requires it.



77. Universal Charger

Bring a universal adaptor that you can use in multiple countries. Also, having a USB adapter on your chargers is a good thing because you can charge your devices in just about any computer in the world using the computer's USB jack.



78. Flash Drive

A USB Flash drive takes up no space and is handy to back photos and documents up when you are on the go. It is also common practice to keep one of these on your keychain. Many of them come from the factory with a key hole. Things do happen on the road and things can go missing like cameras, and other devices. Having a backup of your photos is the best thing you can do to prevent this from spoiling your trip. Cameras can be replaced, but the picture of you holding a monkey is the thing you will miss the most.



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79. iPad or Tablet?

You could argue that this is not a “travel necessity” however most of the backpackers I have met on the road (including myself) would disagree with you. I don’t think I need to get into the details of why this is good from a personal standpoint of comfort. Obviously you can use it for all of your creature comforts such as playing your favorite music, watching movies or passing the time networking with friends. However, one of my personal recommendations is to also set yourself up with a VOIP phone number to your home country. What a VOIP (Voice Over the Internet Protocol) number does is allows you to make phone calls from any high speed internet connection to your home country from anywhere in the world for sometimes less than the cost of a local call. Unless you are planning on becoming a permanent Nomad this communication is usually pretty important. **TIP:** In addition to all of the comforts that this device can bring to you, it is also a small lightweight bartering chip if you are in a pinch. This piece of equipment can be sold or traded if you ever find yourself in a really tight spot such as your wallet being stolen or misplaced.

80. Solar Powers

Consider bringing a solar portable phone charger. Yes, they do in fact exist, and yes they are quite affordable. This will give you the ability to get a charging anywhere that there is sun. This will come in handy, especially in a camping situation or a long beach day. Think about it!



Travel is exhilarating. There are many opportunities to for socializing and there is some downtime too. Here are some tips on how to maximize both.



81. Get Talking

Ditch the guidebook and speak to people. You will get that invaluable word of mouth information that a book can never give. Another good reason is to get some local advice as things can change rapidly from country to country meaning that last year's guidebook could be this year's misinformation.

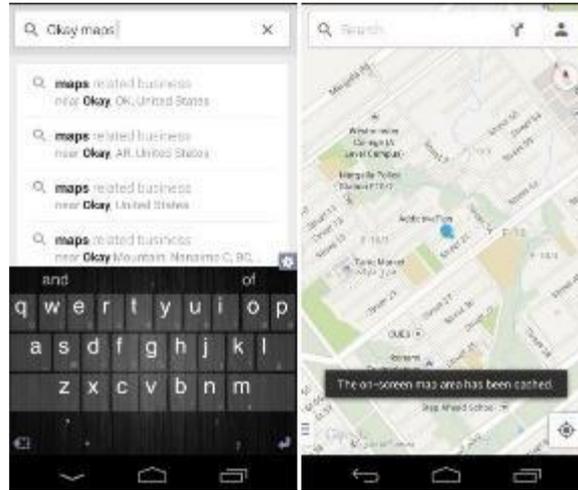
82. Book Exchange

Bring at least one actual book with you while on the road. Sure you can keep all of your books on an electronic device, but you will likely run across book exchanges in hostels and markets along the way. Having a book to swap out gives you a membership to this secret club of book swappers.





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83. Google Maps

The Google Maps app is really handy for getting your bearings. If you need to use a map offline.

1. Type in the location you are looking for
2. Zoom in so the map size is not too big
3. Type okmaps into the search box
4. Google Maps will download the map area and store it in your cache
5. Boom!



84. Tourist Map

Grab a local tourist map from a tourist information office or in your hotel or hostel. It's much easier than dragging that guidebook around with you and will often have some restaurant or attraction promotions printed on it too.



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85. Water Refills

Fill your water bottle every chance you get. While traveling you will find many public areas that provide free purified water fill stations. Often, if staying at a hostel or hotel they will provide this service. Make sure to fill your bottle before you leave. There will never be a time when you don't need it.



86. Use Hotel Services

If you're lost or stuck for things to do, head to a hotel and make use of the concierge services. This is best done at less busy times of the day for them, so avoid check in and checkout times and opt for mid afternoon or after the evening rush. They are always happy to help, will give you a map and they know the best things to do in the place where you are. **TIP:** Hotels are always good for letting you use their bathroom facilities too at a pinch. **TIP:** They often also have a taxi rank outside. But if you need one and there is none there, ask the hotel staff to call one for you.



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87. Stay Organized

To avoid losing or misplacing stuff, stay organized have a set spot for everything and always replace it in the same place after you've used it.

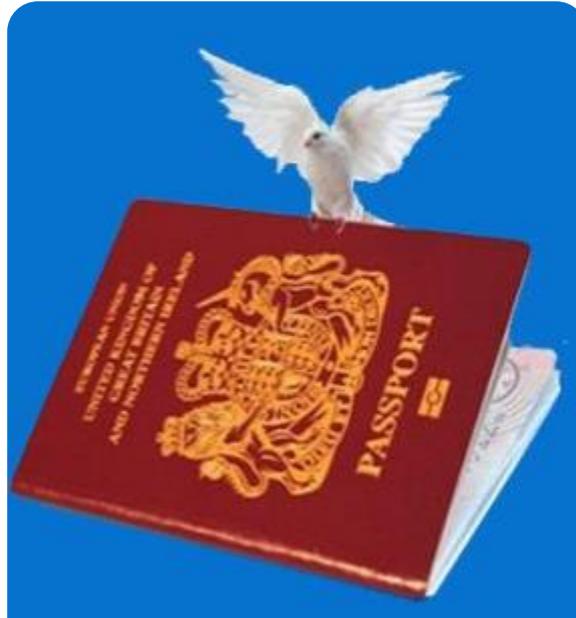


88. Rest Your Head

Get an Inflatable head rest for long overnight buses or flights or anything. They pack down and are super handy for those irritating head nods when dropping off.

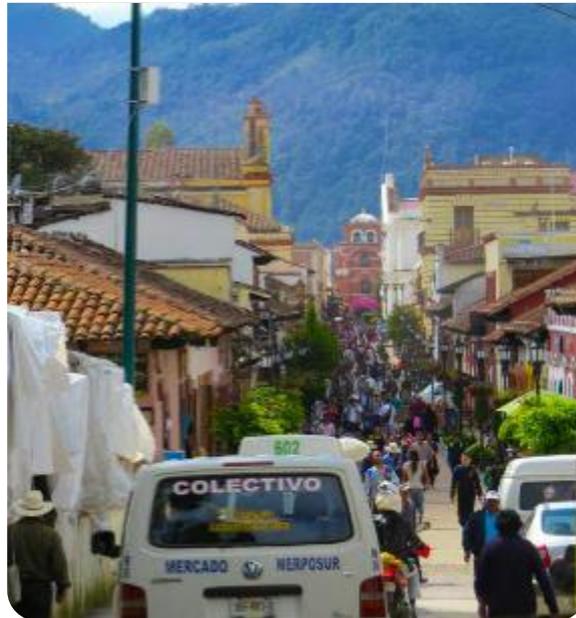


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89. Visa Runs

Depending on how long you stay in a particular country, you may run out of time on your travel visa and be forced to leave that country. If this happens and you decide you want to stay longer, a quick remedy is to take a bus trip to the closest neighboring country's border. In most cases, by spending a day or two in the neighboring country, then passing back into your country of choice will gain you a fresh visa stamp to start over with giving another dose of the full allotted time in the country of your choice. This is often a much cheaper alternative to flying back to your home country and starting all over again. However, certain countries may have certain rules, such as minimum stays in order to leave the country. Take a look before you commit to make sure it doesn't create an issue with your travel plans.



90. Local Transport

When traveling through a large city or getting to a neighboring town, transport can be quite expensive. Especially if you take a taxi, filled with luggage which you may be charged extra for. Before you spring for this added expense make sure to take a look at the local transport. In many countries in Latin America, *Collectivos* and *Chicken Buses* are the way to go. These are the common local transport systems using shared ride pools in vans and buses to cut your cost down. Sometimes up to 1/20th of the cost. Seriously. Take a look around before you just jump in a taxi and remember to try and travel light. It will make this experience much easier without a trunk full of luggage.



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91. Asking Directions

If you need to ask for directions, it is best to ask a local policeman, a delivery person, someone working in a local store or someone on your hostel or hotel. They will be a trusted source who won't steer you wrong.



92. Free Museum Days

Find out when museums and galleries have a day you can visit for free. It can be a great way to spend a day if the weather is not co-operating.



Chapter 12: Border Crossings

You will inevitably have to contend with border crossings if you are travelling overland. This is less of an issue if you are flying around, but these tips apply for general overland movement between countries.

REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF JUSTICE
BUREAU OF IMMIGRATION

ARRIVAL CARD

Fill this card in English with blue or black pen and in CAPITAL letters.
NOT A COPY

1. FIRST NAME	
2. MIDDLE NAME	
3. LAST NAME	
4. DATE OF BIRTH (MONTH DAY YEAR)	
5. NATIONALITY (COUNTRY OF ORIGIN)	
6. SEX (M/MALE or F/FEMALE)	
7. OCCUPATION (PROFESSION)	
8. PURPOSE OF VISIT (TOURISM, BUSINESS, STUDY, TRANSIT, EMPLOYMENT, VISITING RELATIVES, OTHER)	
9. ADDRESS (STREET, CITY, COUNTRY)	
10. TELEPHONE NO. (CITY AND COUNTRY)	
11. SIGNATURE (PRINT NAME)	
12. SIGNATURE (PRINT NAME)	

13. PURPOSE OF TRAVEL (CHECK ONE)
 TOURISM BUSINESS STUDY TRANSIT EMPLOYMENT VISITING RELATIVES OTHER

14. PORT OF ENTRY (CHECK ONE)
 MANILA CEBU DAVAO

■ 95. Bring a Pen

Always bring a pen in your hand luggage for filling in those customs forms at border crossings.



96. Follow the Crowds

If you are crossing a border solo and are not sure where to go, always follow the crowds and you'll get where you need to go, or ask the security guards for directions.



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* האתר פתוח בימים א-ה בין השעות 00:30 עד 22:30
* (ליל שישי) יום חמישי בלילה האתר פתוח רצוף
* בערבי שבתות/חגים האתר פתוח עד 3 שעות לפני כניסת שבת/חג.

* במוצאי שבת/חג האתר נפתח כשעה אחרי צאת השבת/חג.

OPENING HOURS AT KEVER RACHEL

- * SUNDAY TO THURSDAY 00:30 22:30
- * THURSDAY NIGHT-OPEN ALL NIGHT
- * EREV SHABBAT OR CHAG-OPEN UNTIL ABOUT 3 HOURS BEFORE CANDLE LIGHTING

97. No Man's Land

Know the No Man's land distance (the zone between two country borders) and your options for getting across before you get there. Some you can walk across, some you will need a taxi, sometimes there is local transport. If you are getting a bus across, they will wait for you to complete exit formalities, drive you to the next border and await for you there before continuing to your final destination.

98. Border Opening Hours

Some borders are open 24 hrs a day, 7 days a week. Some are not. Know if the border you intend to cross has opening hours and make sure to be there at the right times so you don't get stranded!



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99. Country Minimum Stays

Depending on the country you are visiting, there may be a minimum time required to spend in that country. This is important to know if you are on a visa run. For example, in Belize currently it is 72 hours. It is important to take this into consideration, especially if you plan on quickly passing through countries that are smaller, such as in Central America. If a country has a “minimum stay” in its guidelines you may have to adjust your trip to accommodate this.



100. Night Border Crossing

When crossing borders there is sometimes an option of taking an overnight bus. Look into this option as crossing a border in the night with a licensed company often expedites the time it takes at the border. Also, the bus company will usually have the accurate information of what is needed to cross. This will eliminate any unexpected issues at the time of your border crossing.



Chapter 13: Food

Food can be a big drain on your budget if you don't eat smart. There are lots of ways to cut food costs while travelling, like snagging a free breakfast, grabbing grocery store snacks through the day and having a main meal in the early evening. Here are some ways to keep your food costs down.



- **101. Refillable Water Bottle**
- Bring your own water bottle with you on your travels. I recommend something like the Bubba water bottle (as seen on wonderousworld.com) which is completely insulated and works great. A container like this will keep your coffee hot in the morning, and your beer cold in the afternoon. Literally, I have left one of these in the hot sand for an hour, went swimming and came back to a cold beer. Think about it. You know you want it!



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102. Eat Locally

When visiting many countries in the world you will have large varieties of “street vendors” to choose from. These small food stands, sometimes literally on the street, usually have delicious food at a fraction of restaurant pricing. The food is usually made by the owner, tastes delicious and is a great way of expanding your cultural foody knowledge.



103. Packed Lunch

A small Tupperware or lunch box is a wise investment. It's great for keeping snacks fresh when you're traveling on the road and good for carrying leftovers from the night before when you are wandering around to eat and save money. It doesn't have to be big, but I definitely recommend one.



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104. Grocery Shopping

Shop at the grocery store or a local farmers market. Many of the farmers markets that will find in different parts of the world will be filled with the freshest fruits and vegetables from that region. You will often be surprised with exotic foods that you have never seen before. My advice, try them all! One of the best things about traveling is the ability to try things for the first time and experience new cultures. Also, you will get the best prices for the freshest food and you might get some local knowledge tips as well.



105. Breakfast Included

When booking a hostel pay attention to whether or not breakfast is included in the price. You can also look at reviews on hostelworld.com, for example, to get honest reviews about the breakfast. For example, if you look at reviews for [Hostel Wonderous World](#) in Playa Del Carmen you will read about the great full breakfast that is served and included in the price. If you find a hostel with a great breakfast, it eliminates the cost of your first meal every day that you stay. It also is a great way to meet other hostel guests and make plans with other travelers or new found friends.



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106. Know Where the Locals Go

If you decide to go out for a drink, pay attention to where the locals are at. You will often find “local” type bars even in the touristic areas. You just have to ask around. The reason they usually have more “locals” drinking there is because they accommodate a “local” type price. This is a great way to save money, mix with the locals and practice the local language.



107. Look for the Queues

If you find yourself in a city with tons of small local food vendors and are in the mood to try some of the city’s finest street food, just follow the lines. It has been common in my travels to find, let’s say, 8 food choices on one street but there is always one of those places bursting at the seams with people eating. I have found that the reason this happens every time is because it is damn good food. Also, it means high turnover so you know food has not been sitting around there all day. If a restaurant attracts a heavy crowd when others don’t, it almost guarantees that you will have a good meal.



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108. Cooking With Citrus

A cool thing try is to cook seafood using the juice of a lemon. This is the technique used in a dish called *ceviche*. The smaller the pieces are the better, but you can cook fish this way simply by letting it soak in the lemon juice until it turns an off-white color. It usually takes 30 minutes to an hour. This makes a quick, tasty and healthy snack.



Chapter 14: Money

It makes the world go round and will get you around the world. Here's some advice when withdrawing money abroad, what to do should things go awry and how to maximize your rewards.



■ 109. ATMs

- Use an ATM machine to get money when in a foreign country. Banks do charge a fee, but they generally give you the best exchange rate because of banking affiliations. I would try and keep your home country's home currency if possible and avoid the higher priced "currency exchange booths." Sure they provide a quick service, but sometimes finding an ATM is just as easy.



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110. Maximum Daily Limit

Only take out the maximum daily withdrawal amount if you have a place to keep it safe, like a locker. It's better than making lots of small withdrawals and will keep your bank fees to a minimum.

```
DATE      TIME      LOCATION
02/20/10  05:20 PM  THE-HAIGHT

CUSTOMER CARD      ATM
XXXXXXXX6910      9838A

TRANSACTION TYPE  WITHDRAW FROM CHECKING
TRANSACTION #    05996

AMOUNT                      $100.00

FROM: ACCOUNT #      XXXXXX7884
AVAILABLE BALANCE   $763.97
TOTAL BALANCE       $763.97

THANK YOU FOR USING A WELLS FARGO ATM
```

111. Keep Receipts

Keep your ATM receipts for a short time after you withdraw in case something happens to your card. I forgot to take my card out of an ATM machine after a cash withdrawal. The receipt contained the identification number for that particular ATM. So when I called the bank with these details, they were able to track my card's location and return it to me quickly.



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112. Avoid Stand-Alone ATMs

They are too exposed and in certain countries and these are the main source for credit card fraud and card cloning, so be aware. It's always better and more secure to use an ATM that is inside a bank.



113. Western Union

Hit your nearest Western Union if your credit or debit card is lost or stolen. You can send money to yourself or have a relative do it for you almost instantaneously. Pick up requires official ID like your passport. If that has also been lost or stolen, you can have money sent to a trusted friend and you can go together to pick up your money with their ID.



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114. Avoid Traveler's Cheques

Do not use traveler's cheques. They are somewhat outdated and many places I've travelled to now do not accept them.



115. Pre-paid Credit Card

It is useful to bring a pre-loaded travel credit card that you can load with any currency and are Visa or Mastercard affiliated. Using a company like Netspend also allows you to create a virtual account number if you are doing any online shopping. You can delete the account number immediately afterwards so no one else can use it.



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116. Faux Business Licence

This is not meant to be taken as direct legal advice seeing that I am not an attorney and do not claim to be one. However, you may want to look into the option of filing for a business license in your home country for a business that suites your travel needs. This will give you the ability to write off most of your travel expenses on your taxes. For example if you are “trying” your hand at a photography business, and the nature of your business is collecting pictures of South America to “potentially” sell in the future then I suppose you would have a need to write your travels off on your taxes now, wouldn't you. You can't exactly build a business wrapped around original South American Photography from your living room. So in this case the nature of your business will require you to travel. Now maybe your business is a huge financial failure and you don't make the money that intended but hey, there is no law against giving your business a shot.



117. Build Up Rewards

When making purchases while at home why not work towards free or discounted flights. Most airlines have credit cards that will get you frequent flyer status (plus plenty of miles) just by using them for regular purchases. By doing this you can, over time, pay for some, if not all of your flight costs just by using your frequent flyer credit card miles.

Chapter 15: Security, Loss and Theft

It's a sad fact but there are some safety concerns out there. All it takes is a bit of common sense to steer clear of this. But sometimes things happen that are out of your control. Here is how to keep your head if things go wrong.



■ 118. Theft Happens

- If your stuff gets stolen, try not to panic. It's a real pain but it happens to the best of us. Head to the Tourist Police or the local Police station and get a report filed straight away. You will need this if you are making an insurance claim. Make a list of what was stolen so the police can give you an accurate report. Make sure you have a gist of the local language as often they may not speak English. Your report will also be in the local language but its fine to translate it and send that along with the original report to your insurance agency.



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119. Passport Lost/Stolen?

If any of your important documents get lost or stolen, this is where your photos or copies will come in handy. Your first port of call will be finding the Consulate, Embassy or Consular Agencies near you and find out what they can do to help you. **TIP:** If you are an EU citizen, and the place you are in does not have a consulate or embassy for your country, you are entitled to use the embassy or consulate of any other EU country. You will be treated as one of their own.



120. Use Lockers

Avoid keeping all your valuables in one place. Divide things up between your bags and use lockers whenever possible no matter how much you like and trust your fellow travelers.

121. Carry The Minimum With You

When going out at night just bring the cash you want to spend. This will ensure you keep on budget and will minimize any unexpected loss or misplacement of that hard earned cash.



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122. Spread Your Cash

Don't keep your bank cards and your cash in the same place, or if you lose it, you also lose your access to cash. On the day of travel, keeping a small reserve of cash in your sock is good practice to be prepared for any of the unexpected surprises that the day could bring you.





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123. Money Belts & Fanny Packs

A money belt is handy. I usually wear mine under clothes and then have my fabulous fanny pack over that so it is less conspicuous.



124. Combination Lock

Don't forget a combination lock on your list of travel necessities. You will find a need for this item at just about every hostel that you come across during your travels to lock up your gear and keep it safe while you are away. I would not suggest a keyed lock because keys can be lost, and that is an inconvenience that you won't encounter with a combination lock. In addition to hostels, you will often find opportunities at bus stations, airports, on tours, at the beach and the like to give yourself a break from carrying everything on your back while waiting for transit, etc. I rarely have met a backpacker that didn't have this item in their travel gear, so there is no reason for you to be the first.



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125. Lock in a Sock

This is a tip I picked up from a fellow traveler who was concerned about personal protection. Although I hope you would never need to use this, he used to keep his lock on the outside pocket of his backpack inside a long sock. The combination of these two items creates an effective weapon should you ever need one, but let's hope you don't.



126. Emergency Card Contact Numbers

Take a note of the emergency contact number on the back of your credit or debit cards in case they are lost or stolen. That way you can call them as soon as possible to block your card without having to search for contact numbers.



127. Fake Wallet

Keep a separate purse or wallet with a few notes in, an expired credit card, old receipts, etc. so that if you should face a mugging situation you can hand that over instead of your actual wallet or purse.

Chapter 16: Dealing with the Weather

The weather can be changeable, so it pays to be prepared. Even if you go somewhere at the height of summer, there will be the inevitable rainy day. There can be a rapid change in temperature and conditions in mountainous regions and a cold snap could be just around the corner.



- 128. Bring a Brolly
- Pack an umbrella. It doesn't take up much room and is great for those rainy days and doubles as a sun shade on the beach in a pinch.



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129. Layer Up

Bring a thermal top with a good quality wool. I can personally recommend Merino Wool. These products pack light in a day bag and are easy to throw on when you get a bit chilly.



130. Sarong

A fabric scarf or sarong is a very useful multipurpose item to have whether you are a girl or a boy. You can use it for its original purpose to wrap up warm in, use it as a blanket while travelling, a scarf, and take it to the beach to lie on.



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131. Pack for Season

Pack for climate and seasons of where you are going. This stems back to the pack light theory. If you are traveling for a month in a warm climate you can skip out on that thick winter coat. **TIP:** You don't have to feel the need to prepare for everything. If it gets cold, don't forget you can always just purchase a jacket on the road from a local merchant. But don't over pack if the weather seems predictable. You don't need to start your trip with extra things or extra weight in your bag.



132. Poncho

Consider packing a travel size rain poncho. You can get one about the size of a wallet to always have with you in case it starts to pour.



Chapter 17: Personal Care

Taking care of your personal hygiene is as much for your health as for the comfort of those around you, especially when living out of a bag in the close quarters of a hostel. There are some health things you can take care of before you fly and some to keep you healthy on the road. Read on!



■ 133. Toiletry Bag

- Bring a sealable toiletry bag. This to me is another little piece of the obvious, but from my experiences with other travelers this is often overlooked so I felt the need to include it. Obviously, you are going to bring things such as your toothbrush, toothpaste, shampoo, etc. However, I have seen many people just shove these items in their bags along with dirty clothes, shoes, you name it. Once you are on the road your backpack can get a little unorganized so having all of your toiletries in a separate bag seems necessary to me. It not only keeps things sanitary, but protects against spills on your clothes from a loosened lid.



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134. Separate Your Washbag

Pack your wash bag in a separate compartment in your backpack so if there is spillage it won't ruin everything else in your bag.



135. Soap

Keep it simple. Bring a box for your soap. Or try this handy tip from whimsy-love.com and create your own by wrapping a wash cloth around it to keep it from rubbing over all the other stuff in your washbag.



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136. Value Products

It's often better value to buy the larger size for shampoo etc. than to deal with lots of mini refillable bottles, but this will depend on how long you are travelling for. Of course, having a small refillable bottle is handy if you are leaving your main bag with a hostel and heading off for a short trip for a few days with a day bag.



137. Towel

As Douglas Adams says in the 'Hitchhikers Guide to the Galaxy', "*A towel is about the most massively useful thing*". For drying off, lying on the beach, using it as a spare blanket, folding it to use as a pillow. The quick drying microfiber towels are great to travel with but nothing really beats a good cotton towel, so decide what is important to your comfort and then pack accordingly.



138. Mozzie Repellant

Mosquito repellent is a must for those blighters. Go either industrial with DEET or natural with citronella, lavender or eucalyptus. Often, if swimming around coral reefs or natural pools you will be asked to use biodegradable repellent and sunscreen. To beat the itch, I find tiger balm is the absolute best. If that's not to hand, use a fingernail to dig in a cross into the skin area that has been bitten. The brief pain will stop the itch. If it's all too much, think about investing in a mosquito net, especially if you're in the jungle.



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139. Avoid Black Clothes

Mosquitos love black clothing and can bite through tight clothes as well, so it best to cover up with lighter colored loose clothes to minimize your chances of getting bitten. Bring malaria tablets and use them according to the instructions if you're in a high risk malaria zone.



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140. First Aid

Have a small first aid kit to hand with basics like antiseptic cream, bandaids, sterile wipes, hand sanitizer and possibly a snake bite kit depending on the region you are in. Antihistamine tablets and painkillers are often useful as well as sachets or rehydration salts in case you suffer a bout of diahorrea or vomiting.



141. Your Medications

If you need any medications, make sure you have enough to last your entire trip. Brands can vary from country to country and so can active ingredients, so it's best to travel with all you need from home.



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142. Ask for Help

If you feel unwell and are in a hostel, don't be afraid to ask your hostel mates to help you out if you need supplies from the outside and can't make it yourself.



143. See a Doctor

Don't wait too long to see a physician if you start to feel ill. Anything longer than 2 days is too long. In many countries, you can have a doctor consult for a very cheap price if not for free. When traveling, your body is susceptible to new bacteria in the foods, as well as other local health issues. A local doctor will have seen all of the common conditions with travelers and can get you back to health quickly with a simple prescription.



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144. Vaccinations

Make sure you know and get the vaccinations relevant to the areas you are travelling to. Yellow fever, Hepatitis A & B and Typhoid are necessary for deep tropical areas. These prevent against food and water contamination. Hepatitis B can be transmitted through sexual contact with new partners and infected needles, including those used for any tattoos and piercings you may get. Also, bear in mind that some vaccinations require multiple injections before immunity is reached. Make sure your tetanus injection is up to date as well. You need to have a new injection approximately every 10 years.



145. Sex Health

Be safe. Always. But you already knew that.



146. Cosmetics

On short trips you can use a contact lenses case to store cosmetics such as concealers. They are small, secure, and hygienic. For longer trips, bring the whole tube.



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147. Get your exercise

Don't feel like you need a gym or your regular routine to stay in shape. Try getting up early and going for a run in your new found paradise. By running early in the morning, you will avoid the crowds and get a fresh perspective on the city you are in. You will see a different set of people on the streets, locals, and shop owners gearing up for the day.



148. Beat Jet Lag

To beat jet lag, try taking Melatonin about 30 minutes before you go to sleep. It is a natural product and can be found in the vitamin section of your pharmacy.

Chapter 18: Languages

There is nothing better to keep your brain active and your social skills active than to learn a bit of the local language of the country you are immersing yourself in.



- 149. Just Speak
- Make an effort to learn some phrases in the local language. It will enrich your travel experience and talking with a local is the best way to find out those secret spots that are not in any guidebook.



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duolingo

150. Duolingo

Get the Duolingo app on your phone. It's free and an excellent and fun way to learn a language and by using it you are simultaneously helping to translate websites and other online documents.



151. Google Translate

Download the Google Translate dictionary for the language you need. This allows you to use dictionary offline. So make room in your phone's memory. It can be a lifesaver! In the app, go to Menu > Offline languages, then tap on the pin icon next to the languages you want to download.



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152. Phrasebook

If you don't have a smart phone, a phrasebook or dictionary will be invaluable.



153. Language Classes

If you have the time and the interest, it is worth booking into some local language lessons. It's a great way to meet people who are in the same area and will have a similar language level to you so it is less intimidating to practice a new language with.



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154. Language Exchange

Host your own if you have a place, or sign up to [couchsurfing.com](https://www.couchsurfing.com) and look for events in the city you are in. They often have free language exchange sessions where you will meet other travelers as well as locals who want to practice their English and will show you the town and give you local tips.



Chapter 19: Random Hacks

There are lots of other random bits of advice and useful tricks that we have used to help you on your way too. Here you go!



■ 155. Coconuts vs Mosquitos

- Mosquito Repellant using the husk of a coconut: When traveling to tropical locations, you will find your share of beauty, coconuts, and mosquitos. This just goes with the territory often when traveling in paradise. To battle the mosquitos, you can use the dried husk of a coconut as repellant. Simply find the driest coconut that's laying around usually under a coconut tree. Rip the outer husk into small pieces which leaves you with a brown, dry, wheat looking material. Shred this material and place it into the open half of the coconut. This will protect your husk from the wind. When the husk is safely in the coconut light it on fire. The husk will not flame, it will slowly burn letting off a smoke that acts as repellant from mosquitos. Place a few of these around your campsite, or beach hideout, and bam! Mosquitos will run for the hills.

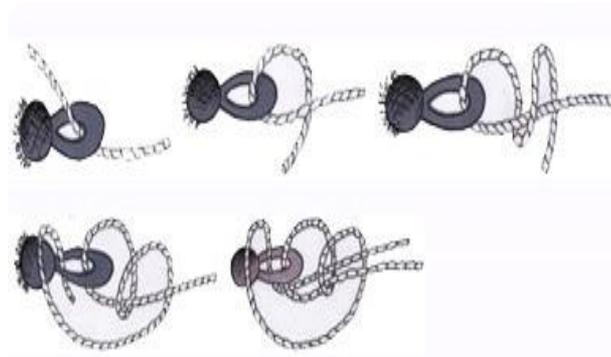


92



156. Backward Glance

Get into the habit of always taking a backward glance at wherever you just left, a taxi, a hostel, a bar, a restaurant, to make sure you haven't left something behind.



157. Tying a knot for a hammock

This is very important to know if you are hanging a hammock. An improper knot runs the risk of coming undone and causing injury. Reference the picture to understand the idea of the most common hammock knot. This will not slip undone at the wrong time. (that is, while you're in it).



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158. Opening Wine Without a Corkscrew

If you find yourself in a situation without a corkscrew, don't panic. :) Another way you can easily get to that delicious vino is by pushing the cork into the bottle. With a little force you can do this with your finger. If that seems a little too tough, find something to push it in with like a pen, the handle of a spoon or a stick and beware of splash back.



159. Negotiating Prices

When you travel especially to the more touristy areas, there is usually a High and Low season. A low season is when tourism is low, making vacancies high. Never underestimate the power of asking for a lower price for a hotel, or tour during a low season. Also, to save money don't feel like you are in a rush to find accommodations. Take your time and look around, there will be vacancies everywhere. You will be told things like "Oh there is only one room left, or you won't find this deal again." These are simply attempts to scare you into making a reservation. If it is low season, there are plenty of options available and the person trying to sell you knows that. Don't be fooled into jumping on "a bargain" too early without looking around.



160. Fixing Flip Flops

Probably the most common break you find in a pair of flip flops happens when the stopper that goes through to the bottom of a flip flop breaks off leaving just a piece of plastic sticking through with nothing to hold it in place. To fix this you simply need something to go in place of the stopper and something to secure it. I have seen people use many things but one common practice that works well is puncturing a hole in stubby the piece that goes through the bottom where the stopper broke. From the bottom of the flip flop, run a string through the hole and attach to the string a new stopper. You can use many things, a button from a shirt, a plastic bread bag holder, even a paper clip (there's one holding my flip flops together right now). As long as there is something in place to stop it, you should get a good amount of miles out of those "broken" flip flops.



161. Opening a Beer Bottle with a Lighter

This trick can be used for a beer, or any bottle with a pop top. The trick is to use the lighter for leverage in popping the top off your bottle. To do so you place one side of the bottom of your lighter under the cap, you then squeeze the neck with your left hand sliding your hand all the way up creating a wedge for the lighter between your hand and bottle top. Then using your right hand you pull down on the lighter which using the leverage of the lighter will force the top of the bottle off. If you can't get it in one try, I recommend rotating the bottle and doing this several times in different areas. Each time it will loosen the top making easier to remove using this method. I find BIC lighters work best. When you get good at this, it will pop off in one go, so get practicing!



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162. Clear Snorkeling

Spitting in your snorkel goggles for clarity: Although this may sound gross, it works for keeping your vision clear underwater when using a snorkel. Your saliva creates a small invisible film on the inside of your snorkel mask that prevents fogging of your mask. Simply spit on the inside of both sides of your mask, rub the spit around to cover the entire thing, then dunk them under water. Once dunked in water, they are ready to be worn. The result is clearer vision, and less fog built up on your goggles from breathing into them so you can spot all that marine life easily.



163. Keep a Journal

Keep a travel journal or a notebook with you to jot down what you got up to or your thoughts. Ask friends you meet to write you a note or draw you a picture in there too. You will be glad of it when you look back through it in years to come.



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164. Teabags & Coffee

Keep a sachet of coffee or a tea bag or some pot noodles with you. A lot of water filters nowadays have a hot water tap and this may be exactly what you need after a long day of traveling. Aside from that, most hostels will have pots to boil water, if needed.



165. TP

Always have toilet paper or a pack of tissues with you. You will run into many situations when traveling, (especially in public bathrooms or au natural) where toilet paper is not available. Having a small supply will come in very handy when nature calls on the road.



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166. Keep Up Hobbies

Pack your hobbies with you to keep you busy on the road. Bring your pencil and paper if you write or draw, pack some juggling balls or a yukulele. If you don't know how to use it yet, you're sure to meet someone on the road who can teach you.



167. Sanitize a Toilet

When traveling you will often encounter dirty public toilets or missing toilet rims. If you need something to sit on, and don't trust the toilet bowl, instead of hovering try using two sheets of toilet paper about 3 squares per piece. Balance them on each side of the bowl before you sit and they will stay in place. This gives you the sanitary protection you will want from the bowl of the toilet. Nice.



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168. Ziplock Bags

Bring a few sealable and durable zip lock bags with you. They take up virtually no room in your bag. They will come in handy any time you are close to the water or in the sand. You might even need to swim with them to get across a river or small creek during one of your wild expeditions. You can put your wallet, passport, and electronics such as a cell phone to keep them dry. They are also handy for storing just about anything, including food.



169. Pack of Cards

A pack of cards is a simple way to make new friends and have a lot of fun, especially when the drinking games get going. Know a few basic games to share with others and get the party started.



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170. Snorkeling Kit

If you are planning to spend a lot of time travelling near an ocean, it is worth investing in your own snorkeling equipment. Rental prices are often outrageous and you can never be sure of the hygiene standards.

171. Sharpie

Take a sharpie with you. It is useful for labelling your food, your charger, your stuff, so things are less likely to go astray.





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172. Meetup App

If traveling alone and looking to make some quick friends in a new city, try searching the groups on meetup.com. This website is popular in many parts of the world and will provide you with different options to meet people usually in specific interest groups. This could be meeting for a beer or discussing a common interest. Either way, don't be afraid to give this a shot.



173. Binder Clips

Bring a couple of binder clips. They are handy if you need to clip your towel or some socks or whatever to your backpack if they are not dry, and also good for wrapping your headphones around so they don't get tangled. And as an added bonus, pop it over your razor blade to keep it from getting blunt.



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174. Safety Pins

Safety pins have saved me a from a few wardrobe disasters on the road and necklace breakage as well. Handy for all sorts of things, it's worth keeping a few about.



175. Waterproofing

Beeswax is an excellent waterproofer. Rub it on your shoes, your bags, your jacket to save yourself getting soggy.



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176. Tic Tac Boxes

You can use a tic tac container to store all of your small items such as bobby pins, paper clips, buttons or even some condiments and spices. You may rarely need these but it is good to have them with you. This little container will keep things secure for when you need them.



177. Hiding Money in Your Chapstick Tube

I once met a traveler who would keep money rolled up in an empty chapstick tube. This is actually a really good idea, because it is the perfect size for bills. Also people don't pay attention to your "used" chapstick. The point is keep your money in different places to prevent from it being stolen or misplaced all at once. Chapstick is a good place, because people won't be interested in stealing it. Just make sure to not let anyone "use" your chapstick.



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178. Wrap Up Shoes

If packing an extra pair of shoes or sandals wrap them in a plastic grocery bag or something similar. Sure they may be clean when you put them in, but as you switch pairs on the road they might not be quite as clean. Having them in a plastic bag will prevent bad odor in your bag, and keep the other items clean from dirt or sand.



179. Storage of Small Things

A pill container is a great place to store earrings, earbuds and jewelry to keep them from getting tangled. This is commonly used as a compact container that is great for storing any accessories while traveling.



Chapter 20: Keeping in Touch

While you're out there living the life, don't forget to stay in touch with friends and family back home as well as new friends you've made on the road.



- **180. Free USA Calling**
- Almost all smartphones such as androids have Free phone apps available for download that provide you with a VOIP phone number. For example I use a great service called, Groove IP Lite. It allows me to call any USA phone 100% free if I have a Wi-Fi internet connection hooked up to my phone. Very simple Wi-Fi = Free US Calling.



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181. Whatsapp

Download WhatsApp. This phone app allows you to text anyone in the world on their cell phone. This even works if the person you are texting isn't in their home country. This app is widely used throughout the world outside of the US. It operates in Wi-Fi zones and if you want to receive your messages, turn the Wi-Fi on your phone. When you hit a Wi-Fi "hot spot" your old messages will come in as new ones. It is a simple and free communication method for travelers and friends from all over the world.

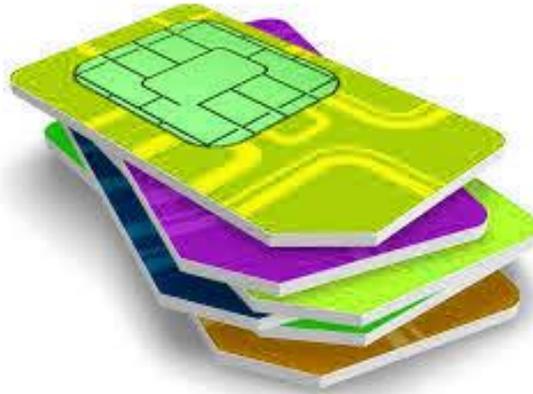


182. Skype

Open a skype account and you can video call anyone in the world who also has a skype account for FREE. You can also add credit to your account and call any phone in the world using skype which is a great option because you can make phone calls using your computer without needing a phone. However, if you do have a smart phone it is possible to download free apps that allow free calls to certain countries without paying for credit with skype if your intention is simply to make a phone call. FaceTime is another live video app for Apple users that I have seen a lot of people use.



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184. Local SIM Cards

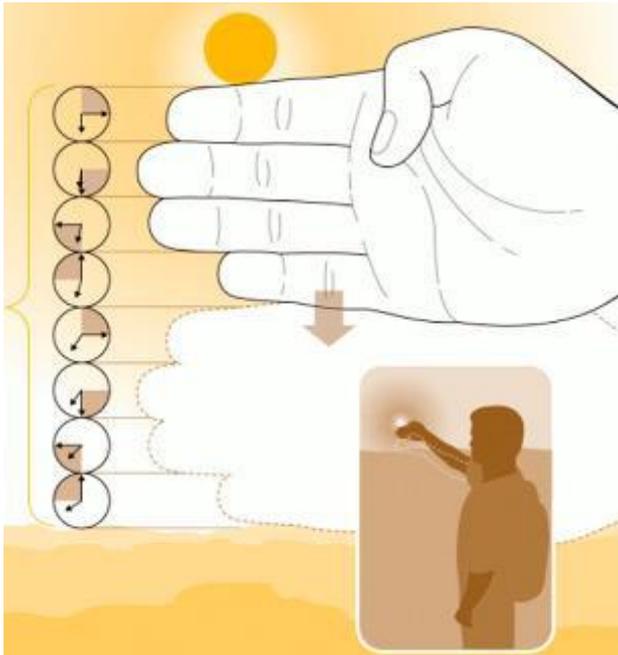
When traveling to a foreign country it is usually very inexpensive to get a local SIM card added to your cell phone. A local SIM can usually be pre-purchased with usable minutes for local calling. This will come in handy when meeting friends in the country you are visiting or making local calls to places such as a hotel, or bus station. Another added bonus is some phone apps such as free long distance calling require active service on your phone for them to work. Having a local SIM will give you this status on your phone. Opt for the prepaid option so you don't get locked into a contract.



Chapter 21: A Couple of Survival Skills

If you really are out in the wilds of nature, here are a couple of tips that may come in handy.

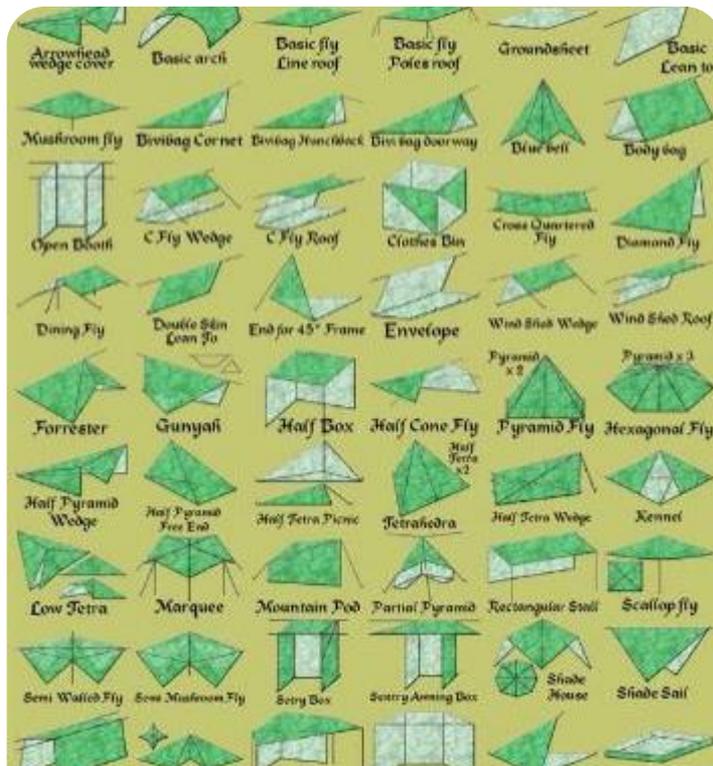
■ 185. Estimate Remaining Daylight



- 1. Count your finger widths between the sun and horizon
- 2. Each finger represents 15 minutes
- 3. When only two hands width are left between the horizon and the sun, it's time to set your camp up, pronto!



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186. Tarps

There are so many ways to setup a tarp to keep you sheltered for the night. Slanting it or Taco Style is great for a quick setup if time is short and conditions are favourable but if you need to be more protected from the elements you will need to take a bit more time and consideration in setting up before you get that campfire going.



Chapter 22: Get Philosophical

The road may change you. Your new experiences will open your mind. Embrace the challenges and feel yourself grow.



- 187. Have No Fear
- Lose the fear and take the plunge. That is what travel is all about.



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188. Live in the Now

Enjoy every moment you are in. Don't think too much into the future or dwell on the past or you will miss what is right in front of you.



189. The Answer is

Yes

Say yes to every invite and opportunity that interests you. Even if you are a shy person, it is the best way to make the most of what is offered to you and to make new friends.



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190. Take Photos

Be a photographer: Take pictures of things that you see and people that you meet. Document your travels and explore your passion for photography. You would be surprised at how many amazing pictures you will end up with if you just keep pressing that button. These photos will spark memories and feeling when you look back over them later in your life.



191. Be Open Minded

Open your mind to new experiences that will enrich your travels and your memories.



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192. New Friends

Make new friends wherever you go, you never know what new adventure is waiting around the corner and what new place you will find yourself in.



193. Keep it Loose

When traveling on the daily, keep the planning to a minimum and go with the flow.



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194. Travel Slow

Travel slow and take it all in. That is why I prefer overland travel to flying. You get to see more of a country and the local life.



195. Budget Balancing Act

Weigh up the cost of an activity with the new experience you will gain from it. This may be difficult if you are on a budget, but sometimes you have to screw the expense to do something you have always yearned to do.

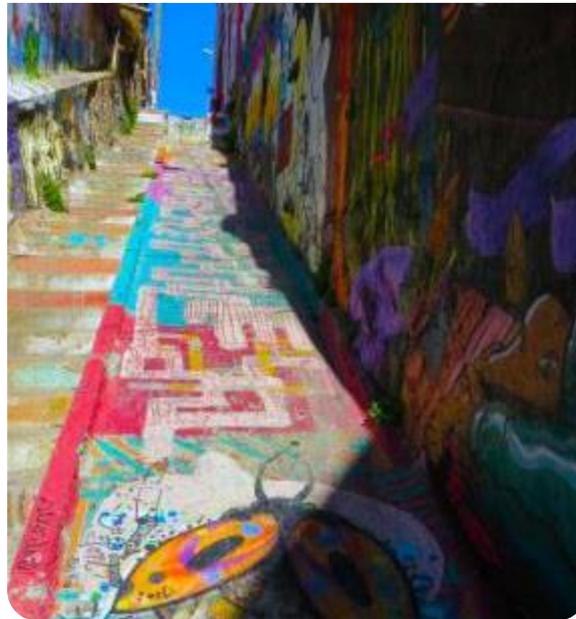


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196. Wake Up and Smell the Coffee

Don't sleep in. Wake up early and make the most of every day. You never know what you might miss otherwise.



197. Get Lost

Get lost in a town or city and discover new corners that haven't made it into the guidebooks. Do this with caution and during the day so you don't run the risk of hitting a dodgy neighborhood. And always ask the local people where they are most enjoy spending their time.

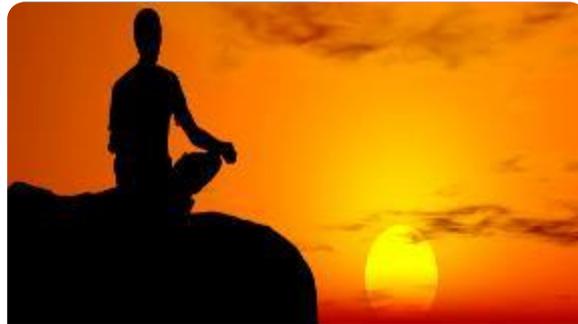


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198. Trust

Trust people but always use your common sense. There are a lot of wonderful people out there. Trust in yourself to find your right path.



199. Meditate

Find some time to meditate, maybe early in the morning when it is quiet. Take some deep breaths and find the balance in your life. Remember to live in the moment.



A Final Thought

Believe in Karma. What goes around comes around. Keep your hands off other people's stuff, don't steal, be kind, be generous, be happy and it will all come back to you. We all share the same road and should look out for each other as we all leave our comfort zones and take the leap of faith into the world.



Want More Travel Ideas?



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We hope you found some great travel tips in this book that will help you on your way. If you are looking for exciting adventure ideas, we have many thrills available in Mexico from swimming with turtles, diving with Whale sharks, visiting Chichen Itza, a Wonder of the World, exploring the unique Yucatan cenotes thought to be created by offshoots from the meteorite that killed the dinosaurs, or chill on the white sands of the Caribbean Sea!

As a thank you for your purchase of this eBook, we would like to offer you 15% off any of the tours we offer. Sign up for our newsletter with the coupon code BOOKPROMO here on our website www.wonderousworld.com and we will be happy to help you tick off things on your bucket list.



We wish you all the fun in this Wonderous World

With thanks to all the staff at [Wonderous World](http://www.wonderousworld.com), the wonderful people we have met on the road and photographic contributions from Emer Garry, Achyata Shrestha and Tamar Taylor Wainer.