

Tips for first time travellers

Page Link: <https://blog.esim2go.com/tips-for-first-time-travellers/>

Topic: health, travelling, food

Target keyword: tips for first time travellers international, first time travelling, first time abroad

Title: Tips for first time travellers

Meta descriptions: Tips for first time travellers - get advice on what to pack, how to stay safe, and where to go.

Word Count: 2086

Headings: <h1> Tips for first time travellers </h1>



Source: Image by [Sassu Anas](#) from [Pexels](#)

A first-time traveller at this time may necessitate a more precise and cautious approach, but it is still possible to do so while decreasing the chance of contracting COVID-19.

It's a good idea to think about every eventuality you could face when preparing for your vacation. You can assist keep yourself and those travelling with you safely by being proactive.

However, It is still a vast, wonderful world, and we're ecstatic that you're about to go out and discover it!

Taking your first vacation outside of your native country is both exciting and worrisome, regardless of how often you've travelled in your own nation.

Going somewhere utterly new, strange, and foreign is exhilarating, but it can also be frightening and unsettling. But it doesn't have to be that way. Follow these easy guidelines to guarantee that your logistics are in order.

First and foremost, obtain your passport well ahead of time.

What is the most critical piece of advice for new foreign travellers? First, apply for a passport early in your scheduled vacation to avoid additional stress. Don't book a flight or make any other commitments until you have that small book in your hands that unlocks doors worldwide. Some foreign flights need you to submit your passport number when booking or online check-in, so get it first.

Make physical and digital copies of the identifying page once your passport arrives. Keep one in your wallet and give one to your parents to keep secure. Take a photo with your phone and save a high-resolution digital copy to Google Docs. Take a picture of your visa stamp when you receive it.

While most nations require visitors to have their passports, this isn't always the best idea, as thieves and bag snatchers may be found anywhere. This is when your original paper copy comes in useful. If you have any interactions with foreign law enforcement, it's usual to show them a photo of your passport and visa on your phone and then explain that the actual copy is at your hotel; just offer to go fetch it if they insist on seeing it.

Never store your passport in a pocket on your backpack that is easily accessible. The best location to keep your passport is in a hotel safe or your hostel locker.

Make a decision on where you want to go on your first international trip

You may not know precisely where you need to go, but you do know that you must go. However, choosing which destination to visit on your first foreign vacation may be challenging if you're overwhelmed by all the fantastic places you may explore now that you have a passport.

When it comes to travelling, research may help you save time. So before leaving, do some research to better understand the region, including areas to avoid and places to visit, as well as other information that can help you on your journey.

Check to See if a Visa Is Required

Make sure you verify whether or not you'll require a visa before you plan your trip. A permit is a document given by the nation or country you'll be visiting and allows you to travel there for a specific period.

Passport holders from the United States can travel to much of [Europe](#), the United Kingdom, and many countries in Asia and Latin America without a visa or obtain one on arrival. However, if you require a passport and show up for your flight without it, you will be denied boarding — talk about a tremendous disappointment and a waste of your hard-earned money.

Compare Transportation and Accommodation Options to Save Money

Most overseas travels will need you to fly there, but there are other choices for travelling about your location, such as buses or trains.

Before you book your hotel, have a look at your possibilities. While hotels are usually an excellent choice, don't forget to look at hostel, guesthouse, and Airbnb choices in the places you'll be visiting; they will allow you to meet other tourists and locals. In addition, boutique hostels are growing increasingly popular, and they often have far more facilities than inexpensive hotels.

Everything should be planned ahead of time.

When should you begin planning your vacation? Unfortunately, this is difficult to determine when Covid is still active.

Even though you've been travelling for a long time, Booking your accommodations ahead of time is still a better option. You don't want to be afraid of arriving in a new place after a long day of travel without knowing where you'll sleep. Some people may find it exciting but if you don't like surprises and want to keep organized, have a place to stay booked on your arrival day at the absolute least.

Almost all customs forms need you to indicate where you will be staying. Also, keep a business card from your hotel with you if your phone dies while you're out and you can't find your way back.

Allow Enough Time for Your Jet Lag to Dissipate

It's difficult enough to recover from a long-haul journey, but you're likely to be a little jet-lagged when you add in a time shift. For every eight time zones you travel, it might take up to a week to recover.

To combat jet lag, get lots of [rest before your trip](#) and alter your schedule (think staying up an hour or two later) to help your body acclimatize. The same may be said about dinner times. Before, during, and after the flight, drink lots of water.

Avoid taking naps when you get there, even if your body begs you to. Instead, take a walk about your area to get a sense of the local scene and unwind at a café for a while — coffee is a great stress reliever! Whatever you do, think about whether you'll need an additional day or two to adapt your schedule.

Maintain Your Personal Safety

Your first overseas journey may appear frightening, but it is virtually always scarier in your head than it is in reality. Here are some safety guidelines to remember while travelling abroad:

Get travel insurance: Any seasoned traveller understands the need for travel insurance. Get one that protects both your health and your belongings. You are vulnerable to sickness and other dangers when travelling. Travellers with malaria, staph infections, parasites, and other diseases will tell you horror stories. Travel insurance may save you a lot of money in the unlikely event something catastrophic happens while you're overseas, from emergency evacuations to compensation for misplaced luggage.

Keep in touch: Register with the nation's embassy in your own country. Then, they will contact you in a natural disaster, political disturbance, or any emergency. Also, if you're living in a homestay or have a landlord, give these details to your family back home to prepare for a crisis.

You can also get an [international travel eSim](#) to easily keep in touch with families and friends constantly, anywhere you are.

We make it possible for businesses and travellers to have an affordable wireless connection, allowing them to better reach and engage everyone worldwide. Try our [eSIM](#) right now!

Above all, use common sense: Ask locals which parts of town or city neighbourhoods you should avoid, travel with a companion at night, don't drink too

much, especially if you're alone or not in a group of people you trust, and meet new prospective acquaintances in public places at first.

[Safe travelling: FAQs](#)

What should I do to be ready for an overseas trip?

At least 4 to 6 weeks before a vacation outside the United States, see your ob-gyn or other healthcare specialists. You can go through your trip arrangements, obtain advice on particular health problems, and acquire any recommended immunizations for the place you'll be travelling to during this appointment.

This also allows you to contact your health insurance company. First, you should determine whether you are insured outside of the US. You might be able to get travel health insurance if you don't have it already.

Prepare to take a copy of your medical records with you when you leave the country. Also, identify the nearest hospital or medical facility in the area you will be visiting before leaving home.

Should I obtain any immunizations or medications before flying to my destination?

It depends on your destination and activities. First, use our destination tool to identify the immunizations and drugs you'll need for your next trip. Then, make an appointment with your doctor or a travel medicine expert for at least a month to receive recommended or required vaccines and prescriptions.

Which medications am I allowed to bring with me on my trip?

When preparing for a vacation overseas, keep in mind that your prescriptions and other medications may require extra care. In certain nations, widely prescribed or accessible over-the-counter drugs in the United States may be banned. Ensure your drugs are allowed in the government you'll be visiting by contacting the embassy or consulate there.

See your doctor at least a month before receiving any necessary or additional drugs, and keep pills in your carry-on if your luggage is misplaced.

What is travel?

Any excursion that requires you to leave your home is considered travel. However, errands and work-related transportation inside your town are not considered travel.

Can people who recently recovered from COVID-19 travel?

Those who have recovered from COVID-19 can travel safely, provided they meet the requirements.

COVID-19-positive travellers do not require to be tested before or after their trip if they have recovered within the last 90 days. However, they should isolate and communicate with a healthcare physician for testing recommendations if they experience COVID-19 symptoms before, during, or after travel.

Those flying from another nation to the United States might present proof of recovery from COVID-19 instead of a negative test result before boarding their aircraft.

These travellers should follow other travel tips and regulations for domestic and international travel.

What should I know about the coronavirus and travel?

Consult your ob-gyn or other health care practitioner before making any travel arrangements while the coronavirus (COVID-19) is spreading. You and your partner might discuss if your trip is necessary or could be postponed. If you must travel, you and your partner can devise a strategy to assist you to avoid danger.

Visit the Centers for Disease Control and Prevention's (CDC) COVID-19 travel webpage at www.cdc.gov/coronavirus/2019-ncov/travelers/index.html. [COVID-19 and pregnancy may also be found at www.acog.org/COVID-pregnancy.](https://www.acog.org/COVID-pregnancy)

Is it safe to fly when pregnant?

Travelling by plane is nearly usually safe for healthy pregnant women. Most airlines allow pregnant women to fly inside the United States until they are roughly 36 weeks pregnant. If you require documentation of your due date, ask your ob-gyn or another health care provider. If you're flying internationally, the deadline for booking maybe sooner. Consult your airline.

When should I refrain from travelling?

Avoid flying if you have a medical or pregnant problem that might worsen bypassing or require emergency medical attention. Remember that most pregnancy crises occur between the first and third trimesters.

What can I do to make aeroplane travel more pleasant?

- If at all possible, take a seat on the aisle. This will make getting up and stretching your legs on a long journey much more uncomplicated.
- Before or during your travel, stay away from gas-producing carbonated beverages. At high altitudes, the gas expands, causing pain. Instead, sip some water.
- Always buckle up your seatbelt. During air travel, turbulence can strike without notice. The belt should be worn low on the hip bones below the belly button.
- Make frequent movements with your feet, toes, and legs. For example, during your flight, get up and stroll around a couple times.

What should I do if I have a medical emergency while travelling?

Even if you are in an excellent state before travelling, you never know when an emergency will arise. Locate the nearest hospital or medical clinic in the area you are visiting if you travel in the United States. It's also good to see whether they take your health insurance.

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