

Airlines (U.S. Based)



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Name	Domestic #	International #	Web site
Aloha	800.367.5250	same #	alohaairlines.com
American	800.433.7300	same #	aa.com
AmericaWest	800.235.9292	same #	americawest.com
Continental	800.525.0280	800.231.0856	continental.com
Delta	800.221.1212	800.241.4141	delta.com
JetBlue	800.538.2583	—	jetblue.com
Northwest	800.225.2525	800.447.4747	nwa.com
Southwest	800.435.9792	—	southwest.com
Spirit	800.772.7117	—	spiritair.com
United	800.864.8331	800.538.2929	ual.com
US Airways	800.428.4322	800.622.1015	usair.com

Hotels / Motels



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Name	Phone #	Web site	Club #
Best Western	800.780.7234	bestwestern.com	
Courtyard	800.321.2211	courtyard.com	
Days Inn	800.325.2525	daysinn.com	
Doubletree	800.528.0444	doubletree.com	
Embassy Suites	800.362.2779	embassysuites.com	
Fairfield Inn	800.228.2800	fairfield.com	
Fairmont	800.441.1414	fairmont.com	
Four Seasons	800.332.3442	fourseasons.com	
Hampton Inn	800.426.7866	hampton-inn.com	
Hilton	800.445.8667	hilton.com	
Holiday Inn	800.465.4329	holiday-inn.com	

Hotels / Motels, cont.



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Name	Phone #	Web site	Club #
Howard Johnson	800.654.2000	hojo.com	
Hyatt	800.233.1234	hyatt.com	
LaQuinta	800.531.5900	laquinta.com	
Le Meridien	800.543.4300	lemeridien.com	
Marriott	800.228.9290	marriott.com	
Motel 6	800.4motel6	motel6.com	
Omni	800.843.6664	omnihotels.com	
Radisson	800.333.3333	radisson.com	
Ramada	800.228.2828	ramada.com	
Red Lion	800.733.5466	the-redlion.com	
Red Roof	800.843.7663	redroof.com	

Hotels / Motels, cont.



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Name	Phone #	Web site	Club #
Residence Inn	800.331.3131	residenceinn.com	
Ritz Carlton	800.241.3333	ritzcarlton.com	
Sheraton	800.325.3535	sheraton.com	
Signature	800.822.5252	signature-inns.com	
Super8	800.848.8888	super8.com	
Travel Lodge	800.255.3050	travellodge.com	
Westin	888.625.5144	westin.com	
Wyndham	800.822.4200	wyndham.com	
Choice Hotels	877.424.6423	choice.com	
(Comfort • Quality • MainStay • Econo Lodge • Rodeway • Clarion)			

Car Rental



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Name	Phone #	Web site	Club #
Alamo	800.462.5266	alamo.com	
Avis	800.230.4898	avis.com	
Budget	800.527.0700	budgetrentacar.com	
Dollar	800.800.3665	dollar.com	
Enterprise	800.736.8222	enterprise.com	
Hertz	800.654.3131	hertz.com	
National	800.227.7368	nationalcar.com	
Payless	800.237.2804	paylesscar.com	
Thrifty	800.847.4389	thrifty.com	
Auto Europe	888.223.5555	autoeurope.com	

Travel Web sites



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Name	Web site	Phone #
Orbitz	orbitz.com	888.656.4546
Travelocity	travelocity.com	888.709.5983
Expedia	expedia.com	800.397.3342
Cheap Tickets	cheaptickets.com	888.922.8849
All Hotels	all-hotels.com	—
Low Fares	lowestfare.com	—
Hotels	hotels.com	800.219.4606
Cheapfares	cheapfares.com	—

Credit Cards (Lost/Stolen)



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Name	Domestic #	Web site
American Express	800.441.0519	americanexpress.com
DinersClub	800.234.6377	dinersclubus.com
Discover	800.347.2683	discovercard.com
Visa		
Mastercard		

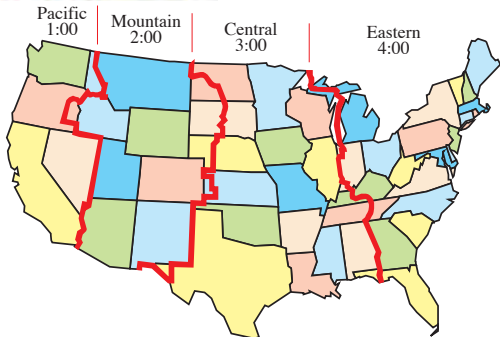
Traveler's Checks (Lost/Stolen)



Name	Domestic #	Web site
American Express	800.221.7282	americanexpress.com
Mastercard	800.223.9920	mastercard.com
Visa	800.227.6811	visa.com

US Time Zones

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Traveler's First-Aid Kit

- Rubbing alcohol or alcohol wipes
- Antibacterial cream or spray
- Bandages and gauze pads
- Elastic bandages
- Mild pain reliever (e.g., acetaminophen, ibuprofen).
Before your trip, ask your doctor what you should take.
- Antacids
- Cough and cold remedies
- Diarrhea medication
- Broad-spectrum antibiotic
(requires a doctor's prescription)

Travel Tips

- Leave your trip's itinerary with someone.
- Do not look like a tourist. Wear plain clothes and little, if any, jewelry.
- Walk at night with others and in well-lit, safe areas. Ask hotel staff for advice.
- Take healthy snacks or buy them at a nearby grocery.
- Use the hotel stairs as a stair stepper.
- Stretch using a bath towel or exercise with a jump rope.

Reducing Travel Stress

- Prepare for your trip well in advance. Make a list of things to do each day.
- Finish packing your bags at least one full day before you leave. Devote the remaining time to getting organized, i.e. plants watered.
- Allow plenty of time to reach your destination or flight.
- Don't over-schedule activities.
- Sleep enough, exercise, and don't overeat.
- Schedule your return so you have a day to "decompress".

Hotel Safety

- When you enter your room, prop the door open, turn on the lights, and check all areas before you close the door.
- Make sure that windows and connecting doors are locked.
- Avoid first floor rooms and those with doors facing outside.
- Lock your door using the safety chain.
- When you are not in your room, turn the TV on and hang the "Do Not Disturb" sign.
- Study the emergency exit map to prepare for an escape.

Jet Lag

- Three nights before you leave, change your bedtime. If traveling to a different time zone and going east, go to bed 1 hour earlier for each time zone you cross; if you're traveling west, go to bed one hour later for each time zone you cross.
- Once on the plane, change your watch to match the time where you are going. Act according to that time. For example, if it is time to sleep in the place you are going, try to sleep on the plane. If it is daytime, do activities that keep you awake.

- Ask your doctor about using melatonin, an OTC product that may help “reset” your natural awake/sleep cycle. Also ask about taking vitamin B₁₂ and vitamin C supplements.
- During the flight, avoid sleeping pills, alcohol, and caffeine. Drink plenty of fluids to avoid dehydration.
- If you arrive at your destination during the day, plan to spend some time outdoors. Try to expose yourself to as many hours of daylight as the number of time zones you crossed.
- Don't go to bed until evening.

In-Flight Ear Pops

Note: Consult your physician if you have an acute ear infection, a severe head cold, or sinusitis before flying.

- Swallow frequently, yawn, or gently blow through your nose while pinching the nostrils shut to equalize pressure within your ears. (Don't do this if you have a head cold as it will promote an ear infection.)
- If you have a mild head cold, use a nasal spray to keep the nasal passages open. You can also take a decongestant if okay with your doctor.

Infants and Young Children

- Have your infant suck on a pacifier or bottle during the takeoff and landing. (Nursing a baby also helps.)
- Ask your doctor about giving children a mild decongestant and antihistamine 1 hour before takeoff and 1 hour before landing.



Fitness in Flight

- Tense your feet for 5 seconds, then relax them. Repeat with each muscle group, including your calves, thighs, buttocks, shoulders, neck, forearms, and hands.
- Drop your head forward. Then slowly move it to your right and continue rotating your head to the back, to the left, and to the front again. Repeat four times. Then reverse direction and repeat five times.
- Raise both shoulders, then move them back, down, and forward in a circular motion.

- Reaching toward the ceiling, stretch your right arm. Then repeat with your left arm.

To promote leg circulation

- Flex and extend your feet, pointing your toes up and down.
- Try to get up and walk at least once every 2 hours, if possible. You should also make an effort to breathe slowly and deeply. Aircraft air is lower in oxygen than outdoor air. Deep breathing helps you to get enough oxygen into your blood and avoid fatigue or sluggishness.

Preventing Motion Sickness

Aboard a ship



- Spend as much time as you can on deck in the fresh air.
- If you're going to be spending nights on a boat, try to get a cabin near the middle and close to the waterline where there's less pitching and rolling.

On a plane



- Request a seat over the wings. Avoid sitting in the tail section as it's the bumpiest.
- Open the overhead vents and direct air at your face.

On a train or car



- Fix your gaze on the scenery straight ahead, not to the side.
- Sit by an open window for fresh air unless in a polluted area.
- If you're traveling by car, offer to drive. The driver doesn't usually get motion sickness.

Other Tips

- Get plenty of rest before setting out. Fatigue makes you more vulnerable to motion sickness.
- Avoid drinking alcohol before or during travel and don't overindulge the night before.

- Take an OTC medication (i.e., Dramamine®) 30 minutes before travel begins.
- If OTC products don't bring relief, ask your doctor about a prescription medication with scopolamine (a patch).
- Don't read while traveling and don't try to focus on any other stationary object. Aboard a ship, lie down on your back and close your eyes.
- If any of your traveling companions get motion sickness, move away, otherwise you may get sick.

Tipping Table

Amt.	15%	20%	Amt.	15%	20%	Amt.	15%	20%
\$2.00	.30	.40	\$40.00	6.00	8.00	\$78.00	11.70	15.60
4.	.60	.80	42.	6.30	8.40	80.	12.00	16.00
6.	.90	1.20	44.	6.60	8.80	82.	12.30	16.40
8.	1.20	1.60	46.	6.90	9.20	84.	12.60	16.80
10.	1.50	2.00	48.	7.20	9.60	86.	12.90	17.20
12.	1.80	2.40	50.	7.50	10.00	88.	13.20	17.60
14.	2.10	2.80	52.	7.80	10.40	90.	13.50	18.00
16.	2.40	3.20	54.	8.10	10.80	92.	13.80	18.40
18.	2.70	3.60	56.	8.40	11.20	94.	14.10	18.80
20.	3.00	4.00	58.	8.70	11.60	96.	14.40	19.20
22.	3.30	4.40	60.	9.00	12.00	98.	14.70	19.60
24.	3.60	4.80	62.	9.30	12.40	100.	15.00	20.00
26.	3.90	5.20	64.	9.60	12.80	102.	15.30	20.40
28.	4.20	5.60	66.	9.90	13.20	104.	15.60	20.80
30.	4.50	6.00	68.	10.20	13.60	106.	15.90	21.20
32.	4.80	6.40	70.	10.50	14.00	108.	16.20	21.60
34.	5.10	6.80	72.	10.80	14.40	110.	16.50	22.00
36.	5.40	7.20	74.	11.10	14.80	112.	16.80	22.40
38.	5.70	7.60	76.	11.40	15.20	114.	17.10	22.80