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Top Tips for a Stress-Free Holiday by Jesse Wallace

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Holidays are all about escaping from the stresses of everyday life and having a break from the mundane, but all too often your long-awaited holiday can be spoilt by unnecessary stresses due to insufficient planning. Here are several practical tips to follow to ensure you are in for a stress-free holiday.

Check the weather averages for your chosen destination

Nothing is more disappointing than organising a beach holiday to a tropical island to discover you arrive bang in the middle of the Monsoon season.

Choose your travelling buddies carefully

While you canâ€™t choose your family, you can choose your friends, and if you are planning a trip with some friends, choose wisely. While particular friends may be great to hang out with for a few hours, spending several days or weeks with someone is quite different. Try to choose travelling partners that have similar interests as you, as this will make decision making much easier.

Travel insurance

Travel insurance is relatively inexpensive and should anything go wrong while you are away, from needing emergency medical attention to losing your luggage to having your camera stolen, you will be far better positioned to cope with it knowing you have insurance. As well as meaning you claim for any losses, many travel insurance companies can also provide you with a 24-hour help should you find yourself in trouble in a foreign country.

Pack a few days before

Itâ€™s important to get your holiday off to the right start, and packing last minute is the quickest way to make it a stressful departure. Pack your bag a few days before. This will give you time to purchase anything you are missing, will help you avoid over-packing and make it less likely you will forget anything essential. Itâ€™s also a good idea to weigh your bag to ensure you donâ€™t go over any luggage limits set by your airline.

Check your passport

If you are heading overseas, locate your passport long before you are due to depart and check it is well in advance of its expiry date. The last thing you want is to realise a few days before that your passport will expire while you are overseas. While it is possible to apply for emergency passports, they can be very expensive.

Have copies of your important documents, and keep them separate

Make photocopies of all your important documents including your passport, ID, drivers license and travel insurance documents and keep them separate from the originals. If you do lose any of your important documents, these copies will be lifesavers.

Take advantage of a stopover

If you have a long plane flight ahead of you, consider breaking it up with a stopover. Spending more than a few hours in a plane can be quite stressful on your body, as can the change in time zones that you are abruptly introduced to. A stop over allows you to take it easy and get the rest you need to arrive at your destination energised and ready for your adventure. If you have a very early flight to catch, you may also want to consider booking a pre-flight stay in an airport hotel the night before. This means you donâ€™t need to worry about a ridiculous wake up time and fighting hectic traffic before your journey.

There are plenty of excellent, well-priced hotels in Heathrow Airport and other major international airports that cater to people stopping over for a night or having a very early flight to catch. These hotels usually provide 24 hours room service, airport transfers (if you arenâ€™t able to simply walk there) as well as a gym and spa, so you can keep up with your fitness regime or have a treatment to help cope with the stress of travelling.

Ask for help

When you are in a foreign place, itâ€™s easy to waste time and energy trying to find certain places, trying to communicate if you donâ€™t speak the language, falling victim to common tourist traps etc. To avoid this, ask for help from trusted sources such as your hotel concierge. These people are here to help you. Use their services wherever you can, from recommending and booking a restaurant to directions to major tourist attractions.

Travelling can be stressful, there is a lot to think about, but if you plan properly and follow these tips you will be better positioned to have a stress-free and enjoyable holiday.

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Jesse Wallace writes for a digital marketing agency. This article on a hotel in Bergen has been

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