

Vacation Tips

for worry-free travel

Getting away to recharge is among the healthiest things you can do. As part of your HMS program offered by your employer, we have prepared this tip flyer for your use before your next vacation.

Taking care of the following details can help you truly relax and enjoy your trip.



Before you leave home...

- **Confirm all reservations in advance.** This includes air, car rental, hotel, dining and tours.
- **Cancel your newspaper.** And, have the post office hold your mail.
- **Leave a house key with a trusted neighbor.** Have them pick up any deliveries.
- **Make a list of credit card and traveler's checks numbers.** Include phone numbers to call if either gets lost or stolen.
- **Consider shipping large items.** This includes large bags and golf and ski equipment. Contact a service to pick up your bags and deliver them to your destination by the required date. One resource to try: sportsexpress.com.
- **Check the weather at your destination.** Dress and pack accordingly.
- **Call the airline to confirm** that your flight departure is on time.
- **Charge and pack your camera and video equipment** at least 24 hours before leaving.
- **If flying, pack a small carry-on bag of essentials,** such as medications, in case your bags get delayed or lost. Call the airline or check their website for carry-on regulations.
- **For road trips, take along an emergency kit.** Good contents to include: blankets, flares, tire sealants, jumper cables, flashlight, water, energy bars, first aid supplies and emergency numbers.

HMS is here to Help

HMS offers employees and their eligible dependents confidential assistance and resource support for personal, family, job concerns and more. You can talk to a licensed counselor to find solutions. You may be referred for in-depth, long-term help. Our website provides articles, databases and more helpful information.

Help is Only a Phone Call Away

 800.343.2186  hmsincorp.com

Confidential assistance is available 24/7.