



Your little pocket guide

4		6	1		
8		7	5		9
				4	2
1		5		9	6
9		2		4	7
6	4			8	
8	3				
	6		7	9	8
			8	5	6

The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, once in each column, and once in each of the 3x3 boxes. Visit www.sudokuoftheday.com for further tips and help about how to play - and good luck!

Notes

- ❖ **Natural Remedies for travellers**
A few drops of lavender oil on your pillow is great for jetlag and sleeplessness. Add a few drops to bathwater to soothe sunburn and help you relax after a long flight.
- ❖ Feeling stressed, washed out and sunburnt? Sip a cup of camomile tea and throw a couple more camomile tea bags into a nice cool bath. It will cool and refresh your skin, revitalise you and ease any digestive problems caused by travel. Place the teabags over your eyes as you lounge in the waters to refresh tired eyes too!
- ❖ Rub an onion on cuts, grazes, spots and bites to stop infection and itching. Keep a cut onion by your bed to deter insects and mozzies.
- ❖ A mixture of one part black tea and one part flat Coke is great for soothing and rehydrating you if you are suffering from a poorly tummy! Eat plain boiled rice and grated apple when you feel up to it...

mYour Packing List

Paperwork including:

- tickets
- passport and visa
- medical details
- vaccination history
- driving license
- travellers' cheques
- cash and credit cards
- insurance details
- photocopies of all of the above

Travel accessories including:

- mobile phone
- camera
- guide book
- reading book
- playing cards
- journal and pen
- torch or book light
- daysack and money belt

- coin purse
- earplugs and eyemask
- sleeping bag liner
- mozzy net
- sewing kit
- painkillers
- dehydration salts
- diarrhoea treatment
- plasters
- antiseptic
- micropore tape
- tweezers and scissors
- anti-travelsickness tablets
- dental floss
- essential oils
- tissues

First Aid Kit containing:

- Health and Safety, including:
- Sun cream
- Sunglasses

- water bottle
- insect repellent
- tiger balm
- padlock
- Swiss army knife
- travel towel

Your Check List

Safety Tips

- Leave photocopies of important documents with someone at home.
- Always tell your guesthouse or hotel where you are going.
- Leave the Do Not Disturb sign on the door when you are out, to deter burglars.
- Never leave it on your door if you are in, in case you attract unwanted attention.
- Carry a tiny compass in your pocket so you can always find your way out of even the most confusing of markets!
- Keep some money in a small coin purse so you don't have to count huge wads of cash in public.
- Always keep a business card of your hotel in your purse so you can get a taxi to take you home with even the biggest of language barriers!
- If you get lost, go and find a café to chill out and have a look at your map over a cool drink; don't stand on a corner looking confused. Ask for directions from officials in reputable building.