

10 Essential Travel Tips for Every International Trip

Real trips, real experience, real advice.



After more than 20 years and close to 50 countries together, these are the ten things Tracy and Doug actually do before and during every international trip. Not a generic tips list, but the real routine that keeps them organised, connected and confident, learned over years of travel and a few of them the hard way, from a taxi scam in Rome to a hospital stay in Vietnam. If you want your next trip to feel smoother and less stressful, this one is for you.

What you will learn



Why booking your airport transfer in advance is the one thing that calms the whole arrival down.



How to set up an eSIM and VPN before you leave home, and why we never touch a physical SIM again.



Which apps to download before you fly, and why the storage on your phone matters more than you think.



Why “if you can’t afford travel insurance, you can’t afford to travel”, with the story of Tracy’s hospital stay in Vietnam.



How to check visas and entry requirements properly, without falling for the overpriced unofficial sites.



Why a Wise card and a cash plan save you money, and which countries still want cash in hand.



The etiquette and the few words worth learning before you arrive somewhere new.



How to stay scam aware, from the Rome note-swap to the Paris pickpockets, and the bag we trust.



Why to check the weather the week before, not a month out, and how to pack in layers.



How to decide what to book in advance so you never miss the things you would regret.



The single tip Doug and Tracy each rate above all the others.



Mentioned in this episode

Saily eSIM Easy data abroad **UKTP10**

NordVPN Protection on public Wi-Fi

Wise card Hold and spend multiple currencies

Cover-More Travel insurance (Australia)

Travel Insurance Master Travel insurance (USA)



Keep exploring

Episode #64 – India Travel Tips with Mariellen Ward

Episode #88 – Visiting Antarctica

Best eSIMs for global travel (our comparison)

VPNs for global travel (our comparison)

Best anti-theft travel bags

Global Travel Tips

Destination Guides

Essential Travel Resources



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