

In The Know

Committed To Service, CTI delivers this publication to its valued clients

So You're Ready to Cruise but Fear for your Health

Of course, in any mode of travel one wants and needs to feel safe, as it should be. That said, there are a number of things one can do to minimize health issues while sailing.

Stay Healthy While Cruising

Wash your hands. The number-one way to avoid getting Norovirus or other illnesses on a cruise is to thoroughly wash your hands—more than you ordinarily would—before and after you eat, after you use the restroom, when returning to the cruise ship after a day in port, and every time you touch a stranger or an oft-touched item like a stairway railing or a slot machine. In this way, you'll kill any germs before they can infect you. In addition to ramping up hand-washing, also take advantage of the hand sanitizers strategically placed around cruise ships in the dining areas, by the gangway, and even in various lounges and public spaces. But note that using a hand sanitizer is not a replacement for basic hand-washing.

Drink the water. Staying hydrated is a great way to stay healthy, whether it's during a hot day at the beach or in the stale air of an airplane on the way to your port of embarkation. Bring a reusable water bottle, and fill it up in the ship's buffet restaurant, or buy

beverages ashore. If you're especially prone to dehydration in hot weather, try a sports drink like Gatorade, which contains electrolytes. Alcohol can also dehydrate you, so if you plan to spend plenty of time in the onboard bars, make sure you swap your beer or cocktail for a glass of water every so often. and more.

Don't drink the water. I know we just told you to drink a lot of water, but in some destinations—like Mexico or Egypt—it's not necessarily safe to drink local water.

yourself at the buffet.

SUMMARY

- **Stay Healthy While Cruising**
- **Hawaii—The Time to Go is Now!**



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“...there is much more to do and Hawaii isn't just the Waikiki we group up dreaming about.”



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Fight jet lag. You don't want to miss out on the first half of your cruise because you're so jet lagged that you're not sleeping well or sleeping at all the wrong hours. While everyone's body handles jet lag differently, one recommendation is to arrive at a far-away cruise port a day or two in advance. You can spend those early days in port getting acclimated to the time change so you don't collapse on your first day onboard. Other tricks include not taking a nap on your first day and staying up until a reasonable bedtime; spending a lot of time outside to take in as much natural light as possible.

Wear sunscreen.

Pace yourself at the buffet.

Take the stairs.

Go easy on the alcohol.

Hawaii — the Time to Go is Now!

Demand for Hawaii is picking up and the main reason why, it's more affordable! However, don't count on this to last forever. As popularity increases, so does demand. September to December are the islands quiet months, so you can enjoy more value if you look to go during this period.

Contrino Travel and its clients are seeing 3rd and 4th night free promotions, and depending on the property, a complimentary breakfast for two might be included. In addition, you might even enjoy a free upgrade upon arrival, if available.

Continental Airlines does offer non-stop service for those of you who are skittish to connecting flights. The flight time is a bit long, but this writer can attest that it's well worth it.

Many clients visit Pearl Harbor on Oaha, Haleakala on Maui, the National Volcano Park on the Big Island and more. However, there is much more to do and Hawaii isn't just the Waikiki we group up dreaming about. Hiking and kayaking are in abundance but for the less faint of heart, one can take surfing lessons.

There are high speed ferries available for those wanting an another option to traveling by inter-island air. They are a bit more costly, but depending on time of year, taking a ferry ride from one island to another, might afford the opportunity for whale watching!

From the time you touch down in Hawaii to the time you leave for home, all of the traveler's senses have been awakened. It's really an experience not to be forgotten.

