

From the Constituent Services' Desk...

With the holidays just around the corner, a lot of us will be traveling. Whether on vacation alone, or to visit family and friends, there will be an estimated 46 million people traveling this holiday season. Here are a few tips to help ease some of the stresses that come with traveling.

The National Highway Traffic Safety Administration (NHTSA), suggests before you head out:

- Get your car serviced, check for recalls, and “know your car.” This is especially important if you are renting a car. Familiarize yourself with the location of the hazard lights, and make sure you have all the necessary items to change a flat tire (i.e. spare tire, jack, etc.). Also, make sure you have snow chains if traveling to an area which may require them.
- Stock your vehicle with items to get through the most common winter driving-related issues:
 - A snow shovel or broom, and ice scraper
 - Abrasive material such as kitty litter or sand, in case you get stuck in the snow
 - Jumper cables, flashlights, and warning devices such as flares and emergency markers
 - An extra phone charger, blankets, water, and non-perishable, ready-to-eat snacks
 - Extra medication, in the event you are away from home for longer than anticipated
- Plan your route, and check weather conditions before and during your trip. Also, give yourself plenty of time to get where you are going.

For international travel, here is a great printout so you may [Travel Smart. Travel Safe. Travel Well.](#) Additional suggestions include:

- Make sure you have at least six month's validity remaining on your passport whenever you travel abroad. Click [here](#) to find out how to apply for or renew your passport.
- Make a copy of your passport, travel itinerary, and travel insurance information to leave with a trusted family member or friend. In the event your passport is lost or stolen, it will be easier for you to obtain a temporary one if you have access to a copy of your valid one.
- Some countries require you to obtain a visa before you arrive. Make sure you apply for visa several months prior to departure. Each country has different visa requirements, and it can take a few weeks for the country to issue your visa.
- More detailed information on unique travel circumstances can be found online at [Before you Go, Traveler Information.](#)

If you have questions or a specific problem with the Department of State, please contact our office at caseworkga11@mail.house.gov or 770-429-1776. We look forward to serving you, should you need our assistance.