

## TIPS ON PACKING

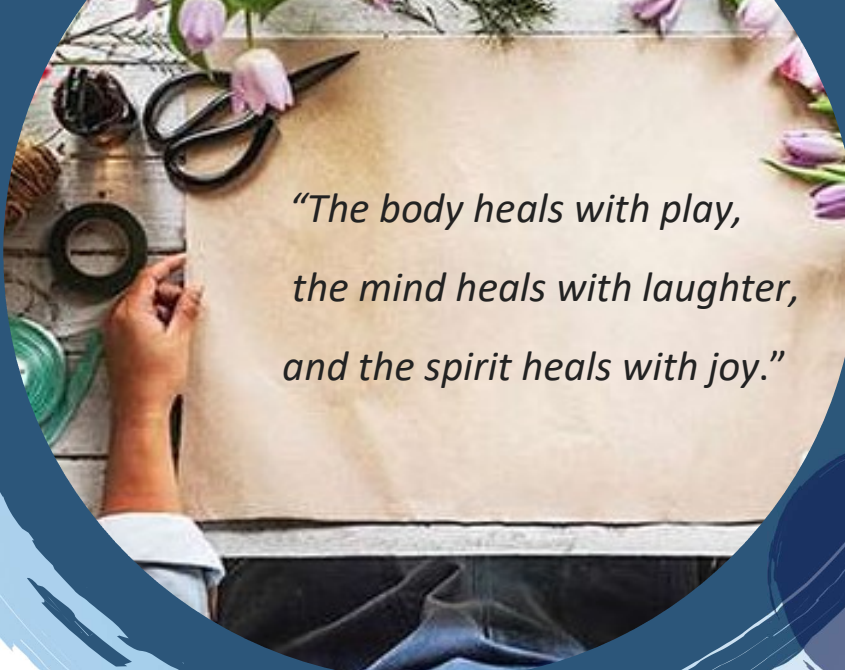
- Invest in Good Luggage.
- Spend five minutes writing down all the items you need to bring, and this will save you so much time and stress in the long run.
- Limit the number of shoes you bring to save a lot of luggage space.
- Use plastic and zip lock bags for organization.
- Bring a mini first -aid kit.
- Bring an empty water bottle so that you can fill up before going on trip.

*“ The journey of thousand miles begins with a single step .”*



*DEAR TRAVELLERS,*





*“The body heals with play,  
the mind heals with laughter,  
and the spirit heals with joy.”*

Recreational activities like singing, reading, listening to music, watching movies, dancing, aerobics or pursuit of hobbies, serve as the best means to recreate. Our hobbies give us real happiness.



## TIPS ON RECREATIONAL ACTIVITIES

- Sports such as baseball, volleyball, cricket, basketball and such different games can serve as very good recreational activities.
- Sitting by the pool, hiking a state park and touring a museum have a lots of fun.

**THANK YOU**