As a ghost-writer for WooContent, I wrote the below article for Medic Spot. Published by Wizard Journal, as of 20th October 2020. Below is my original article.

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Anchor text: testing is key

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Tips For Keeping Safe While Travelling This Winter

After spending months indoors, many of us are looking forward to catching up with family and friends across the world this winter. Some countries have eased their border restrictions, and some are allowing for domestic travel. What do you need to keep in mind to ensure your safety this winter? Let's take a look.

Say safe on the flight

If you're thinking of taking a flight, there are a number of precautionary measures to keep in mind before embarking on this journey. Unlike road trips or travelling by train, air travel exposes you to more people and more crowds outside of your hometown and city. Testing is key, and most airlines today require you to carry proof of a negative Covid-19 test before getting on board. This ensures that you do not pass on the virus to those around you, and also gives you a peace of mind when travelling with strangers on the flight.

Carry travel-sized hand sanitizer sprays and wipes to clean surfaces and your hands if you touch anything. Wear a mask that fully covers your nose and mouth at all times, especially in crowded areas like airport terminals, on the flight and in waiting areas. Maintain a safe distance of 2 metres when queuing and at all counters. Try to avoid coming in contact with and touching those over the age of 65 and who suffer from chronic illness, as they're the ones who are most at risk during these times.

Pack essentials and warm layers

Travelling during the winter months is always risky, regardless of this year's global pandemic. Cold and flu season is rampant and more contagious as people across the world come in contact with each other during festivities and reunions. Pack warm clothing and carry layers while you travel. Aeroplanes and trains can get quite cold during the journey, and it's important to stay prepared for the worst. You can always take off a layer when you feel warm. Covering your exposed skin with a layer also gives you added protection from unsanitary surfaces.

Pack extras of your basic essentials, and don't forget a change of clothes in your carry-on. Delays in transport, connections and overbooking are [common problem](#)s for travellers during the winter months, due to unpredictable weather, storms or crowds during peak times. You may not always be able to get on the next flight or find appropriate accommodation so keeping essentials with you is crucial if you need to rough it out in the airport for a day or two. If you're stuck in an unfamiliar place and don't speak the language, you'd rather have everything you need on your person than have to hunt for help on foreign land.

Do plenty of research

Whether you are travelling to someplace new or back to your hometown, 2020 has introduced many new rules and regulations to [cities across the world](#) so do your research before you travel. Do you need to quarantine upon arrival? Have you booked your transport and accommodation? Do you have alternatives for any unforeseen delays at your destination? Do you need to get tested for Covid-19 on your return journey and where can you get it done? These are some questions you need to get answered before you travel.

Check your destination's weather conditions so you are prepared when you arrive. If you are going somewhere with ice and snow, you will need to make sure you have the right footwear and outerwear to withstand strong temperatures to keep you safe in extreme climates. For warmer places pack accordingly to avoid heatstroke and dehydration. Keeping yourself healthy is key to keeping safe while travelling.

Stay safe by keeping away from crowded touristy areas. Spending time with loved ones at home or in private areas has become increasingly popular, and outdoor venues outside of big cities pose a safer option than staying within a city.

Make the most of it

No matter what happens, it's important to keep a positive outlook and have a great time on your travels. Many people suffer from 'winter sadness' or Seasonal Affective Disorder (SAD) due to the drop in temperature and lack of sunshine in many countries during winter. 2020 was a tough year for everyone across the world, and as some of us try to get back to reviving a sense of normalcy, it's become imperative to support those around us and help each other overcome the winter blues this year. If this year has taught us anything, it's this - we need to be flexible in our plans and take things as they come.

These tips will keep you safe on your travels, but you need to also adhere to the guidelines and rules of your government to ensure your safety at the time of travel.