



Hot tips for business travel from seasoned traveller Sally Bird

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For many, business travel can be an exciting perk of the job. Although there's still work to do, it involves changing up the usual routine and checking out a new destination in between meetings.

If you travel a lot for work, to domestic or international destinations, it's the actual travel that can be the most dreaded part. But the long lines and waiting times at airports don't need to go to waste. CityLife spoke to seasoned traveller Sally Bird from [Executive Edge Travel + Events](#) who shared her tips for making business travel easier.

CityLife: What's one item you can't do without in your carry-on luggage?

Sally Bird: My must-have item in my carry-on luggage is an international adaptor plug, so I can be connected instantly anywhere in the world including airport lounges, on board, cafes and so on.

Have you picked up any methods for making the boarding process a more pleasant experience?

SB: Absolutely make use of online check-in whenever possible. Travel light with carry-on luggage for ease of check-in and arrival at your destination.

If you do have to check bags, there are some airlines now offering the option to track your own bags for greater peace of mind. [American Airlines](#), for example, allows you to follow your checked bags from check-in to carousel with your smartphone, laptop or tablet. The site provides real-time information about your bag's status and all you need is your bag tag number or your record locator.

Are there any apps or technology you can't do without when travelling?

SB: [TripCase](#) and now [Uber!](#) We all know Uber but TripCase is still catching on.

TripCase has a mobile application that delivers up-to-the-minute advice and travel alerts wherever you are in the world. You'll be able to receive real-time notifications when anything in your itinerary changes from flight delays, alternative flight schedule information, cancellations and gate changes, hotel and car rental status alerts, even maps and weather information.

Another good app is [Qantas PressReader](#), a company Qantas has partnered with to benefit its customers. The day before you fly with Qantas, you can download free magazines and newspapers directly to your mobile or tablet to read at your leisure during your trip, including in-flight.

Do you have any methods for combatting jet lag?

SB: Try all-natural melatonin, but be certain to take it around the time people are getting ready to go to sleep at your destination. This will help reset your circadian rhythm.

Any other handy hints you can recommend that make travel easier?

SB: Use a travel advisor so you have someone to handle all the travel arrangements. That way, you can focus on your business trip.

