

# The Prepared Traveler

NFG quarterly insights for global travelers



## Welcome to the first edition of The Prepared Traveler.

Global travel insurers and assistance providers partner with New Frontier Group for global cost and care management. We see firsthand situations travelers encounter when unexpected medical issues arise and travelers must navigate unfamiliar healthcare systems.

The Prepared Traveler newsletter is designed as a resource for travelers. We hope it helps you stay informed and prepared so your health outcomes improve and unnecessary medical services can be avoided.

## What's Inside

**Packing Prepared for Springtime in the U.S. | 1**

**HEALTHY HABITS Travel Wellness Tips | 2**

### QUICK TIPS:

- Travel Safety Resources | 3
- FIFA Resources | 3
- US ER vs Urgent Care | 4
- US Fun Fact | 4

## FEATURE ARTICLE:

# Packing Prepared for Springtime in the U.S.

Spring is one of the best times to visit the United States! Flowers bloom, cities come alive, and many destinations enjoy mild, comfortable temperatures. But spring weather and spring health concerns can be unpredictable, so come prepared.

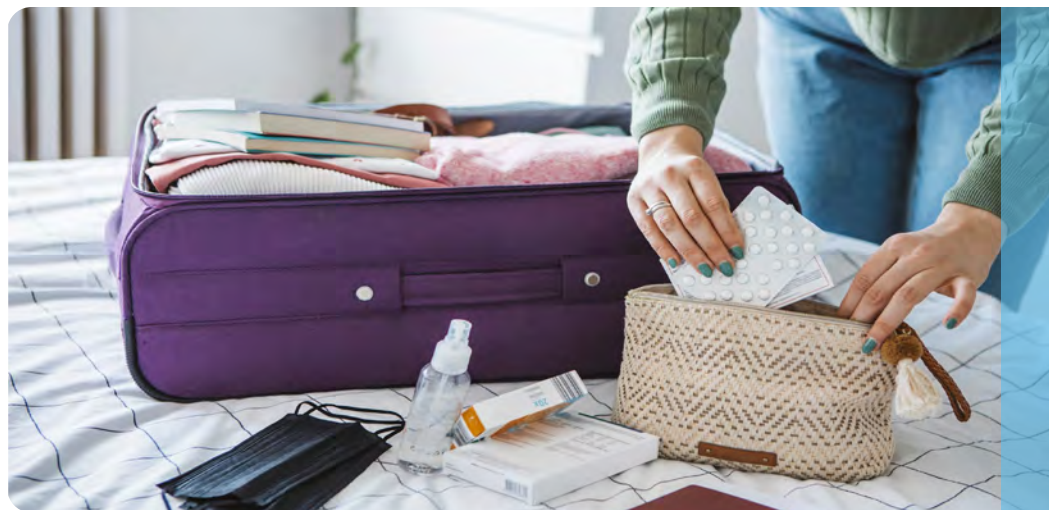
Whether you're planning to explore vibrant cities, national parks, or coastal towns, packing thoughtfully can help you stay comfortable and prepared. Here's a practical health and safety checklist to guide you.

### 1. Allergy Relief

Spring in the U.S. is peak allergy season in many regions. Pollen levels can be especially high from March through May, particularly in areas with abundant trees and grass. If you're prone to seasonal allergies, consider packing:

- Antihistamines
- Herbs for allergies (nettle, peppermint, licorice root, ginger, turmeric)
- Raw Honey
- Nasal spray
- Eye drops
- Any prescription allergy medication you regularly use

While many allergy medications are available over the counter in the U.S., it's



often easier and more reassuring to bring what you know works for you.

### 2. Spring Weather-Ready Clothing

Spring weather in the U.S. varies widely by region and can change quickly, even within the same day. Smart packing includes:

- Lightweight layers (long sleeves, sweaters)
- A waterproof jacket or compact raincoat
- Comfortable walking shoes
- Sunglasses and sunscreen

Temperatures can be cool in the morning, warm in the afternoon, and chilly again at night. Layering allows you to adjust comfortably throughout the day. If you're visiting mountainous or northern regions, check the forecast in advance, some areas may still experience late-season snow.

### 3. Basic First-Aid Essentials

A small travel first-aid kit can be very useful for minor issues. Consider including:

- Bandages
- Pain relievers
- Blister treatment
- Antiseptic wipes
- Motion sickness tablets

For minor injuries or illnesses, many U.S. cities have urgent care clinics that treat non-life-threatening conditions. For serious emergencies, dialing 911 connects you to emergency services.

### Traveling Confidently In Spring

With a little preparation, from allergy medication to organized travel medical documents, you can focus on enjoying your trip. Packing smart isn't just about comfort. It's about peace of mind. And with the right preparation and coverage in place, you can explore confidently, knowing you're ready.

# HEALTHY HABITS: Travel Wellness Tips

**Travel is exciting!** New places, new experiences, and a break from your usual routine. But changes in schedule, sleep, diet, and environment can take a toll on your body if you're not prepared. The good news is a few simple, healthy travel habits can make your trip more comfortable, more enjoyable, and far less stressful. Here's how to stay feeling your best while you're away.

## 1. Prioritize Sleep (Even Before You Go)

Travel often begins with early departures, long flights, or time zone changes. Preparing your body in advance can make a big difference.

- Adjust your sleep schedule slightly a few days before departure
- Rest well the night before you travel.
- If crossing time zones, aim to gradually shift toward your destination's schedule.
- Change your clock to the time zone you're going to.
- On arrival, spend time in natural daylight and keep naps short to help your body adapt.

## 2. Stay Hydrated

Air travel and busy itineraries can easily lead to dehydration. Even mild dehydration may cause headaches, fatigue, or dizziness. Some ways to stay hydrated include:

- Drink water regularly during flights and sightseeing days.
- Pack tea bags in your carry on.
- Limit excess caffeine and alcohol.
- Carry a reusable water bottle (where permitted).
- In warmer climates or at higher altitudes, increase your fluid intake accordingly.

## 3. Keep Moving

Long flights, train rides, or car trips can leave you feeling stiff and sluggish. Movement improves circulation, reduces discomfort, and boosts your mood while traveling. Healthy movement habits include:

- Stretch before, during, and after travel
- Walk during layovers
- Take short activity breaks during road trips



- Incorporate light exercise into your itinerary
- Consider wearing compression stockings on long journeys to support circulation and reduce the risk of swelling or discomfort

## 4. Eat Mindfully

Trying local cuisine is one of the joys of travel. At the same time, sudden changes in diet can sometimes lead to digestive discomfort. A few practical tips include:

- Balance indulgent meals with lighter options.
- Take deep breaths before and after eating.
- Wash hands frequently before eating.
- Be mindful of food safety recommendations in your destination.
- Introduce unfamiliar foods gradually if you have a sensitive stomach.
- Packing a few familiar snacks can also help during long travel days.

## 5. Protect Yourself From the Elements

Weather conditions can vary widely depending on your destination and can create discomfort. Plan ahead to avoid blisters, sunburn, and weather discomfort:

- Wear layers in changing climates
- Use sunscreen, even on cloudy days
- Bring appropriate footwear
- Carry rain protection if needed

## 6. Know Where to Seek Care

Even with careful planning, minor illnesses or injuries can happen. Before your trip:

- Research local medical facilities near your accommodations.
- Keep emergency contact numbers accessible.
- Carry your travel medical insurance information with you.

## 7. Build in Time to Rest

It's tempting to fill every moment with activities, but over-scheduling can lead to exhaustion.

Allow a balanced itinerary with these tips:

- Plan downtime between major activities to relax and recharge
- Meditate or practice yoga or stretching
- Create Flexible scheduling

Healthy travel habits don't require major changes. Small, thoughtful steps, staying hydrated, sleeping well, moving regularly, and preparing for the unexpected, can significantly improve your experience. With the right preparation and support in place, you can focus on what truly matters: exploring, connecting, and making the most of your journey.

## Travel Safety Resources

Before traveling internationally, it's wise to check official government travel advisories and safety updates. Ongoing geopolitical conflicts, natural disasters, or health alerts can affect travel conditions. Reliable resources include the U.S. State Department travel advisory website, local embassy alerts, and reputable global news sources. Reviewing these updates before departure helps travelers make informed decisions and avoid unexpected disruptions. Here are some trusted resources:

- [travel.state.gov](https://travel.state.gov) - provides safety levels of areas.
- [step.state.gov](https://step.state.gov) - Allows US citizens to register their trip and receive alerts from the nearest U.S. embassy
- [cdc.gov](https://cdc.gov) - Allows global travelers to check for disease outbreaks and health precautions
- [who.int](https://who.int) - Gives global travelers insight on health emergencies and alerts.

Like any major destination, large cities in the U.S. require basic awareness. A few simple precautions can help travelers avoid common issues:

- Stay aware of your surroundings, particularly in crowded tourist areas
- Avoid displaying large amounts of cash or expensive jewelry
- Use secure bags such as crossbody bags in busy areas
- Keep copies of travel documents stored safely

These simple habits can help travelers enjoy their trip with greater peace of mind.

## FIFA Resources

The 2026 FIFA World Cup will take place from **June 11 through July 19, 2026**, with 78 of the matches across 11 US host cities shown below.

### [See Full FIFA Schedule Here](#)

US specific stadium locations include the following:

- **New York / New Jersey: MetLife Stadium** - 1 MetLife Stadium Dr. East Rutherford, NJ 07073 | (Hosting 8 matches including the Final match)
- **Boston / Foxborough: Gillette Stadium** - 1 Patriot Pl, Foxborough, MA 02035 | (Hosting 7 matches including a Quarter final)
- **Philadelphia: Lincoln Financial Field** - 1 Lincoln Financial Field Way, Philadelphia, PA 19148 | (Hosting 7 matches)
- **Atlanta: Mercedes-Benz Stadium** - 1 AMB Dr NW, Atlanta, GA 30313 | (Hosting 8 matches including a Semifinal)
- **Miami: Hard Rock Stadium** - 347 Don Shula Dr., Miami Gardens, FL 33056 | (Hosting 8 matches including a Quarter final and Third Place Match)
- **Dallas / Arlington: AT&T Stadium** - 1 AT&T Way, Arlington, TX 76011 | (Hosting 9 matches including a Semifinal and several knock out matches. Most matches of any location)
- **Houston: NRG Stadium** - NRG Pkwy, Houston, TX 77054 | (Hosting 7 matches)
- **Kansas City: Arrowhead Stadium** - 1 Arrowhead Dr, Kansas City, MO 64129 | (Hosting 6 matches including a Quarter final)
- **Los Angeles / Inglewood: SoFi Stadium** - 1001 Stadium Dr, Inglewood, CA 90301 | (Hosting 7 matches including a Quarter final)
- **San Francisco Bay / Santa Clara: Levi's Stadium** - 4900 Marie P DeBartolo Way Santa Clara, CA 95054 | (Hosting 7 matches)
- **Seattle: Lumen Field** - 800 Occidental Ave S, Seattle, WA 98134 | (Hosting 8 matches)

NFG has put together a list of the closest hospitals and urgent care centers to these US stadiums for attending FIFA fans. You may need to check your travel insurance to confirm if the facility is in or out of network for your plan, but it is good to have the list handy to be prepared for any unforeseen events.

[Access Closest Hospitals and Urgent Cares >](#)

**For further assistance, you can contact NFG 24.7 line at 949.429. 7130**

For non-emergent cases, NFG also has a telehealth service that can be utilized:

[Access NFG Telehealth >](#)

*Note: If an ambulance is contacted, they will always take the patient to the nearest hospital.*

## QUICK TIPS:



### U.S. Emergency Rooms Versus Urgent Care

Understanding where to seek care can save both time and significant medical costs.

- **Urgent Care Clinics** treat non-life-threatening conditions such as minor infections, sprains, cuts requiring stitches, mild asthma, or flu symptoms. They typically offer shorter wait times and lower costs than hospital emergency rooms.
- **Emergency Rooms (ER)** are designed for serious or life-threatening conditions such as chest pain, difficulty breathing, severe injuries, stroke symptoms, or major trauma.

For minor medical concerns, visiting an urgent care clinic is often the faster and more cost-effective option, while emergencies should always be treated in a hospital ER or by dialing 911 for immediate assistance.

### US Fun Fact

The USA has 50 states that have different cultures and span multiple time zones. Here is what it means for travelers: **You can cross borders between states and feel like you entered a different mini-country in food, accents, and pace.** And if you're booking flights, planning road trips, or catching tours, time zones can sneak up on you. There can be multiple zones in one state, so it's important to check time zones when traveling between states and even cities.

