

## *Road Warrior Tips*

*We began the Road Warrior Tips feature in our last issue of The Jury Expert and we have a lot more! Here, they are listed as we received them. For a complete list, sorted by category or geographical area of the country, visit the [Road Warrior Tips page](#) on our website!*

### *Orlando, Florida*

This tip submitted by Tara Trask of [Tara Trask and Associates](#).

Orlando security is very slow. They have one of those “Clear” lanes, which I thought didn’t exist anymore, but other than that, no frequent flyer or First Class lines. Prepare for a 20 or 30-minute wait at the Orlando security lines.

### *Traveling Faster, Easier and with Less Frustration*

This tip submitted by Doug Keene of [Keene Trial Consulting](#).

The “Trusted Traveler” [known as PreCheck for domestic travel] program of the TSA has re-opened (for a while, at least) for new registrants. It is a program that allows people who are deemed to be ‘low security risk’ to register. It provides access to special lanes at airport security checkpoints, and you don’t have to deal with having shoes, belts, liquids, computers, etc. hauled out and placed back in your luggage. It is more like it was before 9/11. There are also options that facilitate driving through border checkpoints into Canada and Mexico, as well as returning international travelers. I just registered, and was conditionally admitted. Now I have to go through a fingerprinting and photographing process at one of their airport centers, and I am good to the standard security lanes. I anticipate that give me back dozens of hours each year.

Note: Not all airports make use of this program. Generally, the bigger the airport the more likely it is to be in the system. By the end of 2012, it will have expanded to 35 airports. Austin is not in it, but most of the airports I fly to are involved, so I will benefit on the return flights. For program information and included airports, go to [this website](#).

This tip submitted by John Gilleland of [TrialGraphix](#).

Leave the taxi door hanging open as you go to retrieve your items from the trunk. It helps to stop the driver from taking off (because he's forgotten you have trunk items -- it has happened to me), and also forms the habit of taking one last look inside the cab for things you may have left on the seat or floor when you do eventually close the door.

This tip submitted by Steve Perkel of [Archer Law](#).

Another thing that I do when flying, especially overseas, is to make a color copy of my U.S. Passport, driver's license and flight information including the paper documentation for electronic tickets. I tuck all of these together in the lining of my suitcase and in my backpack/briefcase. I also bring a copy of my most recent eyeglass prescription with me as I have been in the unenviable position of having lost my glasses when canoeing on a combination business and vacation trip.

This tip submitted by Debra Worthington, [Auburn University](#).

I love coffee, but don't want to spill it on me while sitting in that airplane or have it go cold. Holding it while someone tries to crawl over to his or her seat is no fun either. I bought a great little thermos from Nissan Thermos (JmL350P) and take it pretty much everywhere with me. It's vacuum insulated and comes with a tea infuser for people who are discriminating tea drinkers. I like it because the top screws on and prevents spillage. I've had it for five years and have dropped it, kicked it, and bounced it down a set of steps and it's still going strong. More importantly, it really keeps my coffee hot for hours. I fill it up at the airport and have good coffee, or at least better coffee, than is typically served on the plane. It easily slides in the pocket in from of my seat. And, I've never had a problem getting it through security.

This tip submitted by Steve Perkel of [Archer Law](#).

Having been in a hotel during a hurricane when the power was lost and the emergency lighting was inadequate, I learned never to travel without a flashlight. Now, with the ubiquitous presence of smart phones and a plethora of free or low-cost apps, I use my Flashlight application on my cell phone to light the way.

This tip submitted by Debra Worthington, [Auburn University](#).

Many hotels still provide you with a shower cap (although I've never used them for this). Snag them and use them to slip over your shoes to help keep your clothes clean.

## *Avoiding Germs and Other [Disgusting] Creatures Hidden in your Hotel Room*

This tip submitted by Kristin Fitzgerald of [ZMF](#).

I read somewhere to always pack a Ziploc or other clear plastic bag to go over the remote control. It's supposed to be one of the most germy, disgusting items in the room. The travel expert said put the bag over it and then you don't have to worry about touching it.

This tip submitted by Andy Sheldon of [SheldonSinrich](#).

A friend who had recently done some work for a major exterminating company gave me these instructions. When entering your hotel room, take your luggage straight to the bathroom and set it all in the middle of the tile floor. Then go directly to the bed and pull back the covers all the way down to the mattress. Carefully examine the beading around the mattress to see if you see any of the little irritating bugs. If you find any, call the front desk and ask for another room. When we were in Manhattan recently, the Ritz made the headlines with an infestation. It seems no hotel is immune.

## *Putting that Cellphone Camera to Good Use!*

These tips submitted by Debra Worthington, [Auburn University](#).

Don't want to forget what level you parked on in that parking garage? A quick snapshot can take care of that problem.

Have you been in and out of one too many hotels this week? Hotels don't have room keys anymore with the room number conveniently inscribed on it (thank goodness). But that swipe card may not help you remember if you were in Room 1114 or 1141. Take a quick shot of your room number or send yourself a text.

If you run a lot of mock trials, you end up in a lot of venues. Later, you're trying to remember what it looked like or whether it was the place with the column inconveniently placed right in the line of site of your video equipment. Take a quick snap or two, tagged the photo with when, where, or any other comments, then text or email them to yourself.

You've probably seen this done elsewhere, but if you're traveling, it's a fun and easy thing to do for those of you with smaller children at home. Take a small stuffed animal or other toy (their choice). And take shots of it in fun or weird places as you travel. Email or attach them to a text and send them home. Seeing Ginger the Horse doing a handstand on the window ledge at your hotel or looking out a taxi window while you're stuck in traffic only takes a moment, but can make your child's (or niece or nephew's) day. If you're really busy, just do it once during your trip.

## *Eating Well on the Road*

This tip submitted by Leslie Ellis of [TrialGraphix](#).

The GoHow app for Android, iPhone and Blackberry is pretty awesome. It provides flight tracking information, including departure and arrival gates, what's around the gate (restaurants, services, etc.), and transportation and directions to and from each airport. You can find, ahead of time, the best place to grab a salad during your 20-minute layover or while you're running to your gate. It's come in very handy.

This tip submitted by Dan Dugan, [Trial Science Inc.](#)

I try to control my diet pretty strictly, but the road makes it very hard. On the road my hours tend to be long, time zones change eating times, long flights with no in-flight food makes me tend to eat what I can, when I can. Also, client invitations to go out with them for meals or drinks create more pressures on the whole eating-thing.

I have started to Google map some health food stores for places near my hotel in advance of my trip. I then try to go a little early (like catch a flight that gets in an hour earlier than one I would have chosen) and go to that store and stock up on some items that are part of my regimen. Then, if I know I am working long hours, I can take some good food with me. If a client wants to go out, it is fine because I can order a salad or something light while I am with them knowing I have some reserves back at the hotel. When I do not think about meals in advance like that, I find myself at the mercy of the "we'll bring in sandwiches" offer, which, as kind and as thoughtful as that might be, usually does not fit my vegetarian and cycling-racing life. By being more mindful of meal challenges and being more proactive, I have been much more successful keeping up my energy levels on the road and not having to compromise how I want to live.