

[In the Loop Episode 4 | Business Travel Tips Every Frequent Traveler Should Know](#)

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Travel is a regular part of the job for many financial services examiners, but frequent trips can quickly become exhausting without the right habits.

In this episode of *In the Loop*, hosts [Kareeme Tucker](#) and [Derek Storms](#) sit down with [Melissa Sanchez](#), ASTA Verified Travel Advisor, Certified Travel Coach, and owner of [Spellbound Vacations LLC](#). Together, they share practical strategies for making business travel easier, including how to pack more efficiently, avoid common travel mistakes, maximize airline and hotel rewards. They also share how to streamline the airport experience and stay healthy and safe while on the road.

In this episode, you'll learn:

How to pack smarter and build travel routines that make frequent business trips less stressful

Strategies for navigating airports more efficiently using loyalty programs, security programs, and travel tools

Practical ways to stay comfortable, healthy, and safe while traveling for work

Chapter Markers

(00:00) Introduction

(02:34) Meet travel expert Melissa Sanchez

(05:16) Common mistakes business travelers make

(08:40) Packing routines that reduce travel stress

(11:14) Carry-on essentials and versatile packing strategies

(13:52) Packing hacks every frequent traveler should know

(20:58) Airport efficiency tips and TSA PreCheck vs. Global Entry

(27:38) Saving money on airport food and travel rewards

(36:00) Airport lounges and choosing the right seat

(41:17) Hotel routines for better sleep, safety, and comfort

(48:52) Healthy eating and staying energized while traveling

(52:16) Hotel gyms and maintaining routines on the road

(54:48) Fishbowl questions and favorite pizza spot

Resources:

Derek Storms' LinkedIn: <https://www.linkedin.com/in/derek-storms-81026269/>

Kareeme Tucker's LinkedIn: <https://www.linkedin.com/in/kareemetucker/>

Melissa Sanchez's LinkedIn: <https://www.linkedin.com/in/melissa-sanchez-vta-cta-a4162b55/>

Examiners know the drill—new city, long day, and one important question: Where are we eating?

Finding a good spot near the job site that won't wreck your per diem can be tough... but don't worry, we've got a slice of help.

Introducing the *In the Loop* Pizza List—a delicious collection of favorite pizza spots from across the country, built from more than 10 years of examiner feedback.

Because when it comes to road food, pizza always delivers.

With every episode of *In the Loop*, we ask our guests to share their go-to pizza place, so the list keeps growing one slice at a time.

Got a favorite pizza joint? Send it to: InTheLoop@csbs.org—we'd love to add it.

This list is not an endorsement by the Conference of State Bank Supervisors... just our best attempt to make sure no examiner suffers through bad pizza on the road.

Stay hungry. Stay traveling. Stay *In the Loop*.