TRAVEL TIPS

Travel tips and a few extra insights to help make your travels smoother

Tips about staying calm and prepared — little things like hydration and relaxation techniques can really make a difference in how you feel during your trip! Safe travels!

Travel Checklist

☑ **Hydrate** – It's easy to forget to drink water while traveling, but staying hydrated is key, especially in dry airplane cabins or when you're on the go. Aim for water or electrolyte drinks to keep your energy up!

☑ **Bring Ginger Chews for Nausea** – These help to combat motion sickness, and they're also an easy-to-pack snack. Plus, ginger is known for its calming properties on the stomach.

☑ **Bring Gut-Friendly Snacks –** Snacks at the airport or provided on the flight are limited and may not meet your dietary needs. Packing snacks for your gut ensures that you won't get hungry and won't experience unwanted symptoms. Verify with airline policies, but some airlines do not charge baggage fees, If you bring an extra bag of food.

☑ **Research Restaurants Ahead of Travel** – Put your mind at ease by scoping out restaurants that offer options that meet your dietary needs at your travel destination.

☑ **Pack Extra Medications** – Unexpected delays and itinerary changes can happen, so bring extra medications just in case you travel longer than expected.

☑ **Pack Wipes** – Whether it's disinfecting wipes for cleanliness or refreshing wipes to cool down, keeping wipes handy is a must when you're in crowded or public spaces.

☑ **Use Calming or Meditation Apps** – Traveling can be chaotic, so apps that focus on deep breathing, meditation, or nature sounds can help lower anxiety. If you're on a plane or in a busy terminal, noise-canceling headphones paired with these apps can work wonders.

☑ **Allow for Extra Time** – Especially in the mornings. Rushed mornings can add unnecessary stress to your travel day. Giving yourself a buffer of at least 45 minutes will help ensure you have time to deal with any unexpected delays.

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