



Travel Wellness Checklist



BEFORE YOU TRAVEL

- GET A LOT OF SLEEP
- STAY HYDRATED
- TAKE A CIT C SUPPLEMENT
- TAKE MACROBIOTICS
- EAT HEALTHY MEALS
- WASH YOUR HANDS OFTEN AND THOROUGHLY
- AVOID TOUCHING YOUR FACE
- CHECK AND UPDATE TRAVEL AND HEALTH INSURANCE

PACKING YOUR CARRY ON BAG:

- HAND SANITIZER (TSA-FRIENDLY BOTTLE)
- DISINFECTING HAND AND FACE WIPES
- DISINFECTING SPRAY AND WIPES FOR SURFACES
- ANTIHISTAMINE TABLETS AND CREAM
- PAIN RELIEF MEDICATION
- LOPER-AMIDE TABLETS
- LOTION AND LIP BALM
- EYE DROPS AND NASAL SPRAY
- OWN SMALL BLANKET TO STAY WARM

DURING YOUR HOLIDAY

- STAY HYDRATED
- GET ENOUGH SLEEP AND REST
- EAT HEALTHY MEALS
- TAKE YOUR VITAMINS
- EXERCISE REGULARLY
- WASH YOUR HANDS OFTEN AND THOROUGHLY
- AVOID TOUCHING YOUR FACE
- USE HAND SANITIZER AND DISINFECTING HAND AND FACE WIPES
- USE SUNSCREEN AND WEAR A HAT
- LIMIT ALCOHOL AND COFFEE INTAKE

DURING YOUR FLIGHT

- STAY HYDRATED
- WASH YOUR HANDS OFTEN AND THOROUGHLY
- AVOID TOUCHING YOUR FACE
- WEAR A FACE MASK IF NECESSARY
- SLEEP AS MUCH AS POSSIBLE
- WEAR SOCKS (TO KEEP WARM AND GERMS AWAY FROM YOUR FEET)
- DISINFECT YOUR SEAT AND TRAY TABLE OFTEN
- SANITIZE YOUR HANDS OFTEN AFTER TOUCHING HANDLES, TRAY TABLES AND AFTER VISITING THE REST ROOM
- GET UP AND MOVE AROUND OFTEN

