



TRAVEL TIPS

for international travel



TRAVEL TIPS

for international travel

Here is a list of travel items that I have found to be particularly helpful in my years of travel.

Organization

Travel cubes or dirty bags: This is great for separation out clothing to keep your bags organized throughout your travel.

Laundry bag: This can be small but it helps to separate clean from dirty clothes.

Toiletries

Toothpaste tabs: Easy for on the go travel and more environmentally friendly.

Shampoo/Conditioner bars: Helps to prevent bottle explosions or spills.

Clothing

Buff: This is great for weather changes or used as a headband

Compression Socks: For longer flights, this can help prevent DVT

<https://www.cdc.gov/ncbddd/dvt/facts.html>

Food

Quick eats on the go if you are traveling on a budget, such as oats and tea

Snacks:

Wild Zora bars

Bobos bars

Granola bars

Protein bars

