

# Get Away - in Good Health!

Here's what you need to bring to stay well while you're on the go!



## What to pack in your travel wellness stash:

<input type="checkbox"/>	The first aid essentials. Depending on the nature of your travels, this could mean a handful of bandages to a full-on emergency response kit.
<input type="checkbox"/>	Sun protection. No matter what the season, the sun's there, making its presence felt through UV radiation. Bring sunscreen, protective clothing, and sunglasses to protect your eyes. In case of sunburn, you may want to bring along some aloe vera gel or after-sun cream.
<input type="checkbox"/>	Your contacts and/or glasses. Be sure to carry extra contacts and store your glasses in a protective case to prevent breaking. Remember to pack eye drops or saline solution if necessary.
<input type="checkbox"/>	Tooth care basics. A toothbrush and toothpaste are probably two of the most likely things for a traveler to forget. Keep your toothbrush covered and dry.
<input type="checkbox"/>	Mental health helpers. Carry along some mellow mementos from home to keep you balanced as you travel. Think photographs, a soothing song playlist on your MP3 player, or candles for your hotel room.
<input type="checkbox"/>	Good sleep kit. Sleeping in new places - or on noisy airplanes - can be a challenge. Take along earplugs, eye mask, and your own blanket to help you get the shuteye you need for your adventures.
<input type="checkbox"/>	A snack stash. Food on the road is not always the healthiest fare. Pack a few easy-to-tote healthy treats for hungry moments. Great snacks include almonds, granola, trail mix, or dried fruit.
<input type="checkbox"/>	Portable fitness gear. In case you decide to go for a run, take a hike, or try out the local yoga studio at your destination, you'll need the right gear.
<input type="checkbox"/>	Antibacterial wipes. These come in handy while on the road, on a hike, or in dingy hotel rooms.