

Travel Wellness Guide

Practical tips for staying healthy, relaxed, and energised on the go.



Healthy Travel Habits

- Stay hydrated — carry a reusable water bottle
- Eat balanced meals and include fresh fruits & vegetables
- Limit alcohol and caffeine, especially on long flights
- Wash or sanitize hands regularly to avoid illness

Wellness Essentials

- Pack supplements or vitamins you normally take
- Bring a small first-aid & wellness kit (band-aids, essential oils, meds)
- Carry healthy snacks (nuts, protein bars, dried fruit)
- Bring a reusable shopping bag for markets & groceries

Mindfulness & Movement

- Stretch during flights or long journeys
- Practice short daily yoga or breathing exercises
- Use meditation or relaxation apps (download in advance)
- Walk whenever possible — explore on foot for gentle exercise

Rest & Recovery

- Prioritise quality sleep (eye mask, earplugs, neck pillow)
- Adjust to local time zones gradually
- Schedule downtime in your itinerary — don't overpack your days
- Treat yourself: spa, massage, or quiet reflection time

