



Wellness Travel Checklist

Body	Mind	Spirit
<ul style="list-style-type: none"> <input type="checkbox"/> Nourishing snacks/Water <input type="checkbox"/> Sea salt or electrolytes <input type="checkbox"/> Activated charcoal <input type="checkbox"/> Immune boosters <input type="checkbox"/> Body balls <input type="checkbox"/> Skin care, shampoo, toothpaste, deodorant <input type="checkbox"/> Natural hand sanitizer <input type="checkbox"/> Comfortable clothes and footwear <input type="checkbox"/> SmartWool socks <input type="checkbox"/> Scarf or wrap <input type="checkbox"/> Travel underwear <input type="checkbox"/> Versatile outerwear <input type="checkbox"/> Lip Balm 	<ul style="list-style-type: none"> <input type="checkbox"/> Journal & pen <input type="checkbox"/> E-Books and magazines downloaded in advance <input type="checkbox"/> Earbuds/headphones <input type="checkbox"/> Small Mandala coloring book and pencils <input type="checkbox"/> Travel podcasts and videos downloaded 	<ul style="list-style-type: none"> <input type="checkbox"/> Essential oils (Therapeutic grade) <input type="checkbox"/> Music <input type="checkbox"/> Travel altar/grounding stone or favorite pic(s) <input type="checkbox"/> Mudras for travel <input type="checkbox"/> Meditation app and/or Mandala app
Travel Ease	Essentials	Extras
<ul style="list-style-type: none"> <input type="checkbox"/> Sleep aids: eye mask, ear plugs, neck pillow, and portable diffuser <input type="checkbox"/> Voltage adapter cube <input type="checkbox"/> Money belt or holder <input type="checkbox"/> Smart Card <input type="checkbox"/> Local travel apps (many cities have their own) including local map and transportation apps <input type="checkbox"/> Weather app and currency exchange apps if applicable <input type="checkbox"/> Foreign language phrases app 	<ul style="list-style-type: none"> <input type="checkbox"/> Passport/Visa <input type="checkbox"/> Copies of passport/visa <input type="checkbox"/> Tickets or E boarding passes <input type="checkbox"/> Phone & charger <input type="checkbox"/> Extra battery charger <input type="checkbox"/> International/local SIM card <input type="checkbox"/> Emergency Contacts or phone numbers <input type="checkbox"/> Itinerary details and contact info if known 	<ul style="list-style-type: none"> <input type="checkbox"/> Reusable water bottle or hot tea/coffee thermos <input type="checkbox"/> Emo Hammock <input type="checkbox"/> Reusable Chico bags <input type="checkbox"/> Camera <input type="checkbox"/> Weather related gear (rain jacket, umbrella, boots) <input type="checkbox"/> Rain cover for your suitcase/backpack <input type="checkbox"/> Snacks and gum <input type="checkbox"/> Light backpack or day bag