

Tranquil Travel Tips

1. Wear your bulkiest items when you travel
2. Roll your clothing
3. Pack products that serve multiple purposes such as Dr. Bronners, shampoo/soap, and body/face moisturizer



4. Pack versatile pieces that can be worn in multiple ways such as a skirt that can also be a dress
5. Choose pieces that mix and match
6. Think layers to handle a temperature flux



Tranquil Travel Clothing {2 weeks}

- swimsuit
- five pairs undies
- two bras
- three pairs of versatile shoes
- five neutral-colored pants and/or shorts
- three neutral-colored dresses and/or skirts
- five neutral-colored tops
- sun hat or beanie {depending on weather}
- one-two colorful scarves
- one coat/jacket
- socks and/or tights

Tranquil Travel Tools

- thin travel yoga mat
- scented candle and lighter
- earplugs
- parfum
- eye pillow or eye mask
- assortment of favorite teas
- healthy snacks {almonds, dried mango, protein bars}
- reusable water bottle
- pain reliever pills
- journal and pen
- camera and/or smartphone
- chargers
- travel-size toiletries: soap, shampoo, conditioner, deodorant, moisturizer
- razor and tweezers
- band-aids
- face oil, mascara, lipstick
- slippers
- travel-size packet of detergent
- headphones
- passport
- books
- travel guides