



Putting the ahhhh back
into your ADDiva
vac(ah)tion

Travelin' tips and tricks to keep your cool



No matter how far you go

- o **Make sure your ADDiva trip is:**
 - o **Light and airy**
 - o **Pack light**
 - o **Calm**
 - o **Plan ahead**
 - o **Carefree**
 - o **Enjoy yourself**
 - o **Safe - always**

Travel 101 for ADDivas

Comfort

- Air travel?
 - Window seat = more room
 - Aisle seat = easy access
 - Plan for no food on board
 - Pillow from home

Comfort

- Car/train/bus?
 - Plenty of breaks – walk
 - Stop to eat - \$\$ picnics
 - Take turns driving?
 - Pillow from home



Choose that suitcase

Air or land, travel light

Travel Pro



Le Sport Sac



Travel purse - microfiber



Remember – one carry on!



Head rest/pillow



Computer/camera equipment



Nice things to have



Think small & charger



Inside bags - organized



Interior – hair accessories



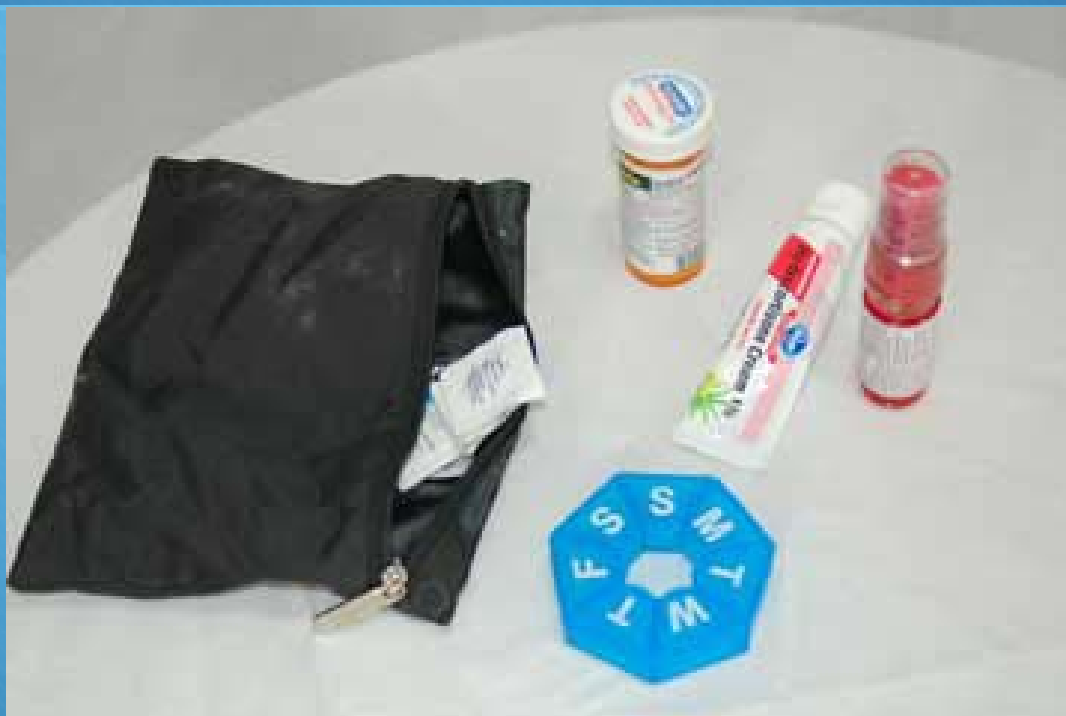
Interior- makeup



Waterproof, pockets, labels



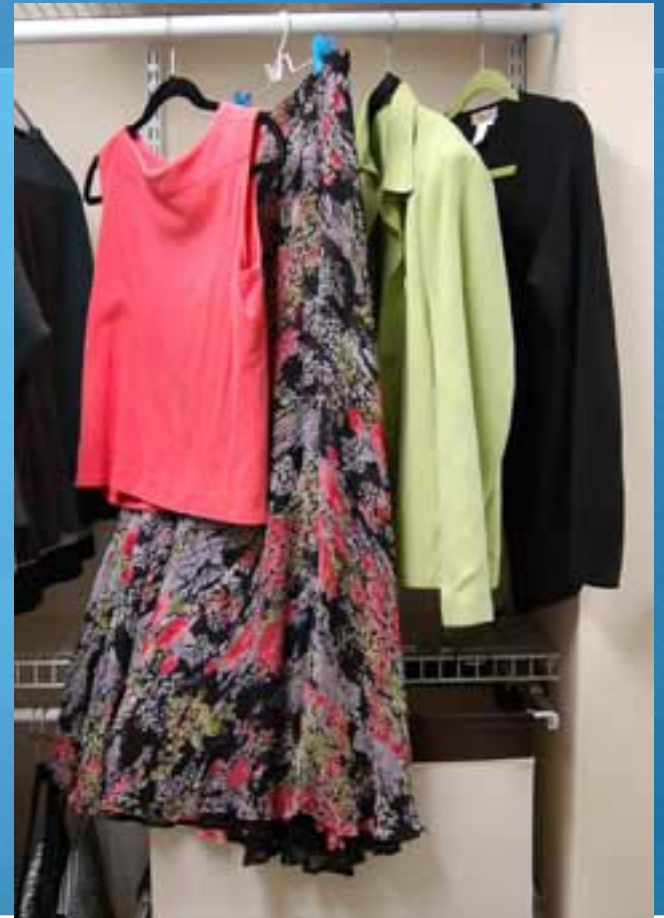
Medical, medication



Black works!



Add color for variety



3 pairs of shoes w/socks



Other ideas

One comfy outfit

- To wear just at the hotel or for lounging
- Elastic waist = eat a bit more
- Comfy sandals or socks make you feel at home!
- Plastic bags to bring home undies and swimsuits

Slip on shoes at airport

- Remember the liquids rule
- Rules change and airports differ
- Stay calm
- Arrive 90 minutes early

Find YOUR suitcase

