

On the Road

Healthy Travel Tips: What's in My Carry-On

As I was packing for our trip to Canada last week, I starting thinking about the different kind of air travelers. There are the people who roll out of bed the morning of a flight, grab a muffin and a magazine on their way to security, and get to their gate right as the plane is boarding. Then, there are the people who pack everything they could possibly need, print off their boarding passes as early as possible and feel the most comfortable sitting at the gate at least an hour before boarding. I supposed there are probably people that fall somewhere in the middle, too.

I'm actually getting much better about my over-preparedness when it comes to traveling. Before vacations, I used to literally memorize the names of hospitals in our insurance network that were close to our vacation destination, so if something happened and I had to tell an ambulance driver where to go, I could. I'm not kidding. Thankfully, I've traded in over-preparedness for just plain ole preparedness. Phew. Much less crazypants.

Anywho, I thought it might be fun to show you guys what I lug around with me when we're flying. It's actually a pretty small bag (a Timbuk2 extra small messenger@) but I manage to pack a lot in there.



1. Water Bottle :: When traveling, my CamelBak Groove is pretty much always right by my side. Not only is flying crazy dehydrating, but what is it about airports and yucky water? I've never had good water from an airport water fountain. So the filter in the Groove helps make my water tasty!