

# Tracy's Travel Survival Tips

*Start your vacation stress-free from the moment you leave home*



## Think Ahead = Less Stress

- Screenshot **boarding passes, hotel info, and transfers**. More of a paper person like me? Print your boarding passes, itinerary, ID, and passport for easy access.
- Share your itinerary with a family member “just in case”

## Pack Smart for Arrival Day

- Put a **change of clothes or swimsuit in your carry-on** (rooms aren't always ready!)
- Pack **medications + essentials** in your personal bag (never checked luggage)

## Give Yourself Buffer Time

- Get to the airport **earlier than you think you need to**
- Expect lines... and then be pleasantly surprised if there aren't any 😊

## Dress for Comfort (and TSA!)

- Wear **slip-on shoes**
- Bring a **light layer or light blanket** (planes are always freezing 🥶)

## Create Your “Peace Bubble”

- Download shows, music, or podcasts ahead of time
- Noise-canceling headphones = game changer

## Protect Your Luggage

- Add an **AirTag or tracker**
- Take a quick **photo of your suitcase** before checking it

## Stay Powered Up

- Bring a **portable charger** (airports = dead phones 😞)
- Pack all cords in a **small pouch** so you're not digging through your bag