



SAMPLE TRAVEL PACKING Checklist

- Food
 - Snacks
 - Trail mix
 - Energy bars
 - Instant Oatmeal/utensils
 - Tea bags
- Complimentary Care items
 - Essential Oils
 - Travel diffuser (plug in) or cotton balls
 - Lip balm
 - Supplements
- Electronics
 - Headphones (w/ extra battery)
 - Movies on tablet
 - Laptop and tablet AC adapter
 - International electric adapters
 - Smartphone power adapter (AC and DC) and extra battery
- Soap/shampoo/conditioner
- Reading glasses
- Sunglasses
- Wash cloth (*Note: Many European countries do not have these in their hotel rooms, so it's a good idea to bring a few just in case if you use them.*)
- Books/Kindle (power adapter)
- Passport
- Umbrella
- Baseball cap
- Jacket
- Seasonal clothing
- Seasonal sleeping attire



About JOHN AYO, CHIEF BALANCING OFFICER



John is an internationally recognized keynote speaker, wellness expert, sales specialist and author. He was a successful sales rep that survived in the super stressful technology sector with IBM for 19 years, then moved into sales training and meeting planning internationally for 12 years. His book *Travel Balance* helps people stay energized and balanced while traveling. He has spoken to thousands of people in 26 countries sharing his secrets to staying sane and healthy in a crazy world.

Ayo, J. (2017) *Travel Balance: Where Healthy Travel Drives Greater Business Profitability*. Plano, TX: <http://www.TravelBalance.net>.