

HEALTH-CONSCIOUS TRAVELING



Checklist

SNACKS / DRINKS

- ORGANIC COFFEE
- GRASS-FED BEEF JERKY
- DRIED FRUIT
- DARK CHOCOLATE
- LARA BARS OR IQ BARS
- RAW NUTS

SUPPLEMENTS

- VITAMIN C
- ACTIVATED CHARCOAL
- NAC
- NATURAL PAIN RELIEVER
- DIGESTIVE ENZYMES
- ELECTROLYTES/HYDRATION POWDER

TOILETRIES

- SUNSCREEN
- AFTER-SUN RELIEF
- BUG SPRAY/BUG REPELLANT
- HAND SANITIZER
- LIP BALM
- HAIR AND BODY BAR