

Get to Your Destination in a Healthy Way

Before You Travel:

- Get routine and travel-specific immunizations.
- Check travel destinations for any restrictions.
- Pack a travel health kit.
- Refill and pack prescription medicines.
- Pack ear plugs and an eye mask.
- Bring a refillable water bottle.
- Don't forget sunscreen and a hat.

Manage Stress:

- Book direct flights, if possible.
- Choose healthy meals.
- Get moving to promote physical and mental health.
- Bring shoes that are comfortable for walking.
- Avoid alcohol.
- Get rest—sleep if you can.
- Keep in contact with family and friends.

Get Road Trip Ready

- Make sure your vehicle is safe.
- Check routes for any potential delays.
- Plan rest stops for longer trips.
- Bring a cooler with water and healthy snacks.
- Prep any audiobooks, podcasts or music.
- If it's a work trip, don't forget your ID badge.

Planning a trip in Tennessee?

Check out these resources from the Department of Tourist Development: <https://www.tn.gov/tourism.html>

TENNESSEE
SOUNDS PERFECT

Minimize Jet Lag:

- Stay hydrated—drink eight ounces of water for every hour of your flight.
- Avoid alcohol and caffeine.
- Get your bare feet on the earth for 20 minutes.
- If your trip is three hours or less across time zones, stay on your home time zone.
- If traveling across more than three times zones, put yourself in the mindset of the new time zone while on the plane.
- Stay awake until 9 p.m. the first two nights.

