



## GETTING READY TO GO ON VACATION TO-DO LIST

- Adjust your sleep schedule to the new time zone.
- Prep your digestive system for travel by eating probiotic and protein-rich foods.
- Boost your immune system by adding garlic, turmeric and ginger to your diet.
- Stay active to keep your energy up and health vibrant.
- Confirm your bookings to avoid unfortunate mix-ups.
- Pack your bags, and double check each family member's packing lists.
- Prepare luggage by removing old tags that could cause mix-ups at the airport.
- Straighten up so you have a tidy home to return to.
- Set travel notifications for credit and debit cards.
- Make sure everyone knows the departure plan.
- Get plenty of sleep the night before you depart.
- Go through the Intrepid Travel Tribe Home Prep Checklist.