



## How to Stay Healthy During Travel

### Description



Traveling abroad is always an adventure. It only became possible for most of us due to hard work on multiple levels: money saved for years, sacrificing evenings out and local getaways, hard-earned vacation time from your job, planning, researching, and maybe big projects on hold to visit a destination on your bucket list. These are your dreams you are making a reality; after all, a lot is vested

in this.

All that can be done to increase the success of your trip is essential. Life has a funny way of throwing hurdles in our path. By running ourselves down before a trip, we allow health issues an easy way in. As a result, it increases the size of those hurdles. Once on our trip, we are exposed to environments we are not accustomed to, and our risk for injury increases. We eat food that our bodies haven't experienced; our bodies are exposed to illnesses new to our immune system; we are jetlagged, dehydrated, and tired. Despite all that craziness, the joy and life-altering experience you will gain will make it all worth it.

I have been a nurse for too many decades than I wish to admit. It was a profession I am honored to be part of and would do again in a heartbeat. It served me well professionally and in caring for my loved ones and friends. I loved my patients; these amazing people have brought so much to life, more than I ever gave them. In working with my patients over the years, I learned how important it is to give patients knowledge and power, which is gained through education and understanding. That lesson is transferable to taking control of your travel health too.

Since I firmly believe knowledge is power, and as a result, that empowers all of us to take control of our health. Therefore, I aim to teach you and guide you on how to stay healthy during travel and what medical supplies you need to address most issues you could face. I will review the items, how they work, and why they are important. As we progress, I share stories from my medical travel mishaps and experiences. This is your dream; it deserves everything you can do to make it a beautiful one. Let's prepare you.

## Learning The Hard Way



Netherlands

Before I present and review the list, let's discuss what you can do in preparation to start your trip with your best foot forward. All the medicines in the world in your travel medical supplies will not do much if you start in bad shape. Sometimes we put ourselves in more harm in the chaos of our pre-trip

madness. I can speak to that on levels. My nature is to have too many irons in the fire, and I move way too fast, which is not so smart since I am naturally clumsy.

My most recent calamity was on our last trip to Croatia. Exactly 20 days before, I made the simplest twist to put a shirt on a pile while putting away laundry. Something popped in my knee, and I was in instant excruciating pain, completely unable to bear weight on my leg. I had no doubt I was in big trouble. After an MRI, I was diagnosed with a severe tear of the meniscus in my right knee. It was the one joint in my body I never had a single issue with; go figure. I was nervous because I was sure we would have to cancel the trip. Then there was that other side of me, determined not to let it happen. Yep, I am stubborn that way. After the acute phase, I did all I could to push through.

I left on that trip with a knee brace and cane, returning weeks later in dramatically less pain and without a cane. It is important to push through; it is best to rise above life's hurdles, so nothing stops you from your dreams. This is one of many mishaps and health issues I have had before travel and a few during trips. I do not take my own advice too often to get healthier before the trip.

We can adjust our travel style as life's surprises come at us. But if we can get ourselves in a better state of mind and health before we leave, the odds will improve in our favor. If we are well-rested, strong, and healthy, whatever the travel Gods throw at us, we will be way better prepared.

## **Get Healthy, Mind and Body, Before You Go**



Here are my top suggestions to get yourself in the best health before your adventure.

- In the months before your trip, start increasing your walking every day. Try to include hills and uneven surfaces. Strengthen those legs and feet. Wear the shoes you will take on the trip to break them in. Include stretches pre and post-walk to make your body a bit more limber and able to balance better.
- Drink lots of water daily, and add some fresh lemon juice to detox. If you take supplements, make sure not to miss any days to help your body be in the best condition it can be and, most

importantly, strengthen your immune system. I start this about one month before my travels.

- Start packing early, 3-4 weeks, so you aren't rushing or stressed at the last minute trying to get all you need together. Check out our Packing Tips page on that topic.
- Get lots of rest the week before your trip. I know this is easier said than done but do your best. Some people believe you can start setting your body to the new clock. I am not on that boat, but if it works for you, go for it. Our jet lag prevention routine works so well for us that we don't need to add some long-term intervention.
- Eat a healthy balanced diet; this the not the time for heavy fried food, lots of carbs, and sugar-heavy desserts.
- Treat yourself to a massage, pedicure, manicure facial, or all of the above. Much of this you can do yourself if funds if you want to save. Having your skin in good shape and muscles relaxed promotes a healthy body and mind. It is essential to care for yourself; you deserve it!
- Get a haircut or fresh color, so you look as good as you feel.

## Our Ultimate Travel Medical Supply List

I developed our travel medical supply list to make this gathering process easier for you. There are so many different products with varied names. It gets confusing for us, even in the medical profession. I will simplify for you what you need and why it is on the list. Because if you understand why then that is safer for you and your travel companions.

Only one person in your travel team will need to put together the travel medical supplies kit if each person then carries their prescription meds. Space and weight are limited; we need to make the best use of the space we have.

The list is a PDF that is printable in black and white and color. It is also downloadable to your computer. Click on the image below.

Printable and Downloadable PDF

Travel Medical Supply List

## Check With Your Physician

The info given here is general and publicly available. That said, we are each unique beings; what is ok for one person can be risky for another. Any meds on this list, even though they are over-the-counter, you should discuss with your physician. If you wonder why, here are a few examples:



1. You have kidney disease or maybe even had a kidney removed to donate to a family member. Your kidneys are now compromised; therefore, you need extra protection. The over-the-counter med Ibuprofen, also known as Motrin, is processed through the kidneys and is often contraindicated with these medical conditions.
2. Should you have a history of liver compromise or chronic liver disease, a physician may advise you to avoid Tylenol as your liver processes it.
3. If you have GI issues, especially if you are prone to bleeding or on a blood thinner, aspirin and Ibuprofen would be contraindicated. It reduces our ability to clot and increases bleeding risk. That is not a big issue for the average person, but it can be for some with such problems as ulcers.

In the current medical environment, we have made it very easy to ask our medical providers questions. It is often just an email away. An in-person visit is often not necessary or warranted. When in doubt, ask. They are your health care provider and are there to serve you and keep you healthy.

## Let's Start Working Through The List

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### *Travel Medical Supply list pdf*

The attached Medical travel supply list has three categories. Essential health supplies, over-the-counter meds, and a medical supply add-on if needed. I will go through each category. The list is a one-page PDF and is printable and downloadable. There are also two sections of blank lines. Based on your health situation, you may have specific items you need to make sure you bring with you. Do you have diabetes? Your blood glucose monitor, syringes, needles, and alcohol wipes can go on these lines. If you have sleep apnea, it could be your CPAP machine and supplies for it. It would be silly to have two medical supply lists, so we gave you space on ours.

## Prescription Medication

### Tips for Prescription Meds

There is some strong guidance here I can not emphasize enough. Whether flying domestically and especially internationally, the prescription meds you carry with you must be in their original bottle. That bottle should have your name, the physician's name, the name of the drug, and the dose. It should match the name on your passport.

You should have a list from your physician detailing the medications, dose, and why you are on them to be cautious. Though I have never been asked at customs, I know some people who have. With most medical systems now using Electronic Medical Records, you should be able to download this list on your own from your online record without having to request anything from the doctor.

As stated above, prescriptions need to be in the packaging they were dispensed to you in. There are several good reasons for these safeguards.

- When not in a pill container, they are not secure and get into the hands of children.
- If you were to get ill overseas, the physicians there would want to see those prescription bottles. Some of our medicines in the US may not be available in that country. A pharmacist with the original bottle can figure that out and find a safe alternative.
- It is illegal in most countries to have prescription meds, not in their labeled container. You could have these meds confiscated from you at customs if not properly packaged.
- If you become ill and require assistance in taking your meds during a trip, each medication needs to be clearly labeled. The people assisting you need to verify they are giving the correct medication and dose.
- Authorities can charge you with a crime if you have narcotics in a non-prescription container that does not match your name. Therefore narcotics must stay in their original container.

## Bring Extra Days of Your Prescription Meds

There is a hard and fast rule to adhere to; bring more prescription meds than the length of your trip. At times events can occur that are out of your control; for example, you could get ill or injured, or there could be a natural disaster at either end of your travels that delays your departure. Many people were stuck without flights home or on cruise ships with their meds running out during the COVID-19 pandemic. Be prudent and bring at least twice the number of meds of days on the trip. Remember that this is not the US, where you can FedEx pills overnight. Anything that goes international must go through customs, and prescription medications have strict restrictions.

As noted above, it is in your best interest to have a list of your medications, doses, reasons you are on that med, your medical conditions, and your physician's name with contact info in your travel medical supplies. This list should stay in the same container where you have your prescription meds.



Always put your meds in an outside container. I use either a packing cube or a mesh bag. Ideally, it should be relatively straightforward, so the contents can be easily visible to people who may be inspecting your bags. Large Ziploc bags work too, but I prefer something a bit more secure that has a zipper.

Keep in mind prescriptions are not just needed for medications. Some devices need prescriptions as well. Needles for injection, some glucose monitors, insulin pumps, etc. It would be ideal to carry your prescriptions with you, or these items could be confiscated.

### Over-the-counter meds



How to stay healthy during travel involves being ready for illness and injuries. For serious events, of course, you seek medical care. Most of the time, it is likely something you would normally take care of on your own. That is now possible with the items in your travel medical supplies. But if you are one of those people who say, well, if I need anything, I will buy it there, you may be in for a shock. There are many reasons why:

- In Europe, it is rare to find stores open 24 hours a day, as we see in the States. You will likely see most shops closed early Saturday and possibly not open up until Monday in rural communities. Even in cities, it is hard to find a Pharmacy open in the evening. If you get ill on Saturday, it may be a long wait before you can get meds.
- Let's say you get a horrible head cold, and you normally take Nyquil, Sudafed, or Benadryl. All are easy to get here in the States. In some places in Europe, all of those would need prescriptions. This was the case in Norway when I was there with my husband in early 2020. We had both developed colds and were taking lots of medicines for our symptoms. I had various cold medicines packed, but the supplies were dwindling, with both of us sick.

We checked at every pharmacy in several areas of Norway, and the bottom line, we could not get those meds. I never ran out, but we would have been miserable if we had. Please do not assume you can get them there. Some countries have meds that are prescribed here, and the pharmacist can dispense them at their discretion. But unless you know for sure, don't take the risk. Plus, the medications they have there we don't have in the States. You don't know if they are contraindicated to your health or interact with your prescription meds.

- We mention colds, but GI issues can hit you hard when traveling. You are eating food you aren't used to and are exposed to food-borne illnesses your body is unfamiliar with. Sadly I have been severely food-poisoned on a couple of trips. I wasn't even sure where I got it as I ate nothing odd or unique in the days before. Getting through that 24-48 hours can be misery without the right meds.
- Then there are rashes, burns, skin infections, bad cuts, blisters, mild strains, sprains, falls with bruising, and allergic reactions. All these are easily dealt with when you have the medication and supplies to address these issues in your travel medical kit.
- By being ready at the sign of your first symptoms, you may be able to stave off more serious illnesses.

## What Over-The-Counter Meds Should You Bring

I have provided a list of the medications on the travel medical supply list you should carry with you when traveling, especially overseas. Most of these items are on the CDC's list of what you should travel with to stay healthy. I will go over each med on the list to help you understand what it is for. The whole list I give would easily fit in a gallon Ziploc. My collection takes up less as I condense some meds into the same container.



**WARNING: Please verify with your physician that none of these meds are contraindicated with your current prescription or for your medical conditions. Don't assume.**

### How Pack OTC Meds

#### Ibuprofen

Ibuprofen, also known as Motrin, is an anti-inflammatory in the NSAID family. It works for pain and inflammation and is a fever reducer. The over-the-counter strength is 200 mg every 4-6 hours. Prescription power is higher; check with your physician about what dose you can take. Ibuprofen can be found in some combinations of cold and flu medicines; verify the active ingredient list before taking it.

#### Tylenol

Acetaminophen, also known as Tylenol, is a pain reliever and fever reducer. Its over-the-counter strength is 650 to 1000 mg every 4 hours. There is NO prescription strength. No matter the circumstances, the maximum dose is 1000 mg every 4 hours. Many cold and flu medicines contain Tylenol, as well as some prescription narcotics. Always look at the ingredients list to make sure you don't double up. This drug can be toxic to the liver if not taken as directed.

#### Aspirin

Aspirin, also known as Bayer, is a pain reliever, fever reducer, and anti-inflammatory. It also can be used as a blood thinner. It is part of the NSAID family. The standard dose is 650 mg every 4 hours. There is no prescription dose for its over-the-counter uses. Historically I don't usually take aspirin, but the current recommendation is if someone feels chest pain that could be a heart attack, take one aspirin immediately as you call 911. I always have some in my travel medical supply. It should never be taken simultaneously as another NSAID unless in a situation like sudden chest pain.

#### Benadryl

Diphenhydramine HCL or better known as Benadryl is an antihistamine. As our bodies develop an allergic response, it releases histamine; Benadryl competes with the histamine at the cellular level. Therefore, Benadryl is used for allergic reactions, runny nose, itching, and sneezing. It is an interesting little drug that has many uses. Benadryl also can be useful as a sleep aid for cough, nausea, and allergic rashes. It does cause drowsiness, so best to use it at bedtime. The adult over-the-counter dose is 25-50 mg. The prescription dose is the same.

**A valuable tip:** Everyone should carry this medication on them at all times. Allergic reactions can occur at any time with no warning. Until medical help can arrive, getting this into someone can mean the difference between life and death.

## My Seasickness Story

### Meclizine

Meclizine, also known as Antivert, is an antihistamine. It prevents and treats nausea, vomiting, vertigo, and dizziness associated with motion sickness. This drug is comparable to Dramamine but preferable as it causes less drowsiness. It also is longer acting than Dramamine as well. The over-the-counter dose is 25-50 mg taken before travel and every 24 hours after. There are different prescription strengths based on the diagnosis. I will never travel without this med. See the sidebar about my experience with meclizine and seasickness.

### Stomach Meds

Tums, Pepto Bismol, Alka Seltzer, and Prilosec. I pack these varied stomach meds, each with its purpose, but some work better in some situations vs. others. For that mild acid stomach when I haven't eaten, tums serve that well. Pepto Bismol is for mild upset stomach, nausea, or diarrhea. Alka seltzer is for when you overeat and have indigestion. That can happen a lot on a European trip! Finally, Prilosec is a proton pump inhibitor that decreases the stomach's acid, which many call acid indigestion and GERD. In all of this GI, meds are taken as directed on the box.

### Diarrhea Remedy

Loperamide, also known as Imodium, is for treating sudden diarrhea, including travelers' diarrhea. It works by slowing down the movement of the gut. Do not leave home without it! Since dosages can vary, take as directed on the box.

### Laxatives

Senna, also known as Senokot, is a mild vegetable laxative to treat constipation. It treats short-term and occasional constipation. Take as directed on the box.

A stool softener such as Colace is a laxative that can be a bit stronger than Senna above.

### Cold and Flu Medicines

Cold medicines. I prefer to avoid a combination of flu and severe cold meds. There are so many ingredients that can be taken at different time points when taken individually. Or maybe you only need two of the five that could be in the combo. I will list the ones I bring, but if you prefer the combo, fine, but be very aware of what is in the combo medication you are taking.

### Sudafed

Pseudoephedrine HCL, also known as Sudafed, is a nasal decongestant. There are other

decongestants, but I prefer this one. It is used for temporary relief of stuffy nose and sinus pain. It is also used for hay fever, allergies, and bronchitis. There are different concentrations, so follow the directions on the box. Sudafed does not have a different prescription level.

#### **Guaifenesin**

Guaifenesin is also known as Mucinex or Robitussin Cough Expectorant. This helps loosen congestion in your chest and throat by thinning and loosening your secretions. There are varied strengths and longer-acting slow release versions over the counter, so follow the box directions. There is stronger prescription strength, so ask your Dr what they suggest you take.

#### **Combo Cold and Flu Meds**

Suppose you have a favorite severe cold or flu medicine such as Nyquil, Dayquil, and a generic brand. I suggest packing a few days' worth. Make sure you pack the original box, so you know all the ingredients and dosages. Please note most of these combinations often have Sudafed (or similar drug), Dextromethorphan, Guaifenesin, Benadryl, Tylenol, and in some cases, aspirin or Ibuprofen. You must be aware of exactly what is in the combo to NOT double up on these medications. This is especially important with Tylenol.

#### **Nasal Spray for Congestion**

Nasal spray, more commonly known as Afrin, is a decongestant. It works by shrinking blood vessels in the nasal passages, thus reducing nasal stuffiness. Take as directed on the box. I find sometimes it works better than any medications I take or use in combination with the cold meds above.

#### **Vicks Vaporub**

Vicks Vaporub travel size can help with clearing nasal passages and help with coughing. It also has some great other uses for travel, such as a bug repellant. Check it out [here](#).

#### **Cough and throat lozenges**

Cough and Throat Lozenges. Pick your favorite brand and have some always on you.

#### **Hydrocortisone Cream**

Hydrocortisone cream is a corticosteroid and helps treat redness, swelling, itching, and discomfort from various skin conditions. It works by activating natural substances in the skin to reduce swelling, redness, and itching.

#### **Eye drops**

Eye drops both for redness and moisturizing. Moisturizing drops can be found in single-use containers, which are nice to bring and easily portable.

### Electrolyte Mix

Electrolyte mix in individual packages is a nice little addition to your travel medical supplies. They are useful because if you get some bad GI bug with vomiting and diarrhea, fluid loss can be significant. Combat the electrolytes you lose in the process, and this can help you recover.

### Supplements for Colds

Finally, if you are a fan of taking supplements, and I am, I always take a nice size collection of Emergen C or Airborne, Zinc, Quercetin, and Echinacea. The recommendations for doses can be quite varied. Determine what works best for you.

### Vitamins



Do you take daily vitamins and supplements? If you do, I have found a great solution to that. On Amazon, I found these great thicker quality mini baggies. I make a bag for each day of my trip. It can be a little tedious, but worth not sorting through them daily on the trip. I bring the mini baggie of vitamins, take it to breakfast, and take it with food. If you are into Collagen or other such powder supplements, these bags will work as well.

***Learn what essential meds you should bring on a long flight or travel day. Check out [Essential Medications for a Long Flight: A Nurses Guide](#)***

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## Medical Documents

A huge part of being prepared is to have the information you need with you at all times to get help. This important info should always be at your fingertips at all times. Not just for yourself but for your travel companion as well. You can make your own with an index card. It should include the following info:

1. Full name
2. Home Country
3. Passport number
4. Medications
5. Medical Conditions
6. Emergency Contacts at home
7. Travel insurance company with policy number, website, and contact number
8. Health insurance info with policy number, website, and contact number
9. US Embassy info and contact number
10. Phone info to dial in and out of the country
11. Emergency numbers for medical and police emergencies

We have a **Wanderers Compass Travel Emergency Contact Card in development**, which we will be releasing shortly for our subscribers. It will have all this info in one wallet-size card. We carry one of each member of our travel group.

Want to know what medical supplies are best to bring when traveling? Check out our [Medical Supply Shopping List for Travel](#)

## Blank Space For Your Travel Medical Supplies

Space was left in both columns on our checklists so you can add what items are important to you. If you have diabetes, your supplies can go here. Have a diagnosis of severe asthma or allergies, your inhaler, and epi-pen can go on the list; if you have over-the-counter meds you regularly use, they can go there as well.

## Optional Suggestions-Medical Kit



Sticking with the motto of always being prepared, I always bring a small medical device set in my travel medical supplies. I will address each item and why I bring them.

These items I keep in a black mesh bag. They don't take up much room and weigh little. It gives me peace of mind to have it not just for myself and my travel companions but also for others if I am called to help.

### **Is there anyone on this flight who is a doctor, nurse, or EMT...?**

That announcement is always scary to hear in the air. Each time I hear it I reach for the call light as I worry what could be ahead and will I be able to help to my full capability.

Several years ago on a flight, a medical emergency occurred a couple of hours into my cross country flight and I was the only medical person on the plane. A woman was in acute respiratory distress while on her own portable oxygen and was actively bleeding from an open wound. It was on me to determine if we needed to divert the plane. That is a pretty scary responsibility.

As the decision weighed on me and I said out loud I wish I had a pulse oximeter on me. The woman who I was caring for said I have one. I wish I could express my great relief. I retrieved it and placed it on her index finger. To my shock her oxygen level was dangerously low. I immediately instructed the flight crew to get

me one of their oxygen tanks. I needed to make the issue was not her oxygen source before changing the course of the plane. We switched her over to the new tank and her oxygen level immediately came up to safer levels.

I spoke with the Doctor on the ground guiding us and they were comfortable, if I was, to continue to our destination. My frail new friend wanted desperately to get home to her family. She at the end stage of her cancer battle and wanted to be with them at the end. We were greeted by paramedics and she was immediately taken to the hospital.

Since then I always carry a pulse oximeter with me. It saved a packed plane from diverting and delivered an end stage cancer patient home to her family.

#### **Thermometer Oral digital**

Pretty darn self-explanatory. Because if you have a fever, you should know. If it is severe, you can seek medical care more quickly and report what your temps have been.

#### **Pulse Oximeter**

This is a little device that goes on your finger and reads your blood oxygen level. It also reads your heart rate, and some new models can detect irregular rates. In COVID days, they became coveted items and hard to get. If you develop a respiratory issue, the biggest question is whether you are getting enough oxygen. This is easy and quick to assess. That data point can help determine if it is warranted to go to the hospital. I am never without one. They can be purchased on Amazon, at most Pharmacies, at Costco, etc. They are relatively inexpensive. Look for ones with lots of reviews!! Check out the sidebar about why I never travel without one.

#### **Blood Pressure Cuff**

Wrist BP cuff. Though elevated BP can affect all ages, it is more of an issue for older populations or people on blood pressure medication. The cuff is light and easy to carry and provides good info if you run into issues. It also tracks your heart rate.

#### **Stethoscope**

It is a useful tool for people who know how to use them. That can be people who have family members with asthma, COPD, or other respiratory issues. There are certain things you can only determine if you can listen. I once used it on an airplane emergency I was assisting with.

#### **Syringes**

I like to bring a few syringes without needles. These can have several uses, but mostly for the irrigation of wounds. The syringes can measure liquid medicines for children and come in handy for adults on liquid meds.

#### Batteries for the Above Items

Two of the above items may need batteries. I always bring two extra sets and keep them in the mesh bag.

### Final Thoughts



How to stay healthy during travel is something you have quite a bit of control over. The travel medical supply list provided here is one way to assist in that goal. It seems like it would take up a lot of room, but I assure you it doesn't. If it increases your chances of travel success and averts more serious problems, it becomes priceless. The lesson here is that access and quality of items you need may not be available to you when you are abroad, so you need to bring them with you. I will buy them over there will work clothes or snacks. It is not a good rule when dealing with health issues.

Travel health and safety is about being prepared for the what ifs. Hopefully, you can avoid more serious illnesses or eliminate the time seeking medications or medical care if you are ill. Your health and safety are paramount. This is your dream to travel; keep it as safe and healthy as possible.

Stay well and strong during your adventures!!

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**Our favorite travel insurance site!**

If you book a trip, don't forget to get travel insurance within 14 days of your first booking. We could not be stronger advocates of being well-insured. Not just for the little stuff but the big things like medical emergencies. We never leave home without it. Over the years, we have used many sites but have now found our go-to place. [Squaremouth.com](#) does a fantastic job; it has a user-friendly interface, uses top-rated and reputable insurance carriers, and most policies cover COVID-19 medical issues and

cancellations. They also mediate on your behalf if you have problems with your policy.

To empower you as a consumer, we suggest you read our [blog post](#) on the importance of travel insurance and how to get the best coverage from top-rated companies for an affordable price.

### [MedjetAssist](#)

#### **Medical transport back home from anywhere in the world**

They are the premier global air medical transport. One caveat to travel insurance is that medical evacuation usually gets you to the closest facility to care for you. Medjet gets you back to the U.S. to the hospital of your choice once you are stable enough to fly. They cover COVID-related transport as well.

[Medjet](#) carries its own policies. These policies are only for transport and do not cover other aspects of travel insurance. They have individual trip policies starting at \$99 and annual policies for around \$300. Most of their policies limit the age to 74 and younger. Prices are not based on age below that.

To learn more about how Medical Evacuation membership with Medjet Assist works, check out our [blog post](#) for a more detailed review.

### [Expedia.com](#)

#### **Hotels, home rentals, BNBs, flights, and other transportation & tours**

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#### **Hotels, Home rentals, BNBs, Flights, and other Transportation & Tours**

[Booking.com](#) connects millions of travelers to memorable experiences, various transportation options, and incredible places to stay – from homes to hotels and much more. It is one of the world's largest travel marketplaces for established brands and entrepreneurs of all sizes.

We always check Expedia and Booking.com to verify prices. At times, one is sold out of rooms while another at the same place has rooms. We also often find some European hotels, especially smaller ones, on Booking.com but not on Expedia. It could be they are a Europe-based company. Try both before booking accommodations.

### [Vacation Rental By Owner \(VRBO\)](#)



## **Are you traveling with a family or having an extended stay at your destination?**

With over 2 million bookable vacation rentals, [VRBO](#) connects homeowners with families and vacationers looking for something more than a hotel for their trip. The [VRBO](#) community offers families or groups various rental property types such as condos, cabins, lake rentals, beach houses, etc.

[VRBO](#) is now under the Expedia group's ownership, which many were worried about, but it hasn't panned out to be a concern. It is a massive network with access to all lodging forms should issues arise. Joelle has used VRBO for many years with her family and has had no problems with it.

### **[Viator](#)**

As the leading marketplace for travel experiences, [Viator](#) believes that making memories is what travel is all about. And with 300,000+ experiences to explore—everything from simple tours to extreme adventures (and all the niche, interesting stuff in between)—making memories that will last a lifetime has never been easier.

With industry-leading flexibility and last-minute availability, it's never too late to make any day extraordinary. This one site has it all and has experiences throughout the world. We use them often during our travels, especially for food tours. We especially take the time to read the reviews provided.

### **[Amazon.com](#)**

#### **An excellent source for travel essentials and guides**

*We now have our own Amazon Storefront with all our favorite travel accessories and gear in one place. Check out our travel store at the link below.*

### **[Wanderers Compass Amazon Storefront](#)**

Amazon is one of the most comprehensive online shopping sources in the world. Teams worldwide provide lower prices, better selection, and rapid delivery on behalf of customers. They offer a vast inventory, and their 1.7 million small and medium businesses worldwide selling on Amazon.com offer extensive options to customers.

We buy most of our travel books, accessories, and luggage from Amazon. We have ordered up to two days before travel and get what we need.

### **[HYDAWAY](#)**



This is not your ordinary drinkware company. The **HYDAWAY** difference is what their products do when you're not using them. Practical and portable, HYDAWAY doesn't take up unnecessary space in your already-packed life or pile up in landfills. We all know that trying to pack light while being environmentally conscious can be difficult. Having the right items can make a world of difference. [HYDAWAY](#) provides that.

We have used their collapsible water bottle, carrying case for the water bottle, and collapsible insulated drink tumbler. They are all lightweight and durable. A conservation-focused product you can be proud to buy.

**Use our Promo Code. WANCOM15, at checkout for 15% off your Hydaway order**

### [Welcome Pick-ups](#) (Airport and sightseeing service)

A global leader in ground transportation for travelers. They help hundreds of companies worldwide enhance their services and boost their revenue with our 5-star ride experiences and hassle-free automation.

Founded in 2015 in Athens, Greece, [Welcome Pick-ups](#) goes above and beyond the standard transfer service as the first company to deliver a holistic, in-destination travel experience. From the moment a traveler arrives at a new destination until they return home, Welcome accommodates all their travel needs (transfers, travel products, things to do, information) as the easiest, friendliest, and most personalized solution.

### [PhotoAiD](#)

Do you feel like you are wasting time visiting an on-site photographer only to be embarrassed by the photo? Would you like control of the final product? Get the perfect VISA or passport photo online with PhotoAiD.

When traveling, you often need to apply for official documents such as a passport, ID, and different kinds of licenses or cards. Those applications require a picture that must meet specific conditions to be accepted, depending on the country. Now, it is possible to take this picture at home without the help of a professional photographer. PhotoAiD allows you to take the perfect biometric photo you approve without leaving home.

**This article contains affiliate links. If you use these links to buy something, we may earn a small commission at no additional cost to you. Thank you!**

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