

A WORKSHEET FOR THE
WORDS THAT MOVE ME

PODCAST BY DANA WILSON

EPISODE

Travel Hacks (Weekend Edition)

Travel hack attack! Episode 7 is all about my tried and true tricks for travel. It's the what, the why and the HOW I pack, and the sweet secrets that can make a work weekend feel like a holiday!

7

MY
NOTES:

A large yellow rectangular area intended for writing notes.

"I like to travel light, but I really like to have all the things, so I wind up traveling kind of heavy"

-Dana Wilson

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THE ART OF PACKING

I really lucked out with a Mom that was a flight attendant for many many years. She taught me well. From "Always Be Rolling" to Shower Caps as shoe bags, the tips in this episode are endless

LIST SOME PRO-PACKING TIPS THAT YOU ARE COMMITTED TO REMEMBERING FOR YOUR NEXT TRIP.

IF YOU KNOW OF SOME THAT I DIDN'T INCLUDE WRITE THEM IN THE SPACE BELOW, SCREEN GRAB IT, AND MESSAGE US ON IG @WORDSTHATMOVEMEPODCAST

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MY BACKPACK (AKA MY LIFE)

It is an understatement to say that I am a backpack enthusiast. I LOVE MY BACKPACK, and I love all of the things in it.

DUMP IT! EMPTY YOUR BAG (DANCE BAG, BACKPACK, PURSE, ETC.)

Throw away all trash or expired items, and list the remaining items!

MAKE A LIST OF ITEMS THAT NEED TO BE RENEWED OR RESTOCKED (IE BATTERIES IN A FLASHLIGHT? IBUPROFEN? HAIR TIE/ BOBBY PIN STASH? PENS? BUSINESS CARDS?)

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AIRPORT PROTOCOL

My Airport choreography is TIGHT, but many of us aren't as well rehearsed

LIST A FEW OF YOUR BIGGEST AIRPORT/ AIRPLANE PET PEEVES.

Example: People who eat stinky foods, or take their shoes off on the plane!

PREPARE SOME THOUGHTS THAT MIGHT COMFORT YOU IN MOMENTS OF TRAVEL TURMOIL.

I have smelled smells that are WAY worse than egg salad! I am a professional dancer, I have seen and smelled some pretty nasty feet too! This is NOTHING!

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WEEKEND SURVIVAL

The key idea here is hydration. Hydrate the inside and hydrate the outside.

MAKE A LIST OF ALL THE THINGS YOU CAN FIND AROUND YOUR HOUSE THAT MIGHT HELP IN THIS EFFORT (A REUSABLE WATER BOTTLE, BAGS FOR ICE/ EPSOM SALT, FACE MASKS, LOTIONS, EPSOM SALT, CHAPSTICK ETC.)

PULL TRAVEL SIZE PORTIONS OF EACH AND STASH THEM IN YOUR CARRY ON RIGHT NOW, SO YOU DON'T FORGET ANYTHING ;-) TAKE A PIC (FOR ACCOUNTABILITY ;-) AND TAG US ON IG @[WORDSTHATMOVEMEPODCAST](#)

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