

# REST HUB

## Travel Ready

### Travel Tips



#### Travel ready toolkit

Pack a travel toolkit to optimise comfort.

E.g., eye mask, neck pillow, ear plugs or noise cancelling headphones, nose spray, eye drops, N95 face mask, hand sanitiser, antibacterial wipes, medical grade compression socks, and personal nutritional requirements.



#### Control the environment

Use items such as an eye mask, ear plugs, or noise cancelling headphones to control the environment to suit your needs.



#### Compression socks

Wear Class II medical grade compression socks to aid blood flow and reduce swelling during long-haul travel.



#### Sleep

Binge on rest and sleep, not on movies!



#### Hydrate

Maintain hydration by frequently sipping non-alcoholic fluids.



#### Light

Where possible, minimise light during travel [e.g., dim screens, close window shade].



#### Jet lag adaptation plan

On arrival, reduce jet lag by following a jet lag adaptation plan to accelerate the rate at which your body clock aligns with the new time zone.