

ultimate life kit

Holiday Travel Made Easy!

Eliminate trip stress with these on-the-go solutions.

By Milena Damjanov



no more lost luggage!

Attach one of these hard-to-miss **Pantone Luggage Tags** (\$16 each; delight.com) to your bag, and avoid the can't-find-my-suitcase blues at the carousel.



cool as a cuke

De-puff your eyes during a tiring trip with Earth Therapeutics **Recover-E Cucumber Eye Pads** (\$6; earththerapeutics.net). The premoistened pads help fade dark circles, meaning you arrive bright-eyed.



germs be gone

Clean your hands on the fly with **Cucina Waterless Hand Soap** (\$5; touchofeurope.net), a yummy-smelling sanitizer in a carry-on-friendly size—so it won't get swiped at security!

mind your munchies

To stay energized in transit, pack snacks with protein, carbs, and healthy fat, advises Frances Largeman-Roth, RD, Health's Senior Food and Nutrition Editor. Good picks: almonds, walnuts, and whole-wheat fig bars.



snack stack

Avoid rest-stop eating regrets by packing the **Plastica Bento Box by Vivo** (\$38; plasticashop.com) with healthy home-prepared meals.



tech trap

Get a grip on all your gadgets with the **Grid-it** (\$17; flight001.com). It holds your digital devices (and other must-haves) in place, allowing for easy access en route.

whine stopper

Eliminate the refrain of "Are we there yet?" on long car rides with **Roadtrip Bingo** (\$8; blueribbongeneralstore.net), a portable game with icons that bend back so you can play again and again.



blissful blooms

To block out bright lights on planes—and in guest rooms—slip on this **Silk Luxury Asian Blossoms Sleep Eye Mask** (\$25; etsy.com). No more grumbling about the sheer curtains at your cousin's house!



it's in the bag

Stash an empty **All Foldable Lightweight Tote** from **RuMe** (\$27; rumbags.com) in your suitcase so you have an extra bag to tote home all of your vacation purchases.



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Health

MELT 10 LBS In 21 Days!

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MUST READ!
Secrets of Women Who Never Get Sick

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Slimming Jeans

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Hilary Duff

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