



# NICOLE LANA'S

## Simple, Raw Healthy Travel Checklist

Remember to pack your goodies with this handy list so you can stay healthy anytime, anywhere.

### Food:

- Natural, Raw Munchies (i.e. dehydrated kale chips, pre-sprouted and dehydrated nuts, raw granola)
- Whole Fruit & Unsweetened Dried Fruit
- Raw & Naturally Sweetened Treats (i.e. organic dark chocolate, raw fruit and nut bar)



### Condiments & Tea:

- Natural Salt (i.e. Himalayan sea salt or Celtic sea salt)
- Natural Sweeteners (i.e. coconut flower sugar or stevia)
- Spices (i.e. chipotle chili, cayenne, garlic, onion, turmeric powder)
- Organic Tea



### Skincare:

- Sunscreen
- Antioxidant & Moisturizing Serums (with hyaluronic acid)
- Natural Shampoo, Conditioner & Body Moisturizer



### Miscellaneous:

- Probiotics
- BPA-free Water Bottle
- Natural Insect Repellent
- Appropriate Medication & First Aid Items (please consult your doctor and/or healthcare provider)

