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<https://www.domino.com/content/how-to-stay-healthy-while-traveling/>

What 9 Wellness Experts Always Keep On-Hand To Stay Healthy

No matter where they are.



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Busy crowds, surfaces that don't get cleaned that often, a sneezing stranger—there's a lot out there that can put you at risk of getting sick, especially in this current moment of [social distancing and self-quarantines](#). Thankfully, a few tweaks to your routine can go a long way to keeping you—and everyone around you—feeling 100-percent. Here, nine wellness experts share their on-the-go strategies for staying healthy, valuable intel even if you're staying put for awhile. Just don't forget the basics: wash your hands thoroughly and often, cover your mouth when you cough or sneeze, stay home if you're feeling under the weather, and check the [State Department's website](#) for travel advisories.

Pack your doppel kit

“Traveling is the time when your body may need some extra support, so I never go without my immune health supplements: [Liposomal Vitamin C sachets](#), vitamin D, and [Seed’s](#) pre and probiotic if I’m on-the-go.” —**Raj Barker, Health Coach at [The Well](#)**

Make moves

“I always pack workout gear in case I can fit in a 20-minute sunrise jog on the beach or some stretching in my hotel room. I make sure to get in the pool with my kids to splash around, too.” —**Katrine van Wyk, Lead Health Coach at [The Well](#)**