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## How to Travel Stress Free

Travelled by [Jan Ross](#) on 30 May 2014 | 0 Comments








### Travelled By

**Jan Ross**



Jan Ross has been traveling since she was an infant as her father was a career Marine Corps officer and her family traveled the globe. ...[Find out more!](#)

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Travel is completely fabulous in every way. Except when it isn't. When you are uncomfortable, can't relax, feel homesick or are just plain stressed out, you can't enjoy even the most wonderful destination. Even the loveliest beach resort in Hawaii can make you long to be home in your bed if you are stressed to the max. So how to truly enjoy that next trip and experience stress-free travel? Here's a few tips to remember.



**1. Travel with someone you like.** Travel is not the time to test that brand new friendship or relationship unless you are pretty darn sure you are simpatico in most ways. You just found the most darling Coach purse EVER at the outlet mall and he scolds you for spending too much money? (which my husband would NEVER do, by the way) Stressful. You want to hike the rainforest while your new friend prefers to spend the entire vacation sprawled on the beach? Stressful. Choose your travel partners carefully as they can make or break that trip of a lifetime. Bad travel partner = stress.

**2. Choose your destination carefully.** Do your research. The beaches may sound wonderful at that marvelous location but you had no idea there was a paper mill nearby that made the entire place smell like rotting garbage at all hours of the day and night. That reasonably priced luxury hotel turned out not to be such a great deal when you have to take expensive taxis every time you want to do absolutely anything. Use the local bookstores, library, and the Internet to get information before you even begin to choose where you want to go. Check out review sites and travel blogs for the most accurate and first person accounts, rather than the tourism boards web sites which, after all, want to encourage you to visit. Horrible location = stress.

**3. Choose your hotel/resort/B & B carefully.** Tripadvisor and other

review sites have a reputation for using paid reviewers but when several reviewers mention that there is mold in the shower and rats in the dumpsters, you can be pretty sure there is a problem. Many reviewers on Tripadvisor will also respond to the emails if you want to ask them specific questions about their stay. If you find a particular hotel chain that you like, this might be a source of less stress for you since you will know what to expect. Awful hotel = stress.



**4. Choose your room carefully and don't hesitate to ask for another room if you are not thrilled.** Hotels are in the business of keeping their guests happy (at least, the vast majority of them are) and most will cheerfully change your room, as long as they have availability. Before you even unpack, check the room and its location. We will ask to move if we can hear the elevator, the ice machine, or traffic and street noise. We have never had an issue with cleanliness, but that is also a reason to move (maybe to another hotel!). If a view is important to you or being on a higher or lower floor makes you happy, ask for that when you check in and they will do their best to accommodate you. Check with the hotel before you go to social media to complain about your accommodations and you may end up with a much nicer room. Tacky hotel room = stress.

**5. Bring what you need to feel content.** We can never fly with just a carry-on suitcase because we travel with a small travel fan and my husband's bulky camera. That travel fan helps us to sleep, drowns out ambient noise, and makes us feel like we are home. Whether you want family photos, your own music, your own pillow or blanket, or whatever makes you feel relaxed and happy, bring it. Missing your stuff = stress.

**6. Get plenty of sleep.** One of the nicest things about traveling with my husband is that he enjoys a good nap as much as I do. We love to hike, bike, and spend time enjoying a new location but when it's time to rest, we rest. Of course you want to experience the new location to the fullest but lack of good sleep means you are going to be cranky, unhappy, and stressed. If you need a nap, take one – and get a good night's sleep as well. No sleep = stress.



**7. Don't eat like a pig.** This is really difficult for me since we get many comped restaurant meals as travel writers and, in good conscience, I like to order lots of different items to try so I can write a detailed review. They are, of course, usually excellent restaurants with wonderful and rich food so it can get to be a lot of calorie-laden food if I'm not careful. Just because you ordered it does not mean you have to eat every bite. If you are having a big dinner, have a very light lunch – and get some exercise! You will feel much better and not be stressed about gaining weight. Fat traveler = stress.

**8. Take along plenty of entertainment.** One of our favorite times on a trip is when we are back in our hotel room for the night with time to watch television, view a movie on the computer, read (me), or play electronic games (my husband). We always have games, movies, and books (both print and ebooks) with us and we are never bored. Boredom = stress.

**9. Bring food with you.** We are those people you see with a cooler, stuffed snack bag, and packs of twelve soft drinks carting them all into the hotel. We have brought our own snacks and drinks even to the most luxurious hotel

you can imagine – and plenty of other people were doing the same thing. It gets expensive to eat out every single meal and sometimes it's very nice to just relax in your room and have a little snack instead of a big meal. My husband has a certain kind of cookie he likes that are sometimes difficult to find when we travel so we bring boxes with us. Saving money + familiar food = less stress.

**10. Relax.** You will be home soon. About 10 days is my husband's limit for a trip. I can go about two weeks before starting to miss our children, our grandson, and our home. Know your limitations and don't test them or your trip will begin to cause you stress. One of the nicest parts of a trip is arriving back home. There is no place like home but you will never truly appreciate it unless you leave! Absence makes the heart grow fonder – so start planning that trip! Great trip = no stress.

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