

Guide: How to Travel Comfortably for Work

Packing:

1. HDMI Cable to connect laptop to hotel TV screen
2. Snacks + Milo
3. Fly swat
4. Toilet paper
5. Bottled water
6. Your own shampoo, conditioner, body soap, hand soap
7. Medications: Panadol, travel sickness, cold & flu, allergy, stomach pills, alcohol wipes, eye drops, plaster

Flight:

8. Small tote bag inside your carry-on luggage
Contains spectacles case, water bottle, 1 snack, lip balm, eyedrops, headphones, small tissue/wet wipes pack, plastic bag
Carry separately before you board the plane
9. Brush your teeth if it's a long flight

Hotel stay:

10. Ask for room slippers
11. Go for morning swims & use the gym
12. Hotel Buffets
Yes: fruits, veggies, omelet with everything except cheese, warm water, warm meals (rice, noodles, porridge), 1 glass cold juice
In moderation: milk, oatmeal, cheese, yoghurt, scrambled eggs, bacon, pineapple
No: coffee, overeating
Takeaway: croissant, pastry, banana