

Be Well Traveled

Vacations are awesome—but sick seatmates, skipped workouts, and nasty sunburns aren't. Arm yourself with these road warriors.



1/ Even a quick 10-minute jog between sightseeing and relaxing by the pool may lower your stress hormone levels. This running belt holds your keys. *Spibelt*, \$20, spibelt.com **2/** Battle a dry hotel room by keeping your airways hydrated with this gadget's microfine mist. *Air-O-Swiss Travel Ultrasonic Humidifier*, \$50, target.com **3/** Just one blistering sunburn can double your lifetime risk of developing melanoma! Add a layer of protection with totally packable broad-spectrum sunscreen. *Tocca SPF 30+ Towelettes*, \$24 for pack of 10, tocca.com **4/** Great for those with clogged sinuses, these ear plugs ease cabin-pressure pain while drowning out noisy aircraft engines. *EarPlanes Ear Plugs*, \$8, at drugstores **5/** No mat? No problem. Tone muscles by doing 30 minutes of daily yoga in nonslip gloves and socks when you're on the go. *Super Grippy Yoga Gloves*, \$10, and *No Slip Yoga Socks*, \$20 for two pairs, gaiam.com **6/** The nodes on these acupressure bands ease motion sickness by stimulating your nervous system to release feel-good endorphins. *Psi Bands Acupressure Wrist Bands*, \$16.29, target.com >>

