

TOP TIPS ON YOUR TRAVELS HOW TO STAY HEALTHY

Health Checks

1

Medical professionals speak English almost everywhere and where they don't Google Translate is your friend! Don't let fear of the language barrier put you off getting health concerns checked out! Or have an emergency fund to fly home.



2

Maintain a Balanced Diet

Of course you need to try new foods and treat yourself to wonderful in exotic places. Just don't forget you still need to eat a well balanced diet. This will reduce your chances of getting ill and will fuel your body correctly for your adventures!



Immunisation

3

Before visiting any new country it's always worth checking the most up to date health advice on what immunisation you need! Also if you take regular medication it's worth checking it's legal in your host country.



4

Schedule in Downtime

It's exciting being on a grand adventure it's still possible to suffer from burnout, especially if you are working too. Remember to schedule in some rest days, some early nights, get good sleep and sometimes just take things easy!



Keep Yourself Hydrated

5

It's very easy to get dehydrated, especially in hot countries or when flying. That can lead to other health issues which can impact negatively on your experience. So be aware of your water intake and make sure to use safe water sources everywhere you go!



6

Build a Support Network

This is so important, especially if you are travelling alone! There might be times you crave the company of fellow travellers, you want someone to help you with something or you want to experience things with like minded people. There are so many groups where you can find others who are going on a similar journey and are happy to meet up along the way, or even just be a virtual companion. It's great to start building connections in advance of setting off and have people you can call upon if needed!

