Sleep Tourism Packing List

Trendmebeauty | A simple checklist for a restful getaway

- [ ] Comfortable travel outfit
- [ ] Soft pajamas
- [ ] Light robe or cardigan
- [ ] Sleep mask
- [ ] Earplugs
- [ ] Reusable water bottle
- [ ] Comfortable walking shoes
- [ ] Journal + pen
- [ ] Paperback book
- [ ] Headphones
- [ ] Charging cable
- [ ] Gentle cleanser
- [ ] Hydrating serum
- [ ] Moisturizer
- [ ] Lip balm
- [ ] Broad-spectrum SPF
- [ ] Regular medications
- [ ] Travel documents

Rest-first reminder

Blank space on a sleep-trip itinerary isn't wasted time. It's part of what you're paying for.