How to Combat the (Un)comfort of Holiday Travel -- and all the Chaos That Can Come With It

Expert tips to keep things merry and bright while in flight

AUSTIN, Texas, Dec. 7, 2017 /PRNewswire/ -- Traveling is exciting, but it can also take the wind out of you. Couple that with traveling during the holidays, and things get even more taxing—especially if you're on-the-go with little ones and gifts for the entire family.



Sara Skirboll, Shopping & Trends Expert at RetailMeNot, has shared her top tips and tricks for surviving all holiday travel while keeping your budget intact. To read the full post, visit the RetailMeNot blog, The Real Deal.

As a frequent jetsetter herself, Skirboll has mastered the art of navigating airport terminals, hotel lobbies and the unexpected inconveniences that inevitably occur. "No matter the means of transportation," Skirboll says, "I like to take a little bit of comfort with me."

Skirboll's Personal Travel Tips Acquired Over Time

- Always choose an aisle seat. Although it might not be the best view, you should be hydrating, which means you'll need to get up frequently. (And an aisle seat makes your neighbors not hate you!)
- Be sure to pack those frequently forgotten items, such as glasses, contact lenses and chargers.
- Instead of racking up a bill in the airport terminal, pack a nutritious granola bar in your carry-on to tide you over until you make it to your destination.
- Carry hand sanitizer and travel size Wet Ones to disinfect your area. Airplanes are one of the most common places to catch a bug. Pro tip: Always use your elbow to close the lavatory door instead of your hands.
- When packing, take advantage of the extra space in your shoes to store socks and other small items.
- Wrap your shoes in shower caps or plastic bags to keep them from staining your clothing. Do this for your dirty clothes on the way back to keep them separated.
- Have a pair of cheap slippers to fold up and keep in your luggage; this makes the stay at your hotel or someone's home much cozier.

Here are a few of Skirboll's top travel essentials to carry along on any journey—and where to snag them for cheap. All of these will combat issues like dehydration, cold temperatures and uncomfortable seating arrangements.

1. YOGI Ginger Tea: If you're dealing with stress and nerves as a result of flying or the impending holiday madness, know that ginger has a settling effect that is great for calming and digestion. Instead of purchasing an overpriced tea or latte, grab a cup of hot water from the flight attendant or hotel lobby, and let the calmness seep into your system. Save up to $10 off with Target printable coupons.
2. YETI Tumbler: This must-have accessory saves you money in the long run and keeps your drinks hot or cold for up to an entire day. Skip the overpriced $8 SmartWater and get the deal: Rambler 20-ounce Tumbler for $29.99.
3. ShhhSilk Eye Mask: Bring a bit of luxury to your travel with this 100% silk eye mask that is perfect for getting a tight eight hours of beauty sleep. It's small enough in size to fit in your carry-on, and the real silk will make you excited to hop into bed. Shop the ShhhSilk eye mask for $39.
4. Sheet Masks: Nothing is worse than the feeling of clogged pores and a not-so-fresh face. Nourish and calm with sheet masks from The Face Shop. You'll get up to 10 different options made from cotton leaves and different serums that offer moisturizing properties. These are perfect after a long day of traveling, plus you can get a deal with $5 cash back from Amazon when you spend $50 or more.

5. Voluspa Candles: Yes, these are a not-so-common item to include on your packing list, but when you're away from home, it's important to create a calming environment. These candles come in a variety of sizes, with the smallest most travel-friendly option being 3 ounces with a 25-hour burning time. Give your hotel room an added dose of luxury and get the deal with up to 30% off select full-price candles at Anthropologie.

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