JUSTaGIRLwithSpots

FREE DOWNLOAD

PACK YOUR OWN SKIN

Hotels have soap and lotion, but not the kind your skin has gotten used to, and the tiny bottles barely cover one leg. This is the list I wish I had written down years ago.

SKIN

- [ ] Body lotion, enough for the whole trip
- [ ] My own body wash
- [ ] My own face wash
- [ ] Moisturizer for the plane (cabin air is dry)
- [ ] Scalp shampoo I trust
- [ ] Sunscreen, SPF 30 or higher
- [ ] Epsom salt for an evening soak

BODY

- [ ] Medication and supplies, in my carry-on
- [ ] Vitamins, set next to the toothbrush
- [ ] Refillable water bottle
- [ ] Snacks for the hotel room
- [ ] Comfortable, non irritating clothes
- [ ] Workout clothes for a morning move

MIND

- [ ] Headphones and a wind-down playlist or app
- [ ] Journal or notes app for a brain dump
- [ ] Something that is just for me

BEFORE I GO

ASK MY CARE TEAM ABOUT

DATES TO REMEMBER

ON THE ROAD

Start with the veggies. Order the salad first and decide about the rest later.

Move in the morning. It is not happening at night.

Refill the bottle whenever you pass a fountain.

Skip the hotel basics. The heat, the water, and the new soap will dry you out.

Decompress before bed. Stress is a trigger, so protect ten quiet minutes.

I am not a doctor, and this is based on my own experience living with psoriasis and psoriatic arthritis. Talk with your health care provider about what is right for you.