

Home Comforts Hacks on the Road

Words by Vanessa Gainford

Travelling, whether for work or pleasure is on the rise; a short business trip or a one-way flight to the other side of the world, our main focus ranges from work to fun and back again, rarely thinking of home. However there are times, usually when jet-lagged that part of you seeks comfort or some form of familiarity.

#TeamCoco are forever travelling and although we are always wrapped up and immersed in the culture of a destination, we aren't immune to a little anxiety or homesickness; as it's human nature to have the need to feel settled and secure in one place and travelling of course, completely disrupts that.

There are ways, however, to feel more at home, even when your thousands of miles away. Yes, you'll probably feel guilty for wanting to eat mac & cheese when you should be tucking into local cuisine or opting for an early night when you should be enjoying what the place you're in has to offer, yet, sometimes it's necessary.

Living life out of a suitcase isn't easy and it's definitely not as glamorous as it seems, so here are some tips and tricks and some genuinely useful bits of information that #TeamCoco



have discovered during our travels that help us feel at home, no matter where we may be.

Unpacking

Even if you're staying for just one night, unpack. Having a place for everything and being

that little more organised saves you from having to throw everything out of your case when you're unable to find that one top you fancy wearing. It also helps keeps outfits together so you know what you've got to work with.



Travel Organisers

If you're a frequent traveller, travel organisers for documents are a necessity. Having one simple and chic wallet that holds everything together is a stress-saver in the midst of the airport chaos. Suitcase organisers are also revolutionary. Who doesn't want a separate compartment for their socks? These literally clip into your case and voilà, different divisions for clothes, lingerie, tech, books and toiletries.

Itineraries

Most travellers prefer to plan ahead, arranging their route and schedule months in advance but whilst travelling they are increasingly more spontaneous. We know you may want to relax and an itinerary or plan for each day may be the complete opposite of what you want, however, routine when travelling is essential. It doesn't mean everything has to be planned down to the minute, as even the simplest routines like a workout before breakfast or a skincare regime to follow are more than enough.

Stay Connected

In the past two years, there has been a 22% increase in solo travellers, many of those falling



in the millennial age bracket (18-35 years old). The ability to stay connected is one of the main reasons that the fear of going solo is decreasing, with the world at our fingertips and those closest to us are only a (maybe expensive) phone call away, the solo experience is much less daunting for many than it has been in the past. Yet solo travelling isn't always meeting new faces and having life-changing experiences; in fact, at times it can be isolating. So keeping yourself busy, your mind active and communicating is crucial. If you know you will be spending a lot of time alone, find books that you are able to get lost in or a hobby that puts the hours in.

Time differences make it difficult to keep in touch with those at home, so keep a journal, this helps you share the experience, albeit only with pen and paper but it helps and is wonderful to read over after your trip has ended. Voice messages are also an amazing way to shun feelings

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of loneliness, so as annoying as they can be, when you're out and about or reflecting on your day, leave your friends and family voice messages as it feels much more like a conversation.

Be in the Know

The more you know the better traveller you will be. Do your research, it's best to know at least 3 places you wish to go and 3 things you wish to do/see in each place you go to, giving your travels purpose.

Doing a quick Google Maps of the area around where you will be staying and around key attractions will greatly help, as having a general sense of direction instantly makes you feel more confident in your surroundings, makes you look like less of a tourist and helps you navigate and make the most out of your destination. Use social media for local

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recommendations or even chat to locals in advance online to get the best tips and inspiration to truly immerse yourself.

Familiarity

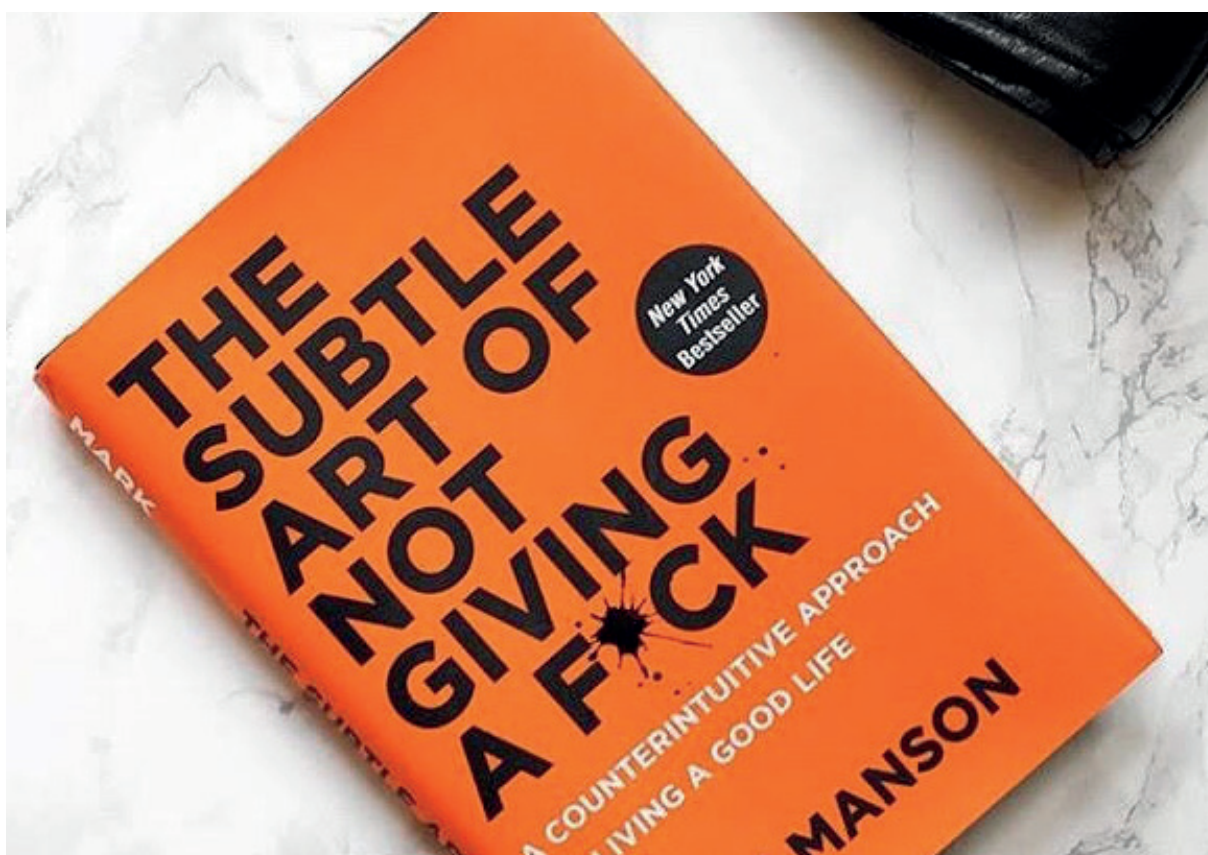
Of course, belongings are a failsafe to battling those homesick feelings while on the move. Whether it's your partner's sweater or a picture of your loved ones, we recommend bringing something comforting from your bedroom along with you.

Definitely play on your senses when you travel as they have a strong influence on your

emotions. Our sense of smell is closely linked to memory and studies have shown you can remember a familiar scent with 65% accuracy a year after the memory. Pack a travel size scented candle, a familiar perfume or combine scent with comfort and bring a hoodie doused in a familiar fragrance to help beat those pangs for home.

Music

Music therapy is no new concept and it helps improve mood, reduce depression and anxiety; sounds are necessary for creating a comfortable and



relaxing environment. Start creating playlists of happy and relaxing songs that you relate to on an emotional level and request your loved ones to leave you voice messages. Think about the sounds you are used to; if you wake up each morning listening to traffic or birds, it may help to download or record them; there are apps for this, one is dedicated entirely to hairdryer sounds to help you

sleep (who knew there was a market for that?)

Food

Food is a huge factor in keeping yourself motivated, feeling positive and well-nourished and allows you to explore local cuisine with an open mind. Although #TeamCoco are obsessed with trying new dishes, it's impossible to deny

that we are partial to comfort eating. Yes, it is possible to comfort eat like a local but when travelling for long periods of time or in a variety of places, you can't resist being a creature of comfort or habit. Eating foods high in fat, sugar and that are highly palatable activates regions of your brain that replicate reward and pleasure so a momentary indulgence in something that is familiar to home is a form of self-medication that is totally worth it!

So, there you have it, our advice on how to be home away from home. After all, home is where you are, so if you can't be there, bring it with you.