

Avoid Travel Stress

(NAPSA)—These tried-and-true tips can help you travel smart and stress less on your next vacation.

- **Lost luggage**—Carry a change of clothes and important medications in your carry-on just in case your luggage misses the flight.

- **Lost documents**—Travel with photocopies of your passports, driver's licenses, birth certificates and reservation information.

- **Delayed or canceled flights**—Be prepared and know your travel agent's and airline's phone numbers and website addresses, as well as those of any hotels and car services.



Don't stress out about the uncontrollable. Plan ahead, travel smart and keep calm.

- **Traveling with kids**—Occupy them with iPads, with movies and games, paper and crayons, books and healthy snacks.

Since you can't always anticipate problems, you will be glad to know that on-the-go stress relief is available. RESCUE Remedy* was developed by a British doctor over 75 years ago and provides gentle, non-habit-forming relief from everyday stressful situations. RESCUE gum, pastilles and melts are safe and convenient for the entire family—there is even a RESCUE Remedy for your pet.

You can learn more at www.RESCUERemedy.com.

**The claims for this product are based upon traditional homeopathic practice. They have not been reviewed by the Food and Drug Administration.*