

# De-stress guide

## to going on holiday

Our getaway hacks to take the stress out of the week before you travel.



if you know, you go  
national **express**

## A word from the expert

“As an avid traveller, I know how important it is to make the journey itself as stress-free as the holiday ahead. My tip? Plan ahead, pack smart, and allow yourself plenty of time – the last thing you want is to be rushing around before a big trip. Booking a coach to the airport with National Express gives me peace of mind, knowing I can relax and start my adventure before I even take off.”



– Victoria Philpott, Travel Expert  
@VickyFlipFlop





# Prepare for being away from home



## Care regime for the plant babies

Make sure your neighbours are fully briefed on plant care, so you come home to lush, green and healthy houseplants. Assign each plant a name, like Gerald, the Fern who needs water every three days, and Spike the Cactus who's low maintenance but still deserves a compliment. Maybe even make a small map of where they all live at home. Putting artificial plants away can also help avoid confusion.



## Sort the fridge like you're running a restaurant

Channel your inner chef and organise your fridge like you're running a restaurant. Give everything a status update. Offer any fresh fruit or vegetables that won't keep to your neighbours, and pop that half-finished fresh milk in the freezer for when you get back.



## Create a journey ritual

Before you leave, set up a little ritual to get in the zone. Maybe you do a three-minute stretching session, have your favourite herbal tea, or even light a calming candle (if you have time). Do something to make the prep feel like a calm and purposeful activity, not a rush.

# Getting to the airport and the hours before your flight



## Set a journey goal

Give your trip a mini purpose beyond getting to the main destination. Maybe your goal is to finish a book you've been meaning to read, or learn some basic phrases in the local language of your destination. An activity to do on the coach makes the journey feel more like an adventure.



## Create a travel soundtrack

Pretend you're in your favourite film. As you look out of the window, create an epic soundtrack in your head. Dramatic music for cityscapes, tranquil piano for countryside views, or even something super upbeat for passing trucks.



## Enjoy the view

Now is your time to enjoy the scenery. Your coach window is like your own cinema - watch the world go by. You can even play I Spy with a difference and win a prize for a brilliant photo in our 'Windough' competition, check out [nationalexpress.com/windough](https://nationalexpress.com/windough) for more info.



### Talk about your holiday goals

If you're travelling with friends or family on the coach, now's a great time to discuss exactly what you want to get out of the trip. Knowing what everyone wants to get out of the holiday can really help you to see if you're on the same page, and if you're not – what to do about it.



### Have a snooze

When you're all buckled up and sitting comfortably in those reclining leather seats, zooming along it's very easy to nod off. Go for it. Bring a rolled up hoody, or a travel pillow and just let yourself go. When else can you relax safe and sound with brilliant coach drivers taking care of the journey for you?!



### Keep your peace at the airport

As you enter those terminal doors hold onto the calm feelings you've just manifested from your relaxing journey. Take your time and don't feel the need to rush if you don't have to. Move intentionally and don't let the other stressy passengers affect your inner peace. Listen to a calming podcast as you go through, or an audiobook. Find a quiet space to sit until your gate is announced.

# Packing for holiday

## Charge devices

Charge everything, and take power banks and cables in your hand luggage (airlines insist on this, so don't get caught out and held up going through security!).

On-board USB port charging is available on National Express coaches for a battery boost!

## Packing

Pack a few days in advance, and just write a list of what still needs to go in. Don't take anything out without writing it on the list again!



## Luggage allowance

Make sure you pack for luggage allowances on different parts of your journey including your flight. On the coach we offer a free, generous allowance for one large item up to 20kg as well as a small piece of hand luggage up to 10kg.

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