

HENKAN HACKS

TRAVEL PLANNING KIT

The Travel Reset Kit

Enjoy the trip, keep one or two anchors, and come home without turning Monday into a punishment plan.

Before, during, and after travel: practical prompts for meals, movement, rest, and a calmer return.

Travel changes the conditions

Different food, less sleep, long transit days, celebrations, and unfamiliar routines are part of travel. The useful question is not “How do I behave perfectly?” It is “What would help me feel supported while I am away?”

“On trips, I keep a few anchors and let the rest be flexible. One habit can keep the whole routine from feeling lost.”

Natsha, Henkan Hacks

This kit helps you

- ☐ Choose two flexible travel anchors
- ☐ Plan for low-control moments
- ☐ Enjoy intentional meals without compensation
- ☐ Make the first 48 hours home easier

This kit does not ask you to

- ☐ Track every meal
- ☐ Earn or burn off food
- ☐ Pack a second life into your suitcase
- ☐ Turn the return home into a detox

General planning only: Adjust for medical conditions, pregnancy, disability, allergies, eating-disorder recovery, destination safety, climate, and advice from qualified professionals. Follow local food and water guidance. Rest and recovery may be the right priority.

Choose what the trip is for

A work conference, family wedding, beach week, and airport sprint need different plans.

The trip

Where and why am I going?

What will probably be hard?

The experience

What do I want to enjoy fully?

What would help me feel okay?

Pick two anchors—not a complete routine

Possible anchor	Flexible travel version	My version
Hydration	Refill when convenient; keep water accessible where safe	
Movement	Explore on foot, stretch after transit, or take a short movement break	
Meals	Keep one familiar meal or snack option available	
Rest	Protect one wind-down cue or one slower morning	
Support	Tell your travel partner what would make the trip easier	

Bring less. Bring what helps.

Transit

- ☐ Empty refillable bottle
- ☐ Food or snack that travels safely
- ☐ Medication and required documentation
- ☐ Comfort item for long waits

Movement and rest

- ☐ Comfortable walking shoes
- ☐ Sleep mask or earplugs
- ☐ Simple mobility option
- ☐ Anything accessibility requires

Destination reality

- ☐ Nearby grocery or convenience option
- ☐ Likely breakfast/first-meal choices
- ☐ Kitchen or fridge availability
- ☐ Local food and water guidance

The things that matter more

- ☐ Reservations and celebration plans
- ☐ People you want time with
- ☐ Rest window after arrival
- ☐ Room for spontaneity

A good travel plan reduces decisions. It does not turn your suitcase into a mobile wellness program.

Plan for delays, not perfection

Today's two anchors

Anchor 1

Anchor 2

If the schedule holds

What would make the day comfortable?

If everything is delayed

What is the easiest acceptable fallback?

Four useful checks

Comfort

What does my body need right now?

Hunger

Do I need food, or should I plan the next chance?

Water

Is safe drinking water available?

Movement

Would a small change of position help?

A note for future me

Record one thing that made this travel day easier.

Keep the decision simple

Choose the prompt that matches the moment. None of these are rules.

Hotel or rental

Is there one familiar option I can keep nearby? Is the fridge actually available? What requires no cooking?

Restaurant

What sounds satisfying? Is this a meal I especially want to enjoy? What choice will leave me comfortable for the next activity?

Family gathering

Which foods matter to me? What social moment do I not want to miss? Can I stop treating a celebration like a test?

Work travel

When is the next realistic food break? What can I carry safely? Who needs to know about an accessibility or dietary requirement?

After a heavier or unexpected meal

Let the meal be over. Notice comfort, hunger, and energy later without assigning moral value. Resume ordinary eating when it makes sense for you. Do not compensate with punishment, extreme restriction, or exercise.

The trip is part of your life. It does not need to be erased when you get home.

Come home to fewer decisions

Before you leave

- ☐ Leave one easy meal at home
- ☐ Protect time to unpack and rest
- ☐ Keep the first evening simple
- ☐ Write the smallest Monday plan

When you return

- ☐ Unpack the essentials
- ☐ Use the easy meal
- ☐ Choose sleep over catching up
- ☐ Resume one familiar anchor

My 48-hour landing plan

Moment	What would help?	What can wait?
First evening		
First morning		
First workday		
Second evening		

The first normal thing I will resume:

Keep what worked

What genuinely helped?

What did I carry but never use?

Which moment needed a better fallback?

What will I do differently next trip?

Help us improve the next edition

Tell us what kind of trip you took, which page you used, and what travel situation deserves its own page.

henkanhacks.com/product-feedback

Continue gently

If you want a simple week back at home, use the free **7-Day Restart Quickstart** at henkanhacks.com/digital-products.