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**JourneyWoman's Things She Loves: Travel Joy Holiday Special**

1 message

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Hi Goddess,

Welcome to our new monthly feature at JourneyWoman: **Things She Loves**. This is our place to share and recommend tried and true products and services that we love — no marketing gimmicks, just honest and candid feedback from women, for women, to make solo travel easier.

For this month's holiday issue, we wanted to focus on the little things that pack a lot of joy. To do that, we invited our team and the members of our incredible [Women's Travel Advisory Council](#) to share what they bring on their travels that don't take up much space, but mean the world when we travel.

## 12 Things She Loves: Small Things That Pack a Lot of Joy

**1. Knitting needles:** "I love [knitting](#). I have missed it very much on flights since [knitting needles](#) were banned. The rhythm of the needles and the soft clicking while a pattern forms keeps me calm and content." — *Joy Fox*

**2. The furoshiki:** "A square of fabric, [the furoshiki](#), a third of the trinity, a unit that comes with me on any adventure and brings me happiness. This fabric holds my

precious sketchbook & favourite pencil and all corral ideas and hold everything near and dear as I hold my pencil ... and ephemera of the day I bring back as writing prompts or collage material.” — *Brenda McCrank*

**3. A treasured photo:** “The one thing I bring with me that brings me joy is a photo of my husband and daughter, so I remember to come home, especially when I travel to Uganda and never want to leave!” Find the perfect [photo frame for your photos here](#). — *Amina Mohamed, CEO, Triple F Photography*

**4. Pashmina and Candle:** “I always have a [pashmina or scarf](#) and an [aromatic candle](#) (lavender or something soothing) when I travel. The [pashmina](#) has many uses and the [candle](#), even if I don't light it, gives my space a feeling of comfort.” — *Mary K Clark*

**5. Amazon Kindle Fire:** “My [Amazon Kindle Fire](#) is very important to me. In the past, I traveled with paperback books, buying used books and discarding them (regretfully) along the way. The [Kindle](#) has given me a very easy way to carry books with me or download movies and books before the trip. Wherever I am, my Kindle is always on my bedside table. I also have a very cool [Van Gogh starry night cover!](#)” — *Kathy Wood, CEO, European Experiences*

**6. Wellness aids:** Since our women’s wellness retreat in October, I’ve been [wearing an Oura ring](#) to make sure I’m getting enough sleep and steps in every day. I want to dance every day, so I also bring my small [JBL Clip speaker](#) with me on my travels! — *Carolyn Ray, CEO + Editor, JourneyWoman*



**7. My iPhone phone:** “I love [my phone](#)...because of the camera function and the ability to look up things when I need to, including language translations when

needed! I always have my **earphones** – so I can listen to music or watch a movie (on flights or wherever). On the practical side, I always use **packing cubes** – I like to stay organized on my trips – and **suntan lotion**!! That brings me JOY – ‘cause I know I’m going to use it to relax on beach!!” — *Nancy Drolet*

**JourneyWoman CEO Carolyn Ray suggests an Airalo eSIM to avoid roaming charges and stay connected on the road! [Learn more here.](#)**



**8. Supplements:** "I love my **supplements**, my **travel white noise maker** and my **sleep mask**. For **supplements**, I bring Vitamin C, zinc, elderberry, oregano essential oil, lemongrass essential oil, Vitamin D, Vitamin B complex, probiotics and melatonin." — *Shawna Robins, our wellness expert*

**9. Shampoo bar:** "I try to support small businesses whenever I travel – **Upfrontcosmetics shampoo bar**, made in New Brunwsick, Canada is my go-to. At home and away." — *Libby Wildman, our financial services expert*

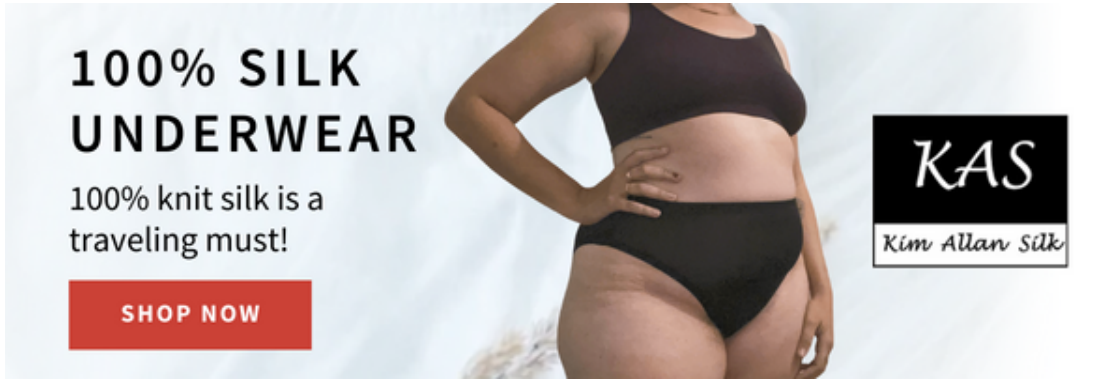
**10. Headphones:** "I'm a huge music lover, so I don't travel anywhere without my UrbanEars over-the-ear **headphones**. Not only do they sound great, but they are super comfortable and come in fun colours, like my baby pink ones!" — *Stephanie Cerratti, JourneyWoman.com Webmistress*

**11. Neck pillow:** When I go home to Bermuda next week to see my family, I'm going to need a **neck pillow** so I can at least be comfortable before - and maybe even rest - before we have to go through the process of disembarking with two small children. — *Melissa Fox, Women's Travel Directory Webmistress*

**12. Hiking boots:** I take my yellow **Rieker hiking boots** almost everywhere I go! I also take a small framed picture of my husband, so he can sleep with me in foreign places he would have loved to visit." — *Marion Broverman, Facebook group moderator*

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Have an idea about what we should feature in our next issue of Things She Loves? Or something of your own to recommend? Just fill out our [form here](#) and we'll include your tip in an upcoming feature. We want to profile women-owned businesses that you can support if you decide to purchase these products. Let us know if you have one to recommend!

[Recommend a small business here!](#)

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