



ELITE

ROAD WARRIOR



TOP 10 Business Travel Hacks Guide

When we're on the road, we want to be at our best in our work but also our health and home life. These are ten business travel hacks that I use to keep me performing at a high level as a road warrior. They're not in a specific order but they do correlate with a specific energy habit found in the book, *Elite Road Warrior: Six Energy Habits to Master the Business Travel Life*.



TRAVEL HACK 1: Resistance Bands

At first, ironically enough, I never used resistance bands. I claimed they were “not strenuous enough” or “too girly” but oh have I changed my ways on this one. Since my body only knows the tension, I just needed to learn how to properly use the resistance bands with enough “resistance” (imagine that) to make them worth the actual effort.

I also found there were locations where the Fitness Center didn't even have dumbbells and I wanted to do something other than body weight so resistance bands were the ideal choice. It was more out of necessity that I finally took the resistance out of the resistance bands and gave them a real shot.

I chose a set that has 10, 20, 30, 40, and 50 pounds resistance bands (all different colors), but also has handles, ankle straps, and a door anchor. I can get in a quick and very good workout using resistance bands. Stop resisting, and find a pair to experiment with on the road. They're small and don't take up too much space in your carry-on. It's worth the real estate!

The key is having access to something that will give you a quick and good workout even in a hotel room when you're short on time, space, and fitness resources.



Check out Elite Road Warrior Podcast Episode #018 on how to workout in a hotel room for more detail.





TRAVEL HACK 2: Water Bottle

Caring a water bottle is the “new thing” on the road. I don’t want to have to rely on my location to provide me with water when I want and need it. Limit your risks, because water may not be available where you are going. Many times, I have been stuck somewhere because plans changed (imagine that on the road) and I was SO glad I had my water bottle with me.

The key is convenience. I want water when I want it not just when I need it:

- On a flight due to the humidity (because when you need water, the flight attendants cannot get up due to weather...or can they?)
- In my rental car or ride share
- When Having Drinks - to join the 1:1 free water match program (since alcohol dehydrates you)
- By my bed - nothing is worse than waking up in the middle of the night thirsty and having to get up - problem solved!



Buy a water bottle you like. My Elite Road Warrior branded water bottle is easily spotted so I don't forget it. I like the wide mouth opening and handle. It's also a great conversation starter and Elite Road Warrior brand promoter! You can purchase one at www.EliteRoadWarrior.com today.



Check out Elite Road Warrior Podcast Episode #030 for more detail on the benefits of hydrating on the road.



TOP Business
10 Travel Hacks
Guide



TRAVEL HACK 3: Road Warrior Sleep Kit

After years of avoiding sleep on the road and creating physically, I've learned sleep is my biggest performance enhancer on the road. As a result, I've created a sleep kit that's an absolute must for me on every business trip. Here is what's included:



- Curtain Clips - Nothing worse than having parking lot lights blind you from the seem on the curtains but this is an easy fix with clips to keep the curtain seam sealed shut.
- Electrical Tape - Come again? I'm annoyed by bright little lights from the tv or anywhere else in a hotel room that can be easily covered with electrical tape.

- Eye Mask - Sometimes I just want a black out especially if I have a very late night and need to sleep in so the eye mask is the perfect solution.
- Essential Oils - I want to control the scent in my room whether for consistency sake or to help me to sleep. I'll put a few drops of an essential oil (I like Eucalyptus) on a cotton ball and put it in the vent and change it to Lavender before bed.



- Blue Blocker Glasses - Believe it or not, the light from your screens (TV, computer, phone, tablet) affects the quality of your sleep. But if you use good quality blue blocker glasses, it can block these sleep-stealing blue lights and give you better quality sleep.
- Bose Sleep Buds - I love these sleep aids and will cover this in detail in another travel hack...



Check out Elite Road Warrior Podcast Episode #35 for more detail





TRAVEL HACK 4: Travel Lunch Box

Taking a lunch box on a business trip - come again?

Yeah. I've become that guy and let me tell you why. On more occasions than I care to count, I've been caught off-guard wanting something, anything to eat. And I've made one of the following choices:

- Went without food and was grouchy with low energy
- Bought something I regretted

But not anymore. I found an ideal travel lunch box that I could put in the following items:



- Tupperware - one large and two medium size that seal and clasp air tight
- Pink Sea Salt and Pepper Grinders
- Multi-functional Eating Utensil - fork / knife spoon

The first day I bring-my-own food then buy food at first chance to stock up. I also will acquire food from the hotel breakfast (hard-boiled eggs, fresh spinach leaves, mixed nuts, fruit).



Dirty Little Secret Tip - Hand Sanitizer Individual Wipes



I know, I know, but hear me out. Do you have any idea of the amount of sick people that travel? Ever seen that guy or girl that puts the tray table down to lay on because he's so sick? You know, that same tray table you pull down to put your laptop on, phone on, iPad on, food on! Need I say more?

I put a handful of these small wipers in the pocket of my Travel Lunch Box front pocket to pull out to wipe the plane arm rest down and tray table (bonus tip - wipe down the back of the seat where the tray table goes back up as well to save you having to wipe the tray table again). I also use them in the rental car and in the hotel. I'm not paid to be sick on the road and under-perform.

These wipes are so inexpensive and easy to use at any time.



Check out Elite Road Warrior Podcast Episode #37 for more detail

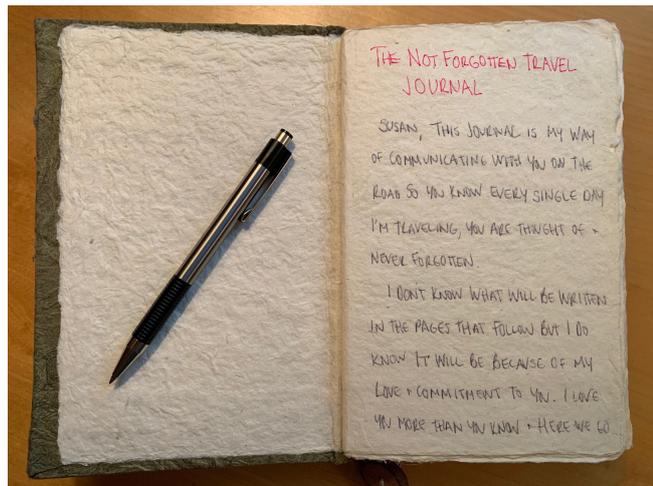




TRAVEL HACK 5: The Not Forgotten Journal

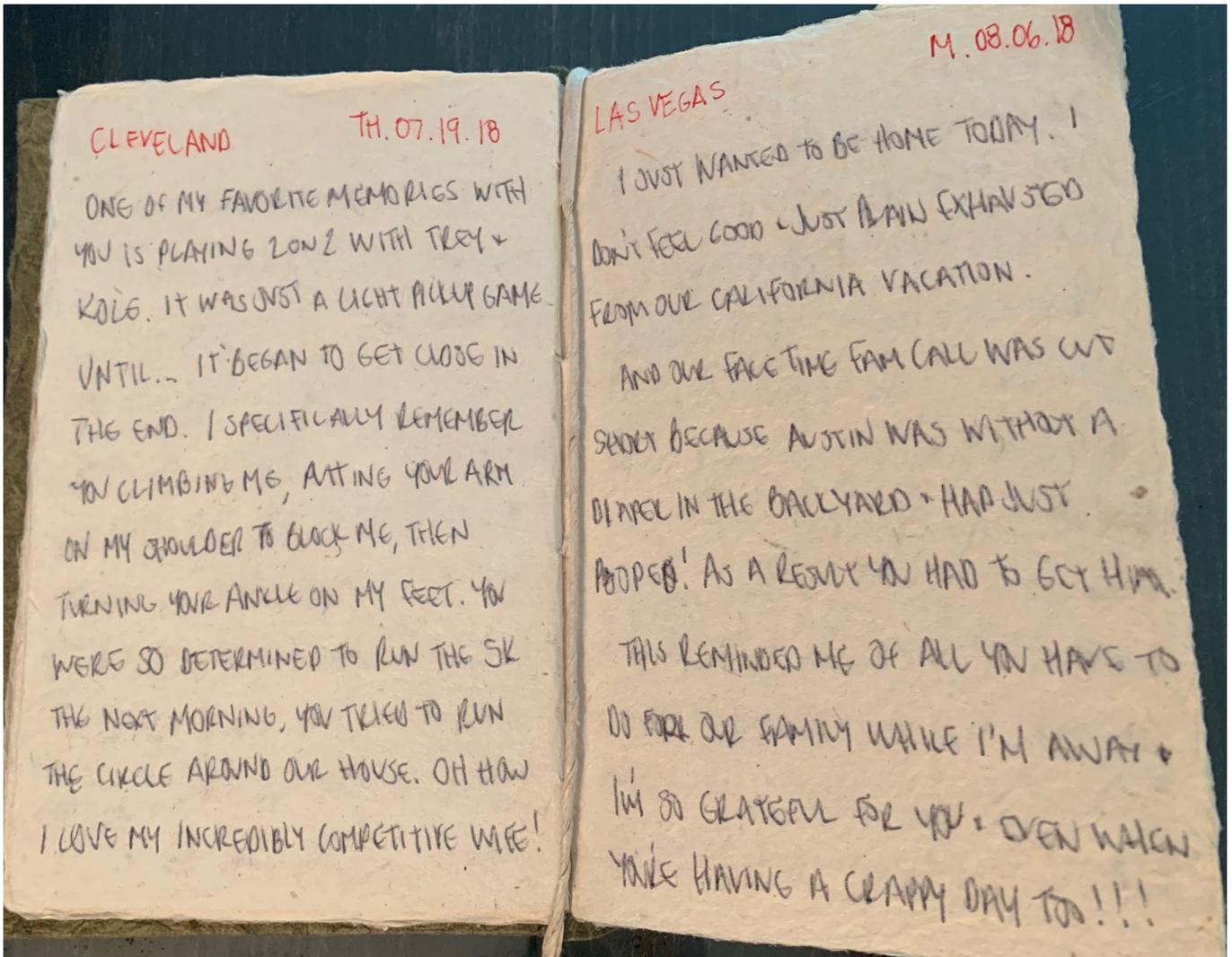
A major aspect of becoming an Elite Road Warrior is taking care of those you love back home. And for those of us in significant relationships, they take the biggest hit of all. And if you have kids, often your significant other is a single parent when you're on the road.

One of the smartest decisions I ever made on the road was to take two minutes a day to write in a journal specifically designed for my wife. I wanted her to know every day I was gone she was not far from my mind so I named the journal the Not Forgotten Journal. At the top of each page I would put the city in the left upper corner then in the right upper corner I would put the date. For example, M.08.20.19



Here were some of the entry ideas:

- Reflection on what was going on back home
- Encouraging words
- Memory
- Song / Scent that reminded me of her How much I missed her and/or the kids on this specific trip



Here's a tip: Try to envision the person you're sending the words to; consider what they're currently experiencing or going through and how it will make them feel in the moment. When I take just a moment to put myself in their position, my attitude and my words tend to change.



Check out Elite Road Warrior Podcast Episode #029 for more detail, you'll actually hear her response to receiving the journal on the big reveal!





TRAVEL HACK 6: Essential Oils



I was one of the BIGGEST SKEPTICS of essential oils for the longest time and used every excuse. But when they started to help me sleep better then relieved headaches, I was sold. Now, I've chosen to incorporate them on the road. Here's how I use some essential oils on a daily basis while traveling:

- Lemon - I put it in my water every morning (5 drops of this essential oil is equivalent to an entire lemon and the oil includes the peel which carries the most nutrients)
- Lavender - The scent is calming and helps me sleep (I often combine it with Serenity, another calming oil)
- Peppermint - The breath savor oil that is perfect on the road when you don't want to chew gum
- Deep Blue - I have a tendency for headaches that all too often turn to migraines which are paralyzing on the road but this oil is a lifesaver



Check out Elite Road Warrior Podcast Episode #020 for more detail.





TRAVEL HACK 7: Noise Canceling Headphones

Sometimes you just need to spend some money and get the good stuff. One of my best purchases on the road was in the Bose Noise Canceling Headphones. They've paid for themselves over and over with the amount of productivity I can achieve when I'm able to focus and block out the noise and distractions around me. This is how I use my headphones on the road:

Airport / Flight - both are very noisy places but if I can put on my headphones and some instrumental music, I'm a thousand miles away and in my own world to crank out some work

Hotel Lobby - many times I prefer to stand and work so I'll go to the lobby but distracted by the noise so the headphones are key. Or I'll stop at a hotel before or after I check in to crank out some work before a meeting or a flight and need the headphones.

Coffee Shops - I often find a coffee shop or bookstore to work in the margins on the road and need the space but not the noise so the headphones go on and the world goes silent





Pro Tip - Often, the mere act of putting on my headphones becomes a trigger for me that "It's Go Time" and time to get to work and "getter done" - try this trigger and see what happens...

Second, I referenced the Bose Sleep Buds in the Sleep Kit but here is why - I like consistency of sound when in a hotel and often that's the last thing I get between door slams, elevators, people in the hallway. I also don't want to rely on a wake-up call or my phone to wake me up hence these incredible sleep buds. They're sleek, light, and most of all effective. Expensive but worth it.





TRAVEL HACK 8: Road Warrior Journals

If you're anything like me, I consume so much content from what I read to meetings, etc. especially on the road. So much goes in but so little comes out and this is where I need to process the thoughts.

I have an Elite Road Warrior journal where I have two Moleskine blank journals that are in one central locations in a journal that I love to write in with pens I love to use.

- Process the Thoughts - I refer to this concept as Think Space and use it throughout any business day (on a flight, during my Energy Hour, after a meeting, etc.)
- Monitor the Heart - This is my time to answer seven specific questions that help me work through my past day from what happened, biggest wins, lessons learned to who/what I'm thankful for, how I'm feeling right now, and ending with my Road Big 3, today's highlight (what I'm looking forward to), and what I've read/listened to for that day. I spend a total of 10 minutes tops but it helps me monitor my heart and get a feel for how I'm really doing.

The goal is to take some time to get what's in your head and heart to some means to be able to write and reflect. I double-dog dare you to try it and see how much better you are as a result!





TRAVEL HACK 9: Technology Wearables

For the longest time I just guessed on anything that could give me better information on the road. "Close enough" or "I feel just fine" was sufficient for me. But not as an Elite Road Warrior. I want, in fact I need quality intel to make me informed and make me better on the road.

And this is where Technology Wearables come into the top ten business travel hacks.

Two areas that are critical to my energy on the road fall under two of the energy habits:

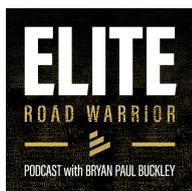
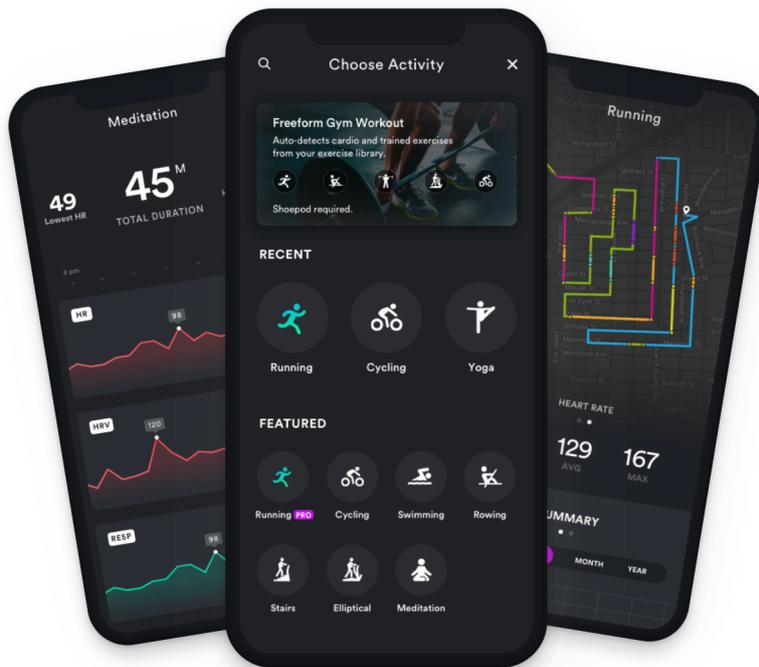
- MOVE - I want know how many steps I've taken, how long and how good were my workouts
- REST - I want to know how long I was asleep, how much I was awake, and the quality of my sleep any given night, over the course of a week, month, and year.



There are many options out there but I'm personally a big fan of and endorse BioStrap. I have the main device on my wrist and one for my shoe or ankle strap. The intel is absolutely amazing and available through the app or computer dashboard.



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| RED + INFRARED PPG | 91 x 91 x 91 mm | 3-AXIS ACCELEROMETER | 35 x 23 x 15 mm |
| RAW DATA COLLECTION | 23 GRAMS | 3-AXIS GYROSCOPE | 8 GRAMS |
| 3-AXIS ACCELEROMETER | BLE CONNECTION | SPLASH-PROOF | BLE CONNECTION |
| 3-AXIS GYROSCOPE | WIRELESS CHARGING | | WIRELESS CHARGING |
| 5 ATM WATERPROOF | 120-200mm CIRCUMFERENCE | | 3-DAY BATTERY LIFE |
| INTERCHANGEABLE BANDS | 2-DAY BATTERY LIFE | | |



Check out Elite Road Warrior Podcast Episode #034 for more detail.

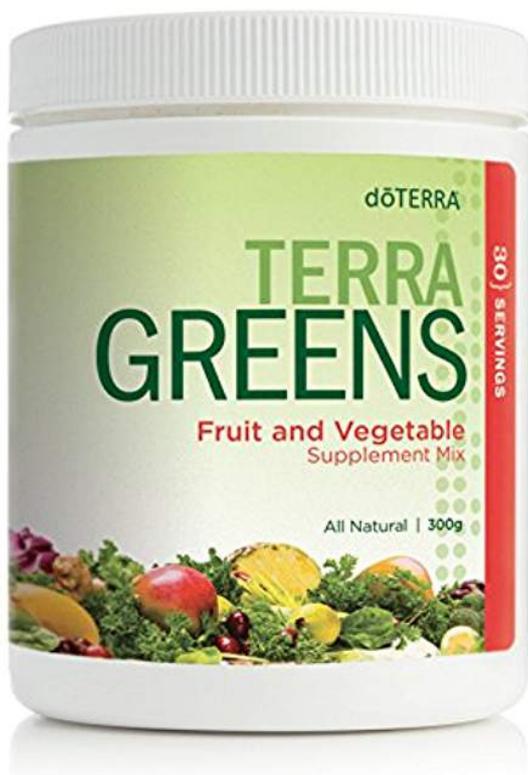




TRAVEL HACK 10: Green Powder

There's just no guarantee of getting your daily fruits and greens in on any given business travel day and even if we do, there's no guarantee of the quality of the fruits and greens. The way I handle this challenge is within the first 5 minutes of my day. Here's how I do it specifically:

- Put 16 ounces of room temperature water in my Elite Road Warrior water bottle
- Put in one scoop of green powder (I use DoTerra Greens)
- Put in one tablespoon of MCT Oil (for energy)
- Put in 5 drops of lemon oil (I prefer DoTerra essential oils)
- Put in 15 cranks of pink Himalayan sea salt that lost from the previous day and night. (found in my lunch box)



I stir my concoction and down the hatch. This hydrates my bod (water), wakes up my digestive system (lemon), gives me a shot of energy (MCT oil), and adds missing minerals (from the pink sea salt)

TRAVEL HACK BONUS: The Right Computer Bag

Wait, a bonus item? Yeah - I give and I give. I just had to add this one in because I'm in a never-ending search for the right computer work bag. I've gone back and forth from backpacks to carry bags. It really is a personal preference.



I've learned through the years I need to be flexible but most importantly the bag must cater to what is important to me to carry for quick access. Here are my requirements:

- Laptop (I'm a MacBook Pro kinda guy)
- iPad
- Chargers (I love being organized in my bag so the wire packets are key)
- Road Warrior Journal especially for Think Space
- Loose ends - business cards, essential oils, etc.



Pro Item - a three port USB, two outlet travel charger that is perfect for the airport with two outlets and 12 people but also in a hotel room to charge everything in one location.



About Bryan Paul Buckley



Bryan Paul Buckley is business traveler performance expert who is an experienced Road Warrior who travels both domestically and internationally. He's traveled as a bottom of the barrel manager to the height of a vice president and knows the challenges of both worlds.

He's push so hard on the road he was sidelined with major health issues that could've been avoided. He also found himself 40 pounds overweight and struggled with his energy until one day "had enough" and made major life changes that produced tremendous results in every area of his road life.

He's the husband of one and father of five and lives with his family in the Chicago land area. He understands the importance of family and the challenges of staying connected on the road.

Bryan Paul Buckley is an author, speaker, and corporate trainer who wants to take exhausted and existing road warriors to become elite road warriors who master the business travel life.