



## GET PACKING: TUM TROUBLE

Amy Adams SOLVES YOUR TRAVEL GEAR PROBLEMS

### THREE IN ONE

Combat a dodgy tummy, hangover and sunburn with Aloeride – handy capsules of aloe vera that help soothe the stomach and give the skin a bit of ammunition against sun exposure.

**THE DAMAGE:** £15.99

**WHERE:** aloeride.eu



### HERBAL REMEDY

Calamus is said to help all manner of stomach problems. Neals' Yard Remedies do a Calamus Herbal Tincture that you simply add to water.

**THE DAMAGE:** £7.10

**WHERE:** nealsyardremedies.com

### DON'T FEEL THE BURN

Pack a mini handy pack of Gaviscon's Double Action for soothing relief from heartburn and indigestion, often brought on by the combination of long-haul flights and foreign food.

**THE DAMAGE:** £2.93

**WHERE:** gaviscon.co.uk



## MARKET KNOWLEDGE

There's never a good time to suffer from so-called traveller's tummy, but there are definitely times that are worse than others – a camel safari into the Sahara desert, for example, or an overnight train journey in India.

You can't really blame your stomach for freaking out. Travel often involves flying long distances, eating different food and drinking more alcohol than you might normally.

Plus in some places there's a higher chance

that you'll consume contaminated food and water. All in all it's a lot for the belly to deal with.

While it's impossible to completely remove all chance of getting a dodgy stomach on your travels – especially if you're keen to eat more than packet noodles – you can give your tummy a helping hand, either by preparing ahead by loading it up with friendly, battle-ready bacteria, or soothing an already upset stomach.

### FRIENDLY GERMS

Take Life's Biotic daily to prevent traveller's tummy. It contains good bacteria that enhance your immune system, and helps fight off any harmful bacteria you might find in food or water.

**THE DAMAGE:** £6.59

**WHERE:** lifes-biotic.com



## THE INSIDER

### MARK KALCH, PROFESSIONAL ADVENTURER

**The best part of my job is ...** Choosing my next expedition – taking a map of the world and seeing where I'd like to go next.

**My most memorable travel experience was ...** A 6800km, 153-day, human-powered descent of the

Amazon River, complete with deadly whitewater, narco-terrorists, tropical disease and the friendliest people I've ever met.

**My favourite place in the world is ...** Cape Town. It can't be beaten for nightlife, the outdoors or catching waves at Llandudno Beach.

**The next destination on my travel wishlist is ...** A solo walk across Iran from

the Caspian Sea to the Persian Gulf later this year.

**I always pack ...** My Suunto X10 – a wristop computer that provides information including elevation, direction, location – and, of course, the time!

**My guilty travel pleasure is ...** At the end of a tough expedition I spend far too much money on a room in the best hotel in town.

