

Look Your Best In Every City

How to pack a suitcase for your skin—no matter where your travels take you



There's no getting around it: The holidays, while fun, can also be a major headache—especially if you're traveling. After you've slogged through freeway traffic, flight delays, and cordial conversations with your daughter's not-good-enough-for-her boyfriend, the last thing you want to worry about is whether your skin will behave when you get to your destination.

“Change of environment is a big deal for your skin,” explains Paul Jarred Frank, MD, and cosmetic dermatologist in New York City. “It always exacerbates existing problems.” That means that the products you swear by at home may need to be swapped out when you hit the road. So before you funnel your favorite beauty products into those TSA-approved travel bottles, read on. Dr. Frank has skin-saving tips for any climate that'll keep you looking your best no matter where your travels take you.

More from Prevention: [Take These 6 Steps to Prevent Jet Lag](#)

If you're going someplace dry and sunny like Denver, Phoenix, or Las Vegas...

Swap your lightweight moisturizer for a cream or gel, which are more hydrating. As a general rule, go with a gel if it's hotter: it won't make you look too oily if you start to break a sweat.

Try this: [Anthelios SPF 30 Gel](#) (\$20). Not only does it provide more moisture than lotion, the SPF protects your skin from harmful UV rays. Plus, it's paraben and fragrance-free.

For more ways to save face, check out these [6 Moisturizers with Sunscreen](#).

If you're going someplace humid and rainy like New Orleans, Seattle, or Miami...

You might not need moisturizer, but you do need to protect your skin from the sun with SPF 30 or higher. (Afraid of chemicals? Here's [How to Find the Best Natural Sunscreen](#).) And if you're worried about shiny skin, try a cleanser with 1 to 2% salicylic acid to limit oil production and prevent breakouts. (Here are more expert-backed ways to [prevent acne](#).)

Try this: [Burt's Bees Natural Acne Solutions Purifying Gel Cleanser](#) (\$10), which has 1% salicylic acid to keep oil in check without drying it out.

If you're going someplace windy and cold like Chicago, Boston, or New York...

If you usually exfoliate, resist it three days before your trip; those dead skin cells actually protect you. Then, use a thin layer of an occlusive ointment in the morning. Unlike moisturizer, a special cream will act as a physical barrier against harsh winds. (Still stressed about the cold climate? Here's your [Skin, Hair, and Makeup Survival Guide](#).)

Try this: [Aquaphor Healing Ointment](#) (\$5), which has petrolatum and lanolin to sooth, moisturize, and protect.

No matter where you're going...

Remember to hydrate before and during your flight. “Airplanes are essentially filled with artificial, recycled air,” says Dr. Frank. “Be sure to drink at least one 1-liter bottle of water for a three-hour flight.” Even better? Start guzzling H₂O the night before.