

# Mold Travel Tips

Top 10 things you can do to minimize mold exposure while traveling.

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## #1 Open the Windows

Opening the windows when you arrive in a hotel space- can help reduce spores in the air. As long as the humidity outside is below 60%- this can be a great way to reduce moisture in the air. Opening the windows helps draw out excess water, making it difficult for spores to flourish.



"According to the EPA, the levels of indoor air pollutants are often 2 to 5 times higher than outdoor levels, and in some cases these levels can exceed 100 times that of outdoor levels of the same pollutants."

## #2 Use a portable air filter

Indoor air is almost always more toxic than outdoor air. That being said- one of the easiest things to do is take a portable air filter on trips. The Germ Defender from Hypoair has been amazing. It is affordable and gets the job done. You may need more than one as they only cover 100sqft.



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## #3 Use a small ozonator

Code- revivehw-to save \$

This portable ozone machine is a powerful and mighty tool. Ozone is highly effective at improving cellular function as well as being anti-fungal, anti-bacterial and anti-viral. This is another affordable tool to use on trips.

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## #4 Diffuse bee propolis and or essential oils

Diffusing bee propolis and or using an essential oil diffuser can be a game changer for mold. Bee propolis diffusers have the ability to sanitize the air by grabbing bacteria, mycotoxins and fungi. Essential oils like Tea Tree, Clove, Lemon Balm, Sage, Coriander, Thyme, Cinnamon, and Peppermint have all been shown to be effective against mycotoxins.

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”You were made for the day  
and the day was made for  
you.”

*-Words to speak over yourself daily-*

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## #5 Use a nasal spray

Bee propolis is one of my "holy grail" products when it comes to mold detox/prevention. Propolis comes from tree resin that bees collect from tree sap. Propolis is filled with anti- microbial, anti- bacterial, anti -viral and anti-inflammatory properties. It has the ability to inhibit growth of any unwanted microbe, bacteria, or fungus that might thrive in the warm and humid hive environment.

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In order for mold to grow- it needs a food source and ideal conditions.

## #6 Check for signs of active leaks

Leaks are something we don't think about when we go on vacation. But, they can happen anywhere. Be sure to thoroughly inspect your room upon check in. Look at the ceiling, walls, under the sink, around the toilet, near the HVAC unit, carpet, etc. Anything that seems odd or out of place- make note of it and feel free to ask the front desk to switch rooms.



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## #7 Turn off AC

Turn off the AC if are you able to. AC units can encourage mold to grow, especially when combined with the hot air from outside. Condensation can occur on surfaces inside-walls, picture frames, furniture and mattresses etc. If you are out of the room for the day- turn the AC off and then turn it back on when you arrive back in the space.



Do not fear mold- when you know better- you do better.

## #8 Regularly have the room cleaned

Regular room cleaning can be helpful to keep mold at bay. Wiping down furniture, vacuuming, washing sheets and towels can all help minimize mold and bacteria growth.



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## #9 *Leave bathroom door open while showering*

Bathrooms are notorious places for mold. The warm, moist air harbors an excellent environment for mold to grow. Keep the bathroom door open and be sure to hang up all towels post shower.

Proper ventilation is key for all things in the bathroom.

## #10 *Use your senses*

When you check into your room- pay attention to your body. What do you smell? Does it smell musty? Do you start to sneeze? Get dry eyes? Start to itch? Does your nose stuff up? All of these can be signs that there is mold in that room. If you are unsure or feel unwell- feel free to ask the front desk to move rooms.



*“I’m surrounded by love,  
peace, and abundance”*

*-Words to speak over yourself daily-*

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## Knowledge is Power

I hope and pray that this resource gives you some helpful ideas and tools for your next trip. Do not be fearful of mold while traveling- it will steal your joy. Stay positive and do the best you can given the circumstances.

If you would like more resources or want to know how to work with me 1:1- feel free to email or book a discovery call below.



*"The Light shines in the darkness,  
and the darkness has not  
overpowered it." John 1:5 (NCV)*

Connect with me



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Book a call- Click [here](#).

