

# Early to Rise Customer Support

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## How do you travel with Daily Energy?

Stephanie H - 2020-02-20 - [Daily Energy](#)

When traveling, put your Daily Energy in a Ziploc bag or smaller bottle and when you arrive at your hotel room, fill the ice bucket and place it in that.

If you are only traveling for a few days, then it will not be a problem to keep it at room temperature.