

## 7 Tennis Stars Share Their Travel Habits



**Eustacia Huen** Contributor

Dining

*I cover food, luxury, and occasionally tennis (when Nadal is playing).*

For tennis players, a hectic travel schedule is just as big part of their job as the intense training. To adjust quickly, many have their go-to tricks, routines and ways to relax.

So when the world's top tennis stars gathered for a friendly badminton game at the [Lotte New York Palace's](#) The Palace Invitational before the [US Open](#), I asked them what they like to pack, how they overcome jet lag and more.

Here are the highlights.



Rafael Nadal and Coco Gauff playing badminton at the 2019 Palace Invitational. LOTTE NEW YORK PALACE/GETTY IMAGES

### Cori “Coco” Gauff (USA)

...on her favorite thing to pack

“For me, to be honest, it's makeup. When I travel, I change out what I pack a lot, but makeup's always there.” *(What kind?)* “Everything. I'm a bad makeup buyer considering I normally [don't wear] anything too dramatic, [but] I buy a lot of dramatic stuff. I don't know why.”

...on what she does to stay awake when dealing with jet lag

“Movies, games, reading and then sometimes, if I really need to stay awake, school[work] just because I know I can't fall asleep in the middle of writing an essay because I'll completely forget what I'm supposedly writing.”



15-year old rising star Coco Gauff (Photo by Tim Clayton/Corbis via Getty Images) CORBIS VIA GETTY IMAGES

### **Daniil Medvedev (Russia)**

...on his favorite thing to pack

Cotton sweatpants with two pockets. “They’re really comfortable and I love to travel in them. Without pockets, it sucks because you can’t put your hands in [them].” (*And your phone?*) “Yeah, and Gatorade.”

...on the toughest city to acclimate

New York City. “For a few days you have your head turning around—there’s so [much] noise, people and things to do. The fact there are so many things, everything so big, and traffic—you need to adapt.”



World number 5 Daniil Medvedev (Photo by Clive Brunskill/Getty Images) GETTY IMAGES

### **Mischa Zverev (Germany)**

...on his favorite thing to pack

An iPad filled with good movies. “Please don’t laugh: I like romantic comedies with happy endings. That’s what makes me happy and relaxes me on a long flight. [...] I think I’ve seen every single romantic comedy at least once.”



World number 293 Mischa Zverev (Photo by Ibrahim Ezzat/NurPhoto via Getty Images) NURPHOTO VIA GETTY IMAGES

### **Rafael Nadal (Spain)**

...on his favorite thing to pack

Computer, since "I like to read the news, watch some series or movies, of course [check] email and read." (*Any specific movie genre?*) "I'm open to all the styles," [...] "but I believe if the movie is able to distract me for a while, I['d] enjoy [it]."

...on his favorite travel companions

"I'm lucky that my family [is] able to come often and that's great, great news for me. I like to have the people that I love around me."



18-time grand slam champion Rafael Nadal (Photo by Tim Clayton/Corbis via Getty Images) CORBIS VIA GETTY IMAGES

### **Alexander "Sacha" Zverev (Germany)**

...on his favorite thing to pack

Headphones—"because you can basically do anything you want with them. You can listen to music, get away from the noise, [...] watch a movie with them. Definitely my headphones."

...on jet lag

“I’m actually very good with jet lag, so it’s easier for me than for others—I can sleep well.”



World number 6 Alexander Zverev (Photo by Tim Clayton/Corbis via Getty Images) CORBIS VIA GETTY IMAGES

### **Sam Querrey (USA)**

...on his favorite thing to pack

“I’ll usually bring two plain white t-shirts. Those are the things that I usually travel in. And some sweatpants. Other than that, I’m so light on travel, there’s not one item that I have to have with me at all times.”

...on acclimating to a new city

“Let’s say [my flight] gets in there at night. I’ll try to sleep that night and the next day I will practice [in] the morning or go to the gym. But it’ll be a tone down practice. I won’t go all out. I’ll go to the gym, warm up on the bike, maybe jog on the treadmill for a while and then practice for an hour—kind of a lighter, more controlled practice, because the last thing you want to do is get hurt. And then, usually the next day you can kind of ramp things up and you’ll be good to go.”



World number 46 Sam Querrey (Photo by Al Bello/Getty Images) GETTY IMAGES

## Venus Williams (USA)

...on her favorite travel companion

Harold—an 11-pound Havanese—is a great sleeper who loves to travel and “wears a gray suit every day.”

“The little guy is everywhere. And when we get back to the hotel, he demands to eat. He just keeps dancing until I feed him, following me. So [I’m] like, ‘All right, I’ll feed you, but you’re not hungry, I know it!’”



Seven-time grand slam champion Venus Williams (Photo by Matthew Stockman/Getty Images) GETTY IMAGES