

The Scoop

Travel Goods That Are Good for You

Get new products that take the trauma out of your trip



1 Hummingbird's Lumbar Support Cushion The dog-biscuit shape molds to your body and inflates on its own, so you can save your breath for conversations (\$30*; hummingbirdgear.com).

2 Briggs & Riley Baseline Domestic Carry-on It expands from 9.3 inches to 11.8 inches in depth, making a backup tote

unnecessary (\$449; briggsriley.com).

3 Kiva Designs Aircraft Toiletry Kit This has a Transportation Security Administration-compliant compartment that separates your 3-ounce liquids from dry items. Just zip off the handy pack and throw it

into the required security bin (\$30; kivabags.com).

4 Humangear GoCup Leak-proof and collapsible, it features pill holders under the lid, making it easy to find your meds and wash 'em down (4- and 8-ounce sizes; \$10 to \$13; humangear.com).

5 Eagle Creek Pack-It Specter This features water-resistant cubes and sacks that help organize your suitcase. The largest cube weighs about the same as a slice of bread, perfect for avoiding back pain and extra baggage fees (\$12 to \$32; eaglecreek.com). —Laura Daily



GET A MANICURE WITH THAT MRI

A stay in the orthopedics wing isn't exactly a night at the Ritz, but many hospitals are offering at least one hotel-like perk: concierge services.

As these facilities try to increase patient satisfaction and well-being, on-site staff are offering to help patients and their families secure everything from at-home dog walkers and in-room spa services to products like gourmet foods and books. Concierges usually chip in free of charge; you pay for the goods or services you order.

Though the American Hospital Association (AHA) doesn't keep national statistics, anecdotal information reveals the practice is popular: Two hospitals in New Jersey's Meridian Health system, for example, handled 20,939 concierge requests in 2011, up from 14,547 during the prior year.

Want to be pampered? Ask if your local hospital provides a program. Some staff are on call 24/7; others work only during high-volume hours (such as mornings, when admissions increase). Says AHA spokeswoman Marie Watteau: "These services can make the hospital experience feel less intimidating to patients and a little less stressful." —L.D.

*All prices are manufacturers' suggested retail.