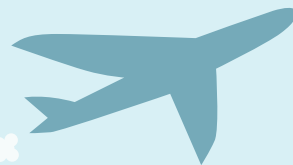


How To Travel On An Airplane And Keep A Smile On Your Face



A Few Months Before Your Trip:

- Apply for TSA Pre-check
- Look into travel insurance

One Week Before Your Trip:

- Insurance information
- Ziplock bags for ice
- Medication and supplements
- Medical record or medic alert bracelet
- Easy on/off shoes that are comfortable and sturdy
- Neck pillow
- Comfort items (wrist braces, ace bandages, pain cream, etc.)
- Walking aids if needed
- Call airline and arrange for assistance during the flight if you haven't already

One Day Before Your Trip:

- Rest, do light exercise, and prepare snacks for your carry-on.
- Pack carry-on and include medications, health insurance cards, and hand sanitizer
- Go to sleep early and use sleep aids if necessary.

Day of Trip:

- Arrive early.
- Use curbside check in.
- Once inside terminal take a short walk to stretch legs before flight or sit and do range of motion exercises.
- During flight stay hydrated, ask for extra water and always take water when offered.
- During flight get up at least once per hour and stretch legs. Roll shoulders while seated and do a few neck stretches, ankle pumps, and extend and flex knees a bit approximately every fifteen minutes.
- During layovers take a short walk or do seated range of motion exercises.
- Go to bed early if possible upon arrival to get ready for an amazing trip!
- Practice stress-management techniques

