



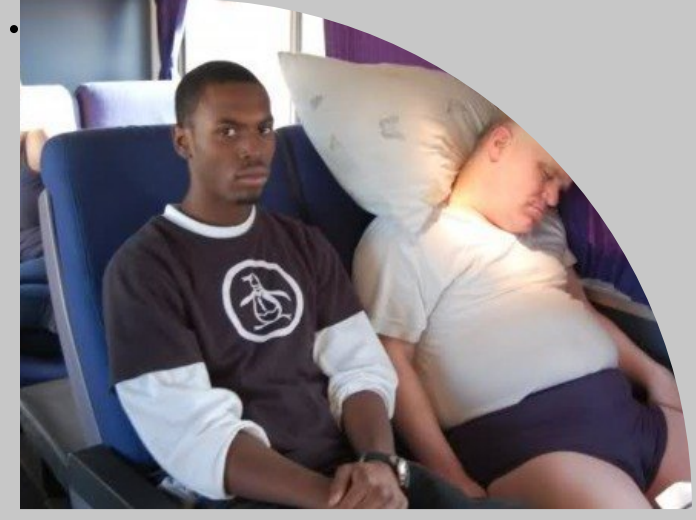
8 Tips for Long, International Flights

Collectively, we have taken over 100 international flights. With all of those flights under our belts we decided to compare our notes and share tips and trick for making international travel more enjoyable and less stressful.

1 Pack smart

Try to be a **light** and **clever** packer. The less you have, the less you have to worry about keeping up with, regardless of whether you have chosen to check luggage or not. Our cleaner can do your laundry for you. You will need much less than you think (trust us!), on the flight and in-country. We have included our combined carry on checklist below and our His + Hers African Essentials packing list in another document.

- In your carry-on, keep your liquids and electronics together, in a convenient space so that you are not shuffling about in the security lines (sometimes you will go through security at each airport).
- If you have checked additional baggage, pack a change of clothes and anything essential (medicine, keys, etc), in case of lost luggage or delayed flights.
- Consider creating a small 'bathroom bag' for any toiletries that you may need on the plane, so that you don't have to search for your things in the overhead bin.



2 Get comfortable

Consider the airplane your temporary bedroom and assume that you are preparing for a deep sleep. As such, wear comfortable clothes that are conducive to sleeping. Consider wearing layers or bring something warm

3 Stay healthy

It is common to feel sick during and immediately after international flights. You are exposed to people & food from all around the world, who may be carrying a variety of foreign germs. Don't let that ruin the start of your vacation. There are ways to help yourself stay well.

- Don't try unfamiliar foods in the airport and on the plane.
- Sanitize your surfaces on the airplane. Avoid/reduce hand and face contact with airplane surfaces (e.g. seat backs, air vents & meal trays)
- Consider taking vitamin C or Emergen-C
- Hydrate, hydrate, hydrate.
- Don't be afraid to whip out the face mask...
- Get enough sleep

Tip: Bring an **empty insulated water bottle**. Once you pass security, fill it with ice water at a restaurant in the airport. If there is turbulence, cart services may be restricted for long periods of time



4 Plan out your entertainment

Long flights seem longer when you are bored. International flights typically offer seat-back entertainment, but in the odd case that your TV is broken or you don't enjoy the selection, you need your own options. Take a moment and plan out your entertainment before you travel. If there is a movie that you have been waiting to see, save it on your device. Buy that book you've been wanting to read. Bring along a journal to reflect and clear your mind before your adventure. Create a few different playlists.. Having entertainment options that you are excited about, will actually help you look forward to the long flights.

5 Eat Well

While you will have at least 1-2 meals free meals on your flight, the quality of the food on the airplane varies by airline. In addition, food restrictions and allergies are sometime challenging. Consider bringing snacks to the airport. You can also grab an airport meal to take onto the plane, so that you are sure to have foods that you enjoy. Starving for hours makes for a miserable experience.



6 Stretch & walk

Sitting and sleeping upright in a tiny airplane seat, for several hours is extremely taxing on your body. Walk and stretch as much as you can, in order to prevent stiffness.

Pro tip: Wear compression socks! Compression socks help keep the blood circulating in your body and keeps your legs from swelling.

7 Sleep well

Be sure to save Dar es Salaam to your World Clock, so that when you are on the plane you can sleep on Dar time. Adjusting your sleep patterns on the plane will help you fight jet lag upon arrival. Don't underestimate jet lag's ability to ruin the start of your trip.



8 Relax

Whether it's prolonged turbulence, remembering whether or not you locked the front door or anticipating a missed connecting flight, air travel is anxiety-inducing for many people. It's normal! There are ways to combat the anxiety! Before boarding, take an account of the things that you would normally do to relax and incorporate those into your travel. Get a massage in the airport. Have a glass (or 3) of wine. Take a nap. Bring along essential oils. Watch a comedy. Get lost in a book.

Consult your physician if you think prescription medication is useful. If you are nervous about turbulence, ask a flight attendant to check on you occasionally.



Carry-on packing list

- | | | |
|---|---|--|
| <input type="checkbox"/> Headphones | <input type="checkbox"/> Glasses | <input type="checkbox"/> Passport/ Yellow Fever Card |
| <input type="checkbox"/> Cell Phone | <input type="checkbox"/> Contacts/ Case/ Solution | <input type="checkbox"/> Earplugs |
| <input type="checkbox"/> Book/Kindle/Tablet | <input type="checkbox"/> All Medication (i.e. Benadryl and Imodium) | <input type="checkbox"/> Pens |
| <input type="checkbox"/> Snacks | <input type="checkbox"/> Change of Clothes | <input type="checkbox"/> Arrival Information |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Portable Charger |
| <input type="checkbox"/> Compression Socks | <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Card Games |
| <input type="checkbox"/> Disinfectant Wipes | <input type="checkbox"/> Face wipes/wash | <input type="checkbox"/> Warm Clothing Layer |
| <input type="checkbox"/> Hand Wipes/Sanitizer | <input type="checkbox"/> Chargers | <input type="checkbox"/> Ziplock Bags |
| <input type="checkbox"/> Emergen-C | | |

