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Essential Travel Tips



Comfort On Board

THE PLANET TRAVELLER...TRAVEL TIPS

comfort on board...

- Take a blanket and pillow from the overhead rack before sitting down. These tend to disappear once the flight is under way.
- Before take-off, fasten your seat belt snugly around your hips (not your stomach) and make sure you know how to remove it quickly. Experienced travellers keep the seat belt loosely fastened even when the "Fasten Seat Belts" sign is turned off.
- Sit in an aisle seat towards the front of the aircraft.
- Do not wear tight clothing or shoes
- Slip out of your shoes (your feet will swell during the flight) and put on some slipper socks.
- Elevate your feet on a carry-on bag or briefcase stowed beneath the seat in front of you.
- Eat lightly
- Drink plenty of nonalcoholic, non-caffeinated beverages. A glass of water every hour is good.
- Put a pillow behind the small of your back.
- Take an occasional stroll around the cabin.
- Bring a sweater or jacket - airplane cabins are usually cool.
- Use lip-balm on lips, moisturiser (or suntan lotion) for skin and eye-drops or contact lens's lubricant to combat the effects of cabin dryness.
- Bring toilet kit so that you can freshen up in the rest room before landing.
- Bring along a cassette player and earphones (but not a radio, which may interfere with aircraft navigation systems.)

when with a child...

When you travel with an infant or a toddler, the safest option is to buy the child a ticket and take along a car seat that is adaptable to a plane. Otherwise, hold the child on your lap, outside of the seat belt, during takeoff and landing.

in the cabin...

The relatively low air pressure in your aircraft can cause discomfort. Cabin pressure is equivalent to that at 8000 feet above sea level. If your ears bother you during takeoff and landing, try yawning, chewing gum or doing this:

- pinch your nostril shut, inhale, close your mouth and try gently to blow your nose.

The air in the cabin will be very dry. Accept all of the flight attendants' offer of free beverages - choose plain non-carbonated water or fruit juices instead of caffeinated or alcoholic drinks which will tend to dehydrate you. If your eyes begin to smart, remove your contact lenses and wear glasses. Unscented air moisturisers are available in aerosol form. Use one periodically to spray your face and the air in front of your face for a refreshing pick-me-up.

If you're not crazy about airline food, take a tip offered by well-travelled people; order the vegetarian meal, which usually more attractive and delicious - perhaps because it's specially made - than regular meals served.

sleep tricks zzzz...

A sleep including trick that never fails; Close your eyes and rest your head comfortably against the wall or the edge of the seat. Relax your body. Now imagine that a great, soft broom is slowly sweeping your thoughts out of your head. As each new thought appears, the broom sweeps it away. You will most likely fall asleep.