

## Title:

How to Prepare for a Long Flight

## Word Count:

557

## Summary:

Everyone loves a vacation, but no one enjoys a long plane ride. Over the past few years I have done lots of international traveling, and have become quite an expert of ho to fly, so here are my recommendations on how to make the flight as smooth as possible.

## Keywords:

Travel, flight, vacation, air travel, advice,

## Article Body:

The first thing I like to do is to get as little sleep as possible the night before I fly, this way by the time I get to the plane I can hopefully just go to sleep and wake up at my destination. I only recommend this if you are able to perform any tasks you need to do before your flight. If you have to drive for 5 hrs first you may want to get a good night sleep, and maybe take some Tylenol pm or something else to make you drowsy. Many people like to get a little drunk on a flight, I am not one of them, but if it helps you relax and get some sleep then I say go for it, just don't allow yourself to drink to the point where you become an obnoxious drunk on a plane.

My next tip is to get to the airport 3 hours in advance, this is for 2 reasons. By getting there so early I am always one of if not the first to actually check in for my flight, which usually gets me a good seat, and I don't have to wait in long lines. The other reason for always getting t the Air port at least 3 hrs before your flight is, if you check in early you cant get bumped from the plane, the people who get there last minute sometime here the words overbooked.

## Things to pack in your carry on:

When ever possible I try to avoid putting things under the plane, but sometimes it is unavoidable, depending on how long I am going away for. What you take with you on the plane can make a big difference between having a pleasant flight and being so unbelievable bored that you go mad.

I always make sure to bring a fully charged MP3 player, my MP3 player hold 20

gigs of music so I never have to go into my bag to chance a CD or a memory card, and I have way more music to listen to then time to listen to it. This way I have the music for any mood I may be in, so I just load it up and listen as I fall asleep on the plane.

Just incase I cant sleep I will also make sure to bring a book with me, if for whatever reason I can not fall asleep which does happen to me, I like to take my mind off things by getting lost in a good story, but something light and entertaining, I have always found a good Action book or even Science Fiction to be good for that.

I also recommend bringing a thick soft sweater with you on the plane, this can be used if it is cold on the plane, or you can use it as an extra pillow.

I like to play video games, so I travel with one of the new hand held video games everywhere I go, so if I am not in the mood for reading I can play some games and keep myself occupied, and that really is the key. Keep yourself busy on the plane and you will be amazed at how fast the flight goes, if you stare at the clock and focus on the planes progress it will feel like forever.