

# TeamTripTips



## TIPS FOR LONG FLIGHTS

Flying can be intimidating no matter how many times you've boarded a plane! But the more prepared you are, the easier it becomes. Here are some tips for your long flights to Rwanda:

1. Be kind and polite to the flight attendants! They are doing their best to make sure you have a comfortable, enjoyable flight. You are in this together.
2. Avoid salty snacks and drink water. The artificial climate is dehydrating. Take an empty bottle through security and fill it up while waiting to board, and take water every time it is offered. Staying hydrated helps reduce the swelling in your legs.
3. Your feet will swell. This is natural and okay. Wear comfortable shoes that don't smell when you take them off. Avoid shoes that are difficult to take on and off.
4. Stand up and walk the aisle every few hours. This helps prevent blood clots.
5. To pass the time, bring comfortable headphones and a book. Download your favorite show or movies in advance onto a laptop or phone. Write drafts to all those emails piling up.
6. Pack your outlet converter/adaptor and chargers in your carry on. Longer haul planes often have outlets but may not be equipped for US appliances.
7. Bring a light jacket or large scarf to help keep you warm.
8. Pack a toothbrush, toothpaste, deodorant, and some toiletries in your carry on. Go through your morning routine towards the end of the flight or in the airport bathroom after disembarking.
9. Pack your personal bag with the items you think you'll be accessing during your flight, but don't overload it. If there isn't enough overhead room, it will be taking up the space for your legs under the seat.
10. After disembarking in Europe, you'll likely want to nap. Stay awake as much as possible - this will help 'reset' your sense of time once you land in Kigali and stave off jetlag. If you are landing in Kigali in the afternoon, stay awake until after dinner.

