

TRAVEL WELL: GENERAL ADVICE FOR A LONG-HAUL FLIGHT

2-3 MONTHS BEFORE YOUR FLIGHT: SEE YOUR GENERAL PRACTITIONER/DOCTOR.

- Discuss when/what time you should take your medications when you are changing time zones. Remember Portugal is 10 hours behind AEST so your night-time medication might become morning medication, or you might have to adjust it during travel to transition to Portugal night-time.
- If you have anxiety about flying, what does the GP recommend your management plan for that anxiety should be. If you have trouble with sleeping while travelling, what advice does your GP have about overcoming this.
- Ask for a current printout of your medications, doses and when to take them. Ensure this has the GP details on it. Ensure OLEMS is up to date.
- Ask for a current printout of any illness (asthma, anaphylaxis, anxiety, etc) management plan. Ensure OLEMS is up to date.



IN THE DAYS BEFORE YOUR FLIGHT:

- **Exercise regularly:** You're going to experience a large amount of time with limited movement while flying; make sure you keep your body moving in the lead up to and after flying. This will also promote a good quality sleep in the days prior. Ideas include walking, gym, stretching, sports.
- **Ensure good quality sleep:** Flying and changing your "body clock" can be very fatiguing. Ensure you have enough rest in preparation.
- **Drink plenty of water:** Flying is a very dehydrating method of travel – ensure your body is adequately hydrated before your travel.
- **Avoid unnecessary exposure to transmittable illnesses:** In the 2 weeks leading up to your flight consider avoiding unnecessary trips to shops or crowded areas to reduce the risk of contracting COVID/flu/coughs & colds. If you must attend these setting you might like to wear a mask to increase your chances of staying well to travel.



THE NIGHT BEFORE YOUR FLIGHT:

- **Plan your bedtime:** You may like to start to adjust your "body clock" to the Portugese time zone depending on your commitments in the day prior to your flight. This may involve going to bed a bit later and having a sleep in before your flight.
- **Arrive at your flight well rested:** Most people experience poor quality sleep while flying so you should aim to board your flight having had a good sleep the night before. Flying is a little bit stressful for even the most experienced travellers; you need to be well rested so you can be mentally alert to navigate through the airport and find your flight/travel group at the correct location and the correct time.
- **Re-check your flight details:** Ensure you double check the flight date, the flight time and what time you need to be at the airport. Travellers are advised to arrive at the airport 3hrs before departure. Ensure you plan how long it will take you to get to the airport, factoring in road closures/traffic delays. Ensure you have reminded whoever is dropping you off or booked your Uber or double checked any expected public transport disturbances.
- **Double check you have YOUR passport handy and have placed it in a location you will not forget it.**



THE DAY OF YOUR FLIGHT:

- **Timing:**
 - Leave home early enough to account for any unforeseen traffic delays.
 - Arrive early enough to navigate the airport to find your gate and say “see you later” to your loved ones.
- **Wear:**
 - Wear layered clothes so you can add or remove layers if you are too hot or too cold.
- **Bring:**
 - Ensure you bring your hand luggage and your checked luggage with you.
 - Ensure you adhere to the Federal Government advice around traveling with powders, liquids, aerosols and gels. You can find more information [here](#).
 - Ensure you have **YOUR** passport.
- **Eat:**
 - A healthy filling meal before you leave home. You could bring some snacks to eat before you board, however, keep in mind the Federal Government advice around traveling with powders, liquids, aerosols and gels. Some suggestions might be a muesli bar or nutrition bar. You may be able to access food outlets before boarding (after security checkpoint) however this is very dependent on airport and time of flight. You can look up this information online from your local airport’s website.

WHILE FLYING:

- **Drink lots of water:** Flying is very dehydrating due to low humidity in the air filtration system. Dehydration may present as dry skin, dry eyes, headaches, fatigue, and dizziness. You need to drink 250mls of water per hour while flying to avoid symptoms – that’s 2L on a 8 hr flight. If plain water isn’t for you try herbal teas (peppermint, fruit infusions), sparkling water, sugar-free soft drinks, flavoured waters. Avoid caffeinated drinks and alcohol as these are very dehydrating.
- **Prepare for drying cabin air:** You might like to use a face/skin moisturiser and lip balm, and wash your face and reapply during any stopovers. You might like to bring eye drops if you experience dry eyes (remember liquids must be placed in one clear bag for security check in). If you wear contact lenses you may want to consider switching to glasses for your flight to prevent your eyes from drying out with the lenses.
- **Avoid heavy foods:** Gas happens to us all! However, if there’s a time you might want to do everything you can to avoid feeling bloated and gassy it’s travelling; you might avoid greasy foods (like deep fried items) and gassy foods (like baked beans and cabbage). Eating light healthy meals while traveling and in stopovers will provide you with energy to keep you awake, vitamins/nutrients to fight any germs you may be exposed to and prevent constipation (digestion slows down while flying). Examples of light foods include fish/meats, vegetables, salads, soups, nuts/seeds and fruits.
- **Keep your body moving:** To prevent tiredness and swelling of your legs, move and stretch around the cabin once every hour during “daylight hours” (when the cabin lights are on daylight setting). You can also keep your muscles moving while in your seat by rotating your ankles, flexing your calf muscles, leaning your torso forward onto your knees to stretch your back, and stretching out your arms.
- **Adjust your sleep/wake cycle:** Try and set your “body clock” to the time zone of your destination. Change your watch or phone time to the time it would be in your destination and try and sleep at “night time”.
- **Bring things that help you sleep:** You might like to bring a sleep mask, ear plugs and a travel pillow. Planes are generally very airconditioned and you have very little personal control over the temperature; it is a good idea to wear clothing you can layer so you can put on some extra layers to go to sleep. Blankets and pillows are not supplied by all flights.



- **Practice good hygiene:** A plane cabin is enclosed space with a large number of people in close proximity, with limited airflow. This is a high-risk situation for the sharing of germs/viruses/bacteria. To prevent breathing in airborne germs it's recommended you wear a mask when not eating or drinking. To prevent picking up germs from hard surfaces onto your hands or into your mouth it's recommended to:
 - use a sanitiser wipe to wipe down your tray table/arm rests.
 - use hand sanitiser after using the toilet, touching door handles/inflight magazines, or anytime before touching your face or mouth.
 - use a tissue if you need to blow your nose (and use hand sanitiser after).
- **Take your medications:** Remember to take your medications if you are due to while flying. You may like to set a reminder on your phone, but double check the time zone your phone is set to. All medications should be in your Carry On luggage along with your doctor's letter/original packaging with prescription sticker on it. This includes medications you only need sometimes like an EpiPen, Panadol, hay fever tablets.
- **Ear pain during take off and landing:** Some people suffer from difficulty equalising the pressure in their ears during take-off and landing, this causes ear pain. You can equalise the pressure by pinching your nose closed, keeping your mouth shut and blowing. You also may like to chew a lolly or chewing gum during take-off and landing to promote swallowing which assist with equalising ear pressure.



TIPS ON OPTIONAL ITEMS TO BRING IN YOUR CARRY ON LUGGAGE:

- **YOUR** passport.
- A change of clothes and underwear.
- Clothes to layer (thin jumpers, thermals, etc)
- A travel pillow, sleep mask and ear plugs.
- Toothbrush and toothpaste (remember any airline rules around maximum liquid sizes).
- Deodorant.
- Medications (In original packaging. For prescribed medications ensure packaging has prescription sticker attached including dose and frequency).
- Hand sanitiser, masks, sanitiser wipes, tissues.
- Lip balm, moisturiser, eye drops.
- Empty drink bottle (to fill up after you have passed Security).
- Lollies or chewing gum (see info on ear pain above).
- Electronic entertainment device, headphones and charger.



TIPS ON GETTING OVER JETLAG AFTER ARRIVING:

- Spend 15-30 minutes in the sunlight every morning as soon as you wake up to re-set your body clock.
- If you must have a nap, ensure it is only a short nap of 20 minutes or less.
- Drink lots of water.
- Do not overdo your caffeine intake.
- Use relaxation techniques to help you go to sleep.
- Jetlag normally resolves within 1-2 days.



SYMPTOMS OF JETLAG:

- Difficulty thinking/brain fog
- Difficulty sleeping
- Tiredness
- Muscle soreness
- Cramps
- Constipation or diarrhoea
- Low mood

7 SIMPLE EXERCISES FOR LONG-HAUL FLIGHTS

Stay active and arrive feeling great



You may be really excited about jetting off on holiday, but sitting for extended periods of time on long-haul flights can have negative implications for our health. It's important to take a break from binge-watching movies and keep active on board.

10x EACH

1

ANKLE CIRCLES

While in your seat (and being careful not to kick the chair of the person in front!) raise your legs, one at a time, and circle your feet from your ankle, first clockwise and then anticlockwise. Do 10 full rotations on each foot.

FOOT PUMP

With your heels on the floor, raise your toes upwards as far as you can stretch. Then put both feet back on the floor and lift your heels as high as you can, with the balls of your feet on the floor. You should feel the stretch through your feet and lower legs. Repeat 10 times on each foot.

2

10x EACH

10x EACH

3

KNEE LIFT

From sitting position and with your knees bent, slowly and gently lift your knees upwards towards you, one leg at a time. Repeat 10 times on each leg.

KNEE HUG

Bend forward slightly and clasp your knee, lifting your leg up and hugging it towards your chest. Hold it there for 10-15 seconds then release. Repeat on your other leg.

4

HOLD 10-15s

10x EACH

5

NECK ROLL

Keeping your shoulders relaxed, drop your ear towards your shoulder, then gently roll your head from side to side, at least 10 times on each side.

SHOULDER ROLL

Create gentle circular movements for your shoulders to stretch, by first hunching them forward, then moving them upward, backward, and downward. Repeat at least 10 times.

6

10x EACH

HOLD 10-15s

7

FORWARD BEND

With your feet on the floor, slowly bend forward - if it's possible, ease your chest to touch your thighs. To extend the stretch, slowly walk your hands down the front of your legs. Hold for 10-15 seconds and slowly ease yourself back up, then stretch back upwards to accentuate the lumbar curve.

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